



# Shire of Boyup Brook Community Newsletter

15 April 2020

"How can we help you?"

If you have any ideas on what more we can do to help in these days of social isolation please let us know. Everyone has done really well, we are a further week into our times of COVID-19 with no one in our Shire contracting the virus. Being a bit of a statistician, I did the numbers. Technically our Shire has a 50% chance of having a resident contract the virus. The numbers for Australia would have to double to make it a certainty. So we have a very good chance of keeping the virus out of Boyup Brook. It will not happen unless we continue to do everything possible - stay home, maintain social distancing and wash your hands.

Rylington Park. I thought I would use the newsletter to keep you posted on what is happening at Rylington Park. The Shire decided not to renew the lease. We have however replaced the committee with a transitional committee which comprises mainly of members of the Rylington Park Management Inc. The Rylington Park Management Committee has approved the transfer of stock, plant and bank to the Shire on a very strict 15 point condition. This is being formalised between the Rylington Park Management Committee and the Shire through the transitional committee. Marc and Erlanda are now Shire employees. It is very much business as usual. The crop is going in and the shearing schools will resume when we have sorted COVID-19. The bulk of the funds from Rylington Park have been preserved for Community purposes.

Stay safe, stay well,  
Chris Smith CEO

## DID YOU KNOW?

Golf courses can continue to remain open as long as there is strict compliance with social distancing requirements. Outdoor tennis courts can continue to remain open as long as there is strict compliance with social distancing requirements.

*\*Club rooms should not be used for social gatherings. Contact the Club direct or the Shire for more information\**

**ACTIVE COPING CALENDAR: APRIL 2020**

**SUNDAY**      **MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**

**"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl**

<b>1</b> Make a plan to help you keep calm and stay in contact	<b>2</b> Enjoy washing your hands. Remember all they do for you!	<b>3</b> Write down ten things you feel grateful for in life and why	<b>4</b> Stay hydrated, eat healthy food and boost your immune system
<b>5</b> Get active. Even if you're stuck indoors, move & stretch	<b>6</b> Contact a neighbour or friend and offer to help them	<b>7</b> Share what you are feeling and be willing to ask for help	<b>8</b> Take five minutes to sit still and breathe. Repeat regularly
<b>9</b> Call a loved one to catch up and really listen to them	<b>10</b> Get good sleep. No screens before bed or when waking up	<b>11</b> Notice five things that are beautiful in the world around you	<b>12</b> Immerse yourself in a new book, TV show or podcast
<b>13</b> Respond positively to everyone you interact with	<b>14</b> Play a game that you enjoyed when you were younger	<b>15</b> Make some progress on a project that matters to you	<b>16</b> Rediscover your favourite music that really lifts your spirits
<b>17</b> Learn something new or do something creative	<b>18</b> Find a fun way to do an extra 15 minutes of physical activity	<b>19</b> Do three acts of kindness to help others, however small	<b>20</b> Make time for self-care. Do something kind for yourself
<b>21</b> Send a letter or message to someone you can't be with	<b>22</b> Find positive stories in the news and share these with others	<b>23</b> Have a tech-free day. Stop scrolling and turn off the news	<b>24</b> Put your worries into perspective and try to let them go
<b>25</b> Look for the good in others and notice their strengths	<b>26</b> Take a small step towards an important goal	<b>27</b> Thank three people you're grateful to and tell them why	<b>28</b> Make a plan to meet up with others again later in the year
<b>29</b> Connect with nature. Breathe and notice life continuing	<b>30</b> Remember that all feelings and situations pass in time		

**ACTION FOR HAPPINESS**

30 actions to look after ourselves and each other as we face this global crisis together

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
Keep Calm · Stay Wise · Be Kind

## Organisations that can assist in keeping you and your family safe and healthy

- |                         |  |
|-------------------------|--|
| Lifeline                | Ph 13 11 14  |
| Beyond Blue             | Ph 1300 224 636  |
| Beyond Blue Coronavirus | Ph 1800 512 348 <a href="http://www.coronavirus.beyondblue.org.au">www.coronavirus.beyondblue.org.au</a> |
| 1800Respect             | Ph 1800 737 732 (sexual assault, family & domestic violence)   |
| Kids Helpline           | Ph 1800 55 1800  |
| Headspace Bunbury       | Ph 6164 0680 <a href="http://www.headspace.org.au">www.headspace.org.au</a> (12-25 yr olds)              |
| Mensline                | Ph 1300 789 798  |

# KEEP IT LOCAL, SUPPORT OUR COMMUNITY

This is a snapshot of what some of our local businesses are up to

## **AFGRI**

Hand sanitiser at the front door and counter. All technicians have sanitiser gel, spray and wipes in vehicles. Social distancing within the shop. Increased cleaning regime of hard surfaces, handles etc. Please call ahead and we can bring your parts out to your car if desired.

## **BLUESTONE CAFE**

Open Monday to Friday 6.30am to 7.30pm and Saturday/Sunday 7.30am to 7.30pm. Phone orders welcome, full menu available, cash or tap and pay with card. Bluestone can deliver your order to your car.

## **BOYUP BROOK CLUB**

Members can purchase takeaway alcohol on Thursday, Friday and Sunday 4.30pm-6.30pm. Payment by card only. Current alcohol purchase restrictions apply. You can become a member at the time of purchase (fees apply). Phone 9765 1138.

## **BOYUP BROOK CO-OP**

New shop hours - Monday to Friday 9.30am - 4.00pm and Saturday 8.00am - 12.00pm For small orders of 5 different small items you can go to the counter at the front door where staff will pick the items for you. For bigger or bulkier items eg potting mix please email your order to [orders@boyupbrookco-op.com.au](mailto:orders@boyupbrookco-op.com.au). Once picked and packed you will be notified it is ready. For any assistance please call on 9765 1001. No cash transactions at this time, EFT or account only.

## **BOYUP BROOK FARM SUPPLIES**

All access to the yards and buildings will be limited to clients picking up products that have been ordered by either phone call or email or other prior arrangement. Please call or email with your order and we can then pack it for you and let you know when and how to collect. We have installed a hand wash basin on the back ramp for all to use. Alternatively we can deliver to your farm by prior arrangement. Please be considerate and continue to practice social distancing.

## **BOYUP BROOK HOTEL**

Open for takeaway alcohol with limits in place on purchases as per Government directive. The kitchen is open 7 days from 6.00pm until 8.30pm for takeaway food. Nightly specials with family specials to come. See the Boyup Brook Notice Board for updates. One person in the bottle shop at a time to allow for social distancing. Accommodation is as normal with alcohol restrictions and food only being consumed in rooms.

## **BOYUP BROOK PHARMACY**

Phone consultations, home delivery, credit card over phone/direct deposit payments, Dose Administration Aids, supplying & administering vaccines, compounding, medication management advice, Facebook page providing regular updates, special orders (just ask, we are happy to try to source products you want that we don't have on hand). We are regularly cleaning the pharmacy throughout the day, and allowing only one patient into the pharmacy at a time. Please use the hand sanitiser and take direction from staff when entering the pharmacy to ensure safe social distancing.

## **BOYUP BROOK POST OFFICE (AUSTRALIA POST)**

Change in opening times. They are now 9.00am - 10.30am and 3.00pm to 5.00. Please follow the signs and only have one person at a time in the post office. If you have any queries please contact Yvonne at the Post Office on 9765 1212 or 0428 174 066. Alternatively you can email [bbk.postoffice@gmail.com](mailto:bbk.postoffice@gmail.com) Please contact Yvonne to collect parcels/out of town deliveries.

## **BOYUP BROOK TYRE SERVICE**

Fuel bowser nozzles are being cleaned after every use. The OPT keypad is being cleaned after every use, during business hours. A desk with sanitiser at the front entrance of the workshop to complete transactions, with staff practising social distancing and following sanitisation protocol. Vehicles dropped off for tyres need to be driven into the workshop by the owners, please take direction from staff. Seating has been provided for customers to utilise whilst waiting. Please refrain from using cash. Active social distancing is taking place. No unauthorised persons in the workshop, unless directed by staff.

## **BP BOYUP BROOK**

Opening hours Monday - Friday 5.00am to 6.30pm, Saturday & Sunday 6.00am - 6.30pm

## **IGA**

Provision of free hand sanitiser. Social distancing markers. Sneeze guards to protect staff. Education banner at doorway. Trolley cleaning station.

## **TREEHOUSE COFFEE LOUNGE**

Open from 7.00am until lunch time. Active social distancing taking place. Open for takeaway's and phone orders. Can deliver to businesses in town, ask staff for details. Cash and card payments available.