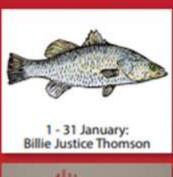
Community Newsletter

Issue 1/2022

FEBRUARY—APRIL 2022

2022 Silo Projection Calendar

South Australian artists sharing stories on an epic concrete canvas, the Karoonda Silos in the 'Heart of the Mallee'. Visit every evening from sunset to view our permanent projection show.

























Heart of South Australia's Maller

₹ @discoverkaroonda

www.karoonda.con



INAUGURAL

KAROONDA COMMUNITY MARKETS

DEMOS

MARKET STALLS

FOOD

9.00AM TO 1.00PM NEW KAROONDA SHOW SHED







PROUDLY ORGANISED BY MALLEE BUSINESS ASSOCIATION

Editor: Greg Turner Mobile: 0418 851264

Reporter: Rebekah Crisp Mobile

Chairperson: Janine Dutschke Mobile: 0407 781263

Secretary: Heidi Marchant Mobile: 0408 817474

Treasurer: Kaye Leinonen Mobile: 0426 781132

Email info@malleebusiness.org.au

Email reporter@malleebusiness org.au

Email chair@malleebusiness.org.au

Email: admin@malleebusiness.org.au

Email: finance@malleebusiness.org.au

Karoonda Pool Opening hours

- Open Sunday's from 1pm to 6pm.
- If the forecast temperature is 27.c or higher for Murray Bridge.
- Admission \$5 for adults and \$3 for children/students/pensioners.
- Under 5's will need to be accompanied by a parent or adult guardian at arm's reach of the child at all times whilst in the pool.
- Under 15's must be accompanied by a parent or adult guardian.
- Under 12's must be supervised by a parent of adult guardian.
- All patrons attending the facility will be required to wear a face mask when not swimming in the pool.



Price per issue

| Size | Black and white | Colour |
|---------------------------|-----------------------|----------|
| Business Card | \$11.00 | \$20.00 |
| Quarter Page | \$41.00 | \$55.00 |
| Half Page | \$62.00 | \$80.00 |
| Middle Spread– 2 pages | \$150.00 | \$200.00 |
| Middle Spread– 4 pages | \$260.00 | \$340.00 |
| Full Page | \$85.00 | \$120.00 |
| Back Page | \$125.00 | \$180.00 |

Justices of the Peace

Information sourced from http://jp.agd.sa.gov.au/JPPublicWeb/

Numbers given are for use during business hours

Bowhill

| Jodie Hawkes | 08 8570 4208 |
|----------------|--------------|
| David Herrmann | 0427 704 261 |
| Yvonne Smith | 0407 608 238 |

Karoonda

| Robin Burdett | 0408 817 419 |
|------------------|--------------|
| Richard Cheriton | 08 8578 1090 |
| Katrina Fromm | 08 8578 1004 |

Wynarka

Robin Hood 0408 300 888

<u>NOTICE</u>

March
Yellow Lid Recycle Bin
Pickup is on
Tuesday 8th



Items for Qtr. 2 Community
Newsletter

May 2022—June 2022

The Community Newsletter is published for the Community. We endeavour to include as much relevant local information as possible.

Please send contributions via any of the following methods by

15th Apr 2022 Email in word, jpeg, publisher or pdf format to,

info@malleebusiness.org.au

or bring into the Post Office.

For further enquiries ph: 0418851264



'Go Anywhere' Emergency

Pendant with **GPS** Positioning









NO MONITORING FEES

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- * Rechargeable battery & Low battery reporting
- Monitored by 1-10 family/friends mobile phones
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Or Phone 03-9588 0392

See the video presentation on the Safe-Life Website

* Specifications subject to change without notice







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- * Hospital grade quality for home use
- Monitoring of Doors
- * Have as many devices going to the one pager you like - items available individually



- * Each transmitter has its own identity :ie "Out of Bed", "Front Door Open". "Pendant Alarm"
- "Out of Bed" Monitoring
- Economical, easy to set up and long lasting



 Visit our website to see the full "Hospital in the Home" range of products

"Out of Chair"

Order on-line at www.safelife.com.au

Phone: 03-9588 0392



Karoonda Community Men's Shed

A steering group has been actively working towards establishing a Men's Shed within Karoonda.

A Men's Shed can play a major role in the wellbeing of men in our community and would:

Play an important role in the prevention of social isolation

Promote positive health and wellbeing amongst men

Enable men to positively (re)connect with their community

Enable men to continue to be productive and physically active

Support, as a group, various events and charities throughout the community

Provide a safe and friendly environment where men are able to work on meaningful projects at their own pace, in their own time and in the company of other men

We envisage the structure of the Men's Shed would be inclusive of all needs with a range of activities to suit. This would include working on projects, assisting the general community, or simply coming along for a social chat.

For this worthwhile project to go ahead, we need to ensure community support.

Please register your interest by email at

karoondamensshed@gmail.com or by contacting the

Karoonda East Murray Council on (08) 8578 1004.

If you could let us know:

Your name and contact details (optional)

If you would be interested in a committee role

What you would like from a Men's Shed

Alternatively, the following QR code will take you straight to our on-line survey.

Your response would be greatly appreciated.







@ Karoonda Football Oval

We have completed a COVID safe plan and it will be available at the gym. It is crucial that the plan be adhered to and it will be monitored regularly.

Key points to remember are

- Maintain social distancing 1.5m
- Stay home if you are at all sick or showing signs of illness
- No more than 15 people in the gym at a time.
- Take your own towel and it must be used on all equipment
- Wipe down equipment before and after use
- Sanitise hands regularly

We would like to see our gym stay open and it is important that the Covid safe plan is followed to ensure this happens.

We have now moved into our brand new facility at the Football Oval!

Contacts: Mel Humphrys 0407 983 428

Jenny Hood 0403 300 403 rkjkhood@gmail.com

FEES: 6 Months \$75.00 Monthly \$15.00 Casual \$5.00

(Students) \$45.00 (Students) \$8.00

Payment to be paid direct to bank (preferred) or in the locked box at the gym.

MALLEE ARTS KAROONDA 2022





Early Bird Registration OPEN 1st March 2022



Calling all Mallee Artists!

SALA "Early Bird Registration" opens 1st March 2022.

Please register your interest early to ensure your name makes the official SALA program.

Mallee Arts Karoonda gallery to run for 4 weeks during August.

Fees apply to participants (approx. \$15.00 per artist)

TO REGISTER:

Please make contact with Jen:

Phone: 0412 320 398

Email: malleeartskaroonda@outlook.com





FRIENDLY REMINDER

With the current Covid situation ramping up in SA, we would like to give everyone a friendly reminder to checkin, sanitise, socially distance and to wear a mask at all times whilst in the shop.

Thanks for helping keep SA safe!

PRE-EMERGENTS

Taking Pre-Emergent Chemical orders now. Get your requirements now to avoid possible future supply issues Call instore today.

INSURANCE



SOIL TESTING

Over the past five decades, the practice and use of soil testing has become widely accepted in agribusiness both by farmers and industry. The potential for increased yields and profits has been the obvious motivator for the keen interest in soil testing.

Soil test reports will generally provide you with appropriate fertilizer application recommendations for nitrogen, phosphorous, potassium and limestone. Soil testing also allows for determining the micronutrient requirements of your crop.

Soil testing provides a farm management tool with a potential benefit to the farmer of increased yields, reduced operating costs and superior environmental risk management. Additional benefits include; improved crop maturity and quality, higher tolerance to disease and pest damage, and increased growth.

To talk about getting your soil tested, call Stephen Byrne on: (08) 8576 3132 today!

Kerbside Recycling Service

<u>Private residences</u> Karoonda & Wynarka

upcoming collection dates —

8 March 12 April 10 May Yellow Lid Recycling

- Paper & cardboard (newspapers, magazines, junk mail, envelopes, egg cartons, flattened cardboard boxes
- Cartons (juice & milk cartons—rinsed and flattened
 - Glass bottles & Jars (rinsed)
- Aluminium & Steel (cans and lids) & empty aerosol cans
 - All rigid plastic containers (plastic drink bottles, yoghurt containers, detergent bottles.) Remove all lids and place in rubbish bin.
 - NO PLASTIC BAGS, BUBBLE WRAP ETC.
 NO POLYSTYRENE

Visit the Zero waste SA Website for more information relating to recycling www.zerowaste.sa.gov.au

Deposit of waste oil

Wheelie bins are <u>NOT</u> to be used for the disposal of oil and oil filters.

Council has a waste oil collection facility at its depot, which is available to residents & businesses.

Please note that oil filters and oil drums etc <u>WILL NOT</u> be accepted for disposal these items remain the responsibility of the owner.

Please phone: 08 8578 1004 to make an appointment to deliver waste oil

Karoonda Medical

Phone: 85791122

Mannum Medical Associates Ph: 85690222

Book online

http://www.mannummedical.com.au/karoonda-medical

Mannum continue to offer support through telephone consults Monday to Friday Dr Myrtle Stibbe happy to consult via phone

February

Wednesday 9th, Thursday 10th Dr G Crafter Wed 23rd, Thurs 24th Dr G Crafter

March

Wednesday 2nd Dr H Aldyni
Wed 9th, Thurs 10th, Fri 11th Dr G Crafter
Wednesday 16th Dr H Aldyni
Wed 23rd, Thurs, 24th, Fri 25th Dr G Crafter
Wednesday 30th Dr H Aldyni

April

Wed 6th, Thurs 7th, Fri 8th Dr Greg Crafter
Wednesday 13th Dr H Aldyni
Dr G Crafter— Annual Leave
Wednesday 20th Dr H Aldyni
Wednesday 27th Dr H Aldyni

Private Allied Health Podiatrist—Giles Rositano

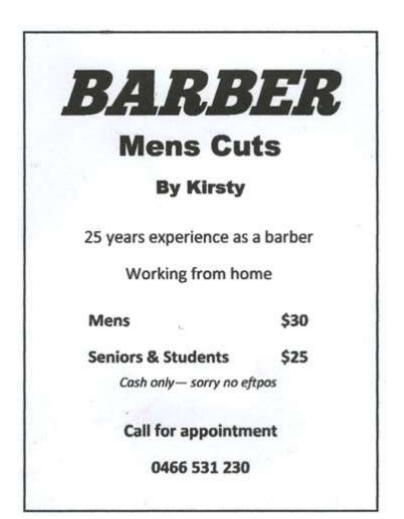
Friday 18th February
Friday 18th March
Friday 29th April

Optometrist—Dion Stanbury

Wednesday Feb 9th Wednesday March 23rd Wednesday May 11th

Surgery Hours

9.00 – 5.00pm Closed Lunch 12.30 – 1.30pm <u>Dates are subject to change</u>



Do you have a photo, event or story you would like to share? Please feel free to send them to Rebekah at reporter@malleebusiness.org.au

She is also happy to come and cover your local event! Having a significant birthday? Let us know!

MENS SHED FOR THE MALLEE

A steering group within the Karoonda Community has been actively working to establish a Men's Shed within the town.

The establishment of the Men's Shed seeks to play a role in the wellbeing of men in our community, by preventing isolation, promoting positive health and wellbeing, and offering a place to be physically engaged, as well as a number other benefits.



Rebekah Crisp

Community members who are interested in being involved are invited to express their interest via and online survey, found at-

Surveymonkey.com/r/NYBNSZL



A MARVERLOUS MAKEOVER

The shop at 3
Peake Street gets a
glam new look as
the new home of
Gloss Hair by Abbi.

The building formerly housed the local newsagency and LandscapeSA (formerly NRM), but has been given a beautiful overhaul by Gloss Hair by Abbi's owner and her husband.

The renovations were completed at the start of the year, and the business moved from its previous location within the Community Craft shop to the refreshed new premises.





Rebekah Crisp

Lions Club of Karoonda & Districts

Current officers:

President:-

Johanna Siecker 0408 661 54

jsiecker@bigpond.com

Secretary:-

Jillian Downs 0438 114 111

Treasurer:-

John Pfeiffer 0429 572 229

Correspondence can be directed in electronic format to President Johanna or the Club email address: karoondalions@yahoo.com.au

Expression of interest

making a fabric Mat or bag
using precut 2.5 inch strips (jelly roll)
Please contact Kaye or Sonia for further
information



Notice

As the Karoonda Farm Fair has decided not to hold their annual event this year there will be no show entry competitions being run.

Current Covid Information for South Australia

For all the updated information, requirements and recommendations

for Business's, General Public, and

Private Premises, visit the following Government website.

https://www.covid-19.sa.gov.au/

S.A Mallee Country Connection

25 Railway Tce Karoonda, \$A 5307 Ph/Fax (08) 8578 1388

OPEN 5 days, 10.30am to 5.00pm But

Due to covid and limited numbers

Please Ring to make appointment

CLOSED

Monday & Tuesday & Public Holidays

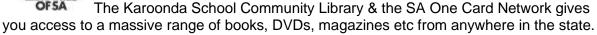
In shop only

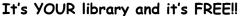
2ND March to 3rd April

Email: malleequilts@optusnet.com.au
Website: www.malleequilts.com.au

Karoonda School Community Library

www.onecard.network/karoonda





Phone: 8578 1120 Email: karoonda.library@gmail.com
Like our Facebook page to get information about opening times, events etc.

www.facebook.com/karoondascl

Download the FREE Libraries SA app today to have the library in your hand!

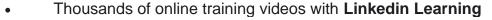
Have you tried our FREE Digital Resources?

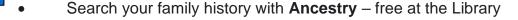


Our digital resources are always available 24/7 no matter if the Library is open or closed. Just visit www.onecard.network/karoonda and have FREE online access to:



Over 100,000 FREE eBooks, Audiobooks with **Libby (Overdrive)** and **Borrowbox**







Want to Keep a Record of What You Have Borrowed?

See the easy instructions at: libraries.sa.gov.au/borrowinghistory



Did you know that you can have your library account linked to your children's accounts so that you can see what items they have borrowed, placed on hold, or when items need to be returned?

Just ask us at the library and we will set this up for you.

Storytime at the Library

Families with children aged 0 to school age are welcome to attend **Storytime** every second Wednesday of the school term (even weeks) from **10am** (following Playgroup) to experience stories, songs and activities.



Note: Depending on COVID we may postpone Storytime sessions – check our Facebook page for more information.

New Library Opening Times 2022!!

NOTE: Opening hours for community may change depending on the current COVID situation. Check our Facebook page for up-to-date information

Monday 8:30am – 5pm

Tuesday 8:30am - 3:30pm

Wednesday 8:30am - 5pm

Thursday 8:30am - 3:30pm

Friday 8:30am - 5pm

Click & Collect is available for any customers who do not wish to enter the library. Just call or email us to let us know which items you would like or place a hold via the website or app.

Items can be returned or collected from the red boxes at the rear door of the library.

Home Delivery is always available for vulnerable or aged community members who are unable to visit the library – please contact us if you require this service.

When visiting the library please wear a mask, COVI D check-in, sanitize, physically distance

Other services available at the library include: FREE wireless Internet, computers for public use, photocopying and laminating services.

Please come in and see us If you would like to join the library or need any information.

Sue Muster (Library Manager)

Kerry Cornford (Community Library Assistant)





St John's Lutheran Church Service Times



27 Feb 11.00 Holy Communion 2 Mar Wednesday - Ash Wednesday 7.00 pm Preaching

6 Mar 10.00 Lay Reading

9 Mar Wednesday Lenten Devotion 7.00 pm Buccleuch

13 Mar 9.00 Holy Communion

16 Mar Wednesday Lenten Devotion 7; 00 pm Tailem Bend

20 Mar ` 11.00 Holy Communion

23 Mar Wednesday Lenten Devotion 7.00 pm Karoonda

27 Mar 10.00 Lay Reading

30 Mar Wednesday Lenten Devotion 7.00 pm Buccleuch

3 Apr 9.00 Holy Communion

6 Apr Wednesday Lenten Devotion 7.00 pm Tailem Bend

10 Apr 11.00 Holy Communion Palm Sunday

14 Apr Thursday 7.00 pm Holy Communion Tailem Bend - Maundy Thursday

15 Apr Good Friday 11.00 PR

17 Apr Easter Sunday 9.00 Holy Communion

24 Apr 10.00 Lay Reading

1 May 9.00 Holy Communion

8 May 11.00 Holy Communion

15 May 10.00 Lay Reading

22 May 9.00 Holy Communion

29 May 10.30.

KAROONDA OP SHOP 17 PEAKE STREET, KAROONDA

The Karoonda Op Shop supplies affordable clothing and other goods to benefit a wide range of community members. The volunteer organising committee enjoy contributing to worthy local causes with profits from sales being donated to organisations and charities in the region.

All visitors to the Op Shop are asked to please observe the following upon entry:

• Max 6 people in the shop at anytime Mariee Business Association—Issue 1/2022

Sanitise your hands on arrival



WSBDISTRIBUTORS

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NEW 5th Gen Big Pack

throughing the new HDP 6 knotter 58t generation machine, with new hydraulic fan her the clearfest machine from top to cottom. Note available as a retroff alt for the exiging HDP it 8 snotter machines. With amaking flusine deals, took no farther than the professional Knone range for your next hay season.



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New Vendro Linkage Tedders

Introducing Virone's new Vendro todder range. The Vendro will replace the existing KW linkage The Vector and replace the easting IVs smaller transp and hydrons a new Optition value of and Optition covered the for optimizes throw of crop, maining clean high-quality forage. Now with arranging financies deals. Frome has you sorted for the season shead.



WSBDISTRIBUTORS

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(I) KRONE

Relentless Performance

Bringing versatility to the form and beyond licens's range of moveers, raises and round ballers have you sorted for the season ahead. Now with amazing finance deals. look no further than the Know range



WSBDISTRIBUTORS

196 Main North Board Clare SA 5450 29 Peans Street, Kerconda, SA 5507 26 Poute Street, Kern 06 8642 2177 www.wsb.com.au







- Luke Hocking 0488 781 222 -
 - Jason Crowe 0457 577 751 -

Normies Notes

Some families may be finding finances tough this year, understandably so. This in turn can also affect the Mental Health of not only the adults, but all members of the family. Please do not hesitate in contacting someone for support and guidance.

I thought I would outline a few organizations that may be able to assist. I would like to stress that there is help available and please do not feel you have to do it on your own!! I am more than happy to try and help you make the initial contact with the right people.

Rural Business support: Our service and programs are developed to inspire farmers and small business owners in rural areas to take action to improve their financial position (This delivers the Rural Financial Counselling Service). Phone 1800 836 211 https://www.ruralbusinesssupport.org.au/

FaB Support Mentors: SA farmers, their families ad businesses impacted by adverse events such as bushfire ad drought, can access help through the Family and Business Support Program. Phone 1800 255 556 https://www.pir.sa.gov.au/alerts news events/pirsa newsletters/pirsa news, october 2018/fab mentors to assist drought affected regions

Drought Angels: Support Aussie Farmers in providing personalized and practical assistance. They are Queensland based, but have started be active in SA. Phone 07 4662 7371 www.droughtangels.org.au

Rural Aid: Provides farmers and communities with critical support before, during and after disaster events. Ph 1300 327 624 www.ruralaid.org.au

Pirsa: Has available a On-Farm Emergency Water Infrastructure Rebate Scheme as well as fodder assistance and animal welfare and other contacts and information. Please note the Water Infrastructure Scheme is now closing on **5pm 30**th **April 2022.** Ph 1800 931 314. https://www.pir.sa.gov.au/grants and assistance/drought support/financial assistance

If you haven't accessed Centrelink – Farm Household Allowance, it is always worth a phone call.

<u>Farm Household Allowance</u>: The Farm Household Allowance provides financial assistance to eligible farmers and their partners through planning, training and income support. Contact the Farmer Assistance Hotline (13 23 16) to find out how to apply. https://www.servicesaustralia.gov.au/farm-household-allowance

Regional Access Program: Free professional counselling for regional SA. Phone 1300 032 186 24 hours a day, 7 days a week for people 15 years and older living or working in regional SA. https://saregionalaccess.org.au/

Beyond Blue: Advice and support with people with depression and anxiety phone 1300 22 4636. https://www.beyondblue.org.au/

These are just a few organisations that are there to help farmers and families.

'When people are protecting something truly special to them, they become as strong as they can be!'

Please contact me if you have any other questions, more than happy to help! Karen Norman PCW

DIESEL & DIRT DAY INTERNATIONAL WOMEN'S DAY

Free Sausage Sizzle

Guest Speaker: Suzie Evans

When: Tuesday 8th March at 11:45am to 1:45pm Where: Karoonda Industrial Area Opposite Ronco Motors

RSVP: Katrina on 08 8578 1004

Join with Council staff and connect with other women from our community, and experience what it's like to operate some of Councils plant in a controlled environment!

Australia Day Awards



Citizen of the Year - Karen Norman

Every day "Normie" - as she is affectionately known - is the listening ear and has an open office for students who need that adult to listen and engage with. She quietly supports families in need, creating the opportunity for Food Bank supplies to those who might benefit, to make sure children receive good nutrition. When a crisis hits, she is there supporting families, quietly making sure their daily needs are met. She is a true gem of our community. Karen performs the role of Pastoral Care Worker at the Karoonda Area School, along with Treasurer for the Karoonda District Cricket Club. Courts Committee Treasurer, Junior Tennis coordinator.



Young Citizen of the Year - Jackson Fromm

Jackson has put in many volunteer hours to the district, coaching the Karoonda Districts Football Club Senior Colts. Also running the Woolworths blast into cricket 8 week sessions at Karoonda as the coordinator in 19-2020 & 20-2021. Jackson volunteers his spare time at the Karoonda Golf Club in various areas. Jackson has been involved in many extra circular activities such as the Rotary youth development voyage, Murray Bridge Rotary Club, Rotary leadership program, all activities to help develop the roles he has undertaken in our community.

Australia Day Awards

<u>Award for Active Citizenship - Jen</u> <u>Arnold</u>

Jen has driven the creation of the 'Mallee Arts Karoonda' and organised workshops with many participants to learn Lino cutting and printing. facilitates Jen evenings where community members can work together on their art practices. Another of her contributions has been the initiative to curate a SALA Gallery and include all prospective local artists including children. This has been а welcome contribution community that has created a sense of belonging. opened up artistic minds and forged an inclusive place where people feel valued and can contribute to something or explore ideas. She is an active participant in the community, passionate about helping others to reach their potential.



Community Event of the Year - Mantung Anzac Day Service

The Anzac Day Dawn service for 2021 was held at the Mantung Hall. This event was run by the Mantung Hall committee and began with the 6am dawn service followed by breakfast around the campfire. Along with a carefully curated display in the hall, and complete with a bugler playing the last post, over 100 people experienced the majesty of sunrise in the mallee whilst reflecting on the supreme sacrifice and service of military personnel.



We work with you to maximise your returns – from a few bales, right up to the main shearing, through the good times and the tough – because with us, quality counts.

Give your local agent Ian Baker (Mallee) a call on **0407 710 524** to find out how.



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- ON-FARM BUYING
- CASH PAYMENTS
- FORWARD CONTRACTS
- WOOL PICK UPS WITH OUR TRUCKS
- SHED CLEAN UPS

Call 08 8341 0000 QualityWool.com

KAROONDA AND DISTRICT HISTORICAL SOCIETY

The painting of the pump shed is well underway due to the efforts of a small group who are working on the project. The early steam trains needed water for steam. The shed is the original Pump House from the Mindarie Railway Station which houses the 10 hp oil engine that pumped water into an elevated tank that delivered it into the locomotives via the water column adjacent to the shed. The motor is in working order. Water from Mindarie was of better quality than that at Karoonda so engine drivers preferred to leave Tailem Bend with a full tank of river water and travel to Mindarie before refilling. They only took in the minimum amount at Karoonda if necessary.



Work is also underway on repairing a section of the roof of the Barwell Bull (Brill car). This work is being done by a tradesperson. The next stage is the covering of the carriage to protect it from further weather damage. Materials have already been purchased for this project and further tradesperson expertise is being sought to complete the project. We neither have the money or expertise to fully restore these carriages and given that many of the members want the carriages to remain in the park as a symbol of our railway history, providing protection is the next best option. We are hoping to clear the interior sufficiently for displays. This carriage ended its service as a sleeping van for railway gangs. The rail carriages were mostly purchased by the Lions

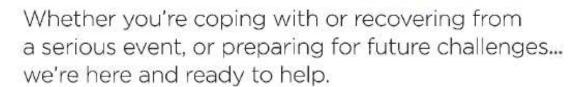
Club of the day, from Gepps Cross and delivered to Karoonda as free freight by AN (Australia National). The wagons were dismantled on the triangle at the Karoonda Railway Station. The bogies were removed, the body blocked up and bogies put on rails at the park using a low loader. This was a huge effort by the then Society members, Lion's Club and District Council.

We have been given a collection of a very detailed memoir and other items from Kate Brown whose family pioneered land at Borrika and these will be placed in the archives at the District Council office. The Brown family farmed at 'Billabunya' until 1945 and sold the farm to the Drescher family in 1950. Various items from the original farm smithy are stored in the park.

It is 40 years since the first meeting to form the Karoonda and District Historical Society on April 1 1982 with 23 people attending and several apologies. Our membership is much smaller now with between 8 and 10 people attending the meetings. We very much welcome new members and people to just attend working bees if preferred. Any help is appreciated. Monthly meetings are held on the 4th Tuesday of the month and next meeting will be held on 22 February in the shed at the park.

Are you a farmer who could use some help?

Rural Aid is committed to providing support to farmers and rural communities.



REGISTER NOW

for Farmer Assistance & Support



ruralaid.org.au 1300 327 624





Top 10 tips to maintain your mental health



Plan and prioritise

Focus on one thing at a time, keep calm and plan ahead. Set priorities, action steps and reminders. Celebrate your progress.



Sleep well

Lack of sleep can cause stress and exhaustion. We need an average eight hours sleep to function best. Turn off the TV at least 30 minutes before bed.



Eat healthy food

Good nutrition is important for your mental health. Eat nutritious, well balanced meals and drink plenty of water. Search the web for healthy recipes.



Tune in

Listening to music for leisure can help you relax and increase creativity, productivity and focus. The right type of music can be calming and reduce stress levels.



Join in

Join a club, group, society, gym or whatever you're interested in. Get involved in your community and build strong social connections.



Cut down

Set realistic goals and try cutting back on alcohol, cigarettes and other drugs. If you want to quit, find support to help you do it effectively and for good.



Switch off

Try not to become too focused on electronics such as TV, DVDs, games, mobiles and tablets. Turn them off even for 5 or 10 minutes a day. Take a walk outside or read a book instead.



Engage with others

Make the time to connect with people who make you happy. Ensure you make time to see your family and friends in person.



Exercise for your mind

Exercise can make you feel better and improve your outlook. Move more and sit less. Walk your dog or take a gym class.



Seek advice & support

If things are getting too much and you aren't coping, talk to someone. See your GP, call Lifeline on 13.11.14 or the Suicide Call Back Service on 1300 659 467. Reach out to others and ask them if they're OK.



Government of South Australia

SafeWork SA



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Your local team for all seasons

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|--|--------------|
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| Helen Lloyd - Branch Operations Manager | 0437 195 421 |
| | |
| Livestock / Wool | |
| Eli Koch - Territory Sales Manager - Karoonda | 0409 698 713 |
| Scott Eichler - Livestock Manager | 0408 869 394 |
| Trevor Smith - District Wool Manager | 0457 772 614 |
| | |
| Farm Supplies | |
| Craig Bell - Agronomist | 0409 955 388 |
| Angus Brissenden - Agronomist | 0499 303 412 |
| Andrew Boag - Farm Supplies Sales | 08 8531 9210 |
| | |
| Real Estate | |
| Gavin Clarke - Real Estate Sales Consultant | 0417 859 733 |
| John Robinson - Real Estate Sales Consultant | 0409 609 457 |
| | |
| Rural Bank | |
| Nick Brook - Agribusiness Relationship Manager | 0428 848 610 |
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New support package for businesses impacted by COVID-19 restrictions

Weblink: https://www.treasury.sa.gov.au/Growing-South-Australia/COVID-19

In response to the COVID-19 pandemic and its significant impact on local businesses, community organisations, industry sectors and jobs, the South Australian Government has introduced a support package for businesses impacted by the health restrictions put in place from 27 December 2021.

As part of the COVID-19 Support Fund, a series of new grants will be available to eligible businesses across the state's tourism, hospitality, gym/fitness, and major events industries, as well as those in other industries experiencing similar hardship.

Grant program: Tourism, Hospitality and Gym Grant

The South Australian Government has introduced a Tourism, Hospitality and Gym Grant to support businesses impacted by the health restrictions in place from 27 December 2021 in South Australia.

Businesses with national payrolls of less than \$10 million in eligible tourism/hospitality sectors, gyms and other businesses required to operate under the 1 person per 7 square metre density restriction that have already received the COVID-19 Additional Business Support Grant will receive an automatic payment of:

- \$3,000 for employing businesses with turnover less than \$2 million in 2019-20 or 2020-21
- \$10,000 for employing businesses with turnover of greater than \$2 million in 2019-20 or 2020-21 (tourism and hospitality sectors only)
- \$1,000 for non-employing businesses
- Additional grant for businesses operating in CBD (employing and non-employing):
 \$1,000

Grant program: Business Hardship Grant

A COVID-19 Business Hardship Grant has been introduced to provide assistance

to those businesses impacted by health restrictions in place from 27 December

2021, but are not eligible for the tourism, hospitality and gym grants (December

2021).

Grants of \$6,000 for employing businesses and \$2,000 for non-employing busi-

nesses will be available for businesses that have experienced a decline in turno-

ver of 50% or more as a result of the COVID-19 health trading restrictions intro-

duced from 27 December 2021.

A further grant of \$2,000 will be available for eligible businesses (both employing

and non-employing) with a commercial premise in the Adelaide CBD. This recog-

nises the increased number of employees working from home (in line with health

advice) and the impact this has on CBD businesses. The Adelaide CBD is defined

as a commercial premise located in the 5000 postcode.

Grant program: Major Events Grant

A Major Events Support Grant of up to \$25,000 is available for the operators of

major one-off events with between 1,000 and 10,000 attendees which have been

impacted by the health-related trading restrictions from 27 December 2021.

An increased grant amount of up to \$100,000 is available for cancelled or post-

poned events with greater than 10,000 attendees.

All businesses must be registered for GST to be eligible. Other standard criteria

include that a business is located and operating within South Australia, has a valid

and active ABN (Australian Business Number) and has an Australia-wide grouped

payroll of less than \$10 million in the 2019-20 or 2020-21 financial year.

Any queries in relation to the COVID-19 Support Fund or submissions seeking

Government assistance from the COVID-19 Support Fund can be lodged at:

businessandjobssupportfund@sa.gov.au

IS YOUR KID A MALLEE KID?

If not, they could be! Our team at Mallee Kids provides a supportive and encouraging learning environment for all children between 3 months and 12 years of age. Our centre offers:

- FREE Trial Days
- Long Day Care
- Before & After School Care
- Holiday Programs

Our quality childcare service runs 5 days a week, from 7:30am - 6:00pm. To book your FREE trial day or to find out more, please phone 0417 819 192.



"I love Walles Kids because you are having so much fun and you collect ladybugs" Leni Aged 3



12 North Terrace, Karoonda South Australia, 5307 | 08 8578 1401 | info@malleekids.com.au

KAROONDA OP SHOP 17 PEAKE STREET, KAROONDA

The Karoonda Op Shop supplies affordable clothing and other goods to benefit a wide range of community members. The volunteer organising committee enjoy contributing to worthy local causes with profits from sales being donated to organisations and charities in the region.

All visitors to the Op Shop are asked to please observe the following upon entry:

- Max 6 people in the shop at anytime
 - Sanitise your hands on arrival
 - Sign the visitors book
- Observe social distancing at all times

Open Fridays 9:30am - 4:00pm



KAROONDA HOTEL

15 RAILWAY TERRACE, KAROONDA > PH (08) 8578 1006



NEW MENU

- SOCIAL CLUB RAFFLES AND MEMBERS DRAW FRIDAY NIGHT.
 - HAPPY HOUR FRIDAY 5-7 PM
 - \$1.50 off Pints \$1.00 of Schooners, Stubbies and Spirits.



POOL COMP TUESDAYS

DART BOARDS > BINGO MACHINE



Regular **Specials** every **Tuesday and Thursday Nights.**BAR SNACKS
Available all day

BAR AND DINING OPEN AND

CONTINUING TO PROVIDE

TAKEAWAY

LIMITED NUMBERS UNTIL FURTHER NOTICE



Karoonda Waste & Recycling Depot



New Hours:

Sundays (open first sunday of the month):

operating hours will be 12 pm - 4 pm

Wednesdays:

Every Wednesday operating hours will be 2:30pm - 4:30pm

Closed Public Holidays
Closed on Total Fire Ban days

| Waste Depot Fees 2021 - 22 | | | | |
|--|----------|----------------------------------|----------|--|
| Car/ Utility/ Station Wagon - Sorted | \$25.00 | Truck (7 - 14 tonnes) - Sorted | \$400.00 | |
| Car/ Utility/ Station Wagon - Unsorted | \$55.00 | Truck (7 - 14 tonnes) - Unsorted | \$500.00 | |
| 6 X 4 Trailer - Sorted | \$25.00 | Mattresses/ Lounges (per item) | \$30.00 | |
| 6 X 4 - Unsorted | \$55.00 | Car Bodies | \$30.00 | |
| Tandem Trailer - Sorted | \$35.00 | Recycling | FREE | |
| Tandem Trailer - Unsorted | \$65.00 | Green Waste | FREE | |
| Truck (up to 7 tonnes) - Sorted | \$200.00 | Scrap Metal | FREE | |
| Truck (up to 7 tonnes) - Unsorted | \$350.00 | E-Waste | FREE | |

Any queries may be directed to the Manager Assets Infrastructure & Regulatory Services during office hours on 08 8578 1004



Being part of Smokey's crew means staying bushfire safe!

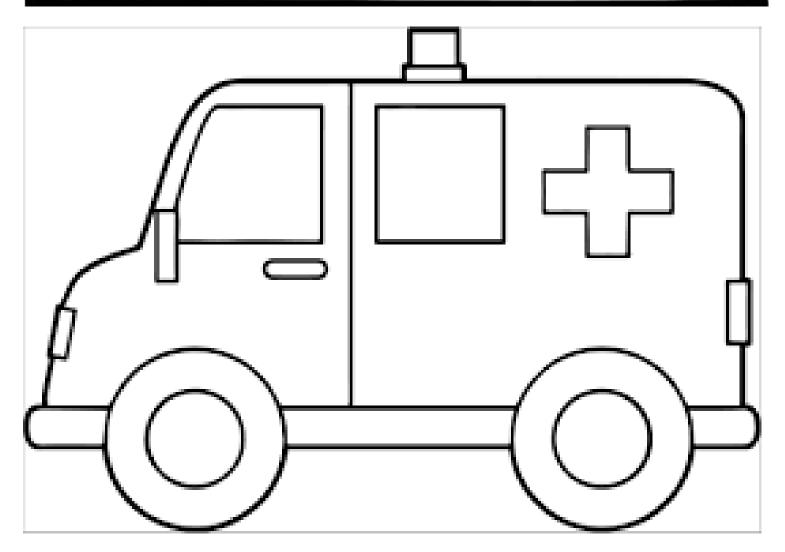
- ✓ Make sure your family has a Bushfire Survival Plan and Home Fire Escape Plan.
- ✓ Ask your carers where you will go and what you will do on Fire Danger Days.

And remember Smokey's safety rules:

- If the house is on fire, get out and stay out
- If there's a bushfire, shelter indoors
- ✓ When the room fills with smoke: get down low & go go go
- If your clothes catch fire: stop, cover, drop, and roll
- If you see a fire, tell an adult
- In an emergency, dial 000
- Fire fighters are our friends



cfs.sa.gov.au Bushfire Information Hotline 1800 362 361 (TTY 133 677)



Where to go for support



SafeWork SA

Our work health and safety advisors can provide you with free information, advice and support tailored to the work you do.





1300 365 255 help.safework@sa.gov.au



🔊 safework.sa.gov.au 💟 @safeworksa 😗 safeworksa



ReturnToWorkSA

ReturnToWorkSA provides free information and advice to help you to create a mentally healthy workplace. Visit rtwsa.com or phone 13 18 55.



Heads Up

Free workplace resources are available for small business owners, managers, employees and employers: headsup.org.au





NCETA

The National Centre for Education and Training on Addiction (NCETA) offers advice, training, and consultancy to assist workplaces manage alcohol and other drug related risk to safety and worker wellbeing. For more information see nceta.flinders.edu.au or contact us on (08) 8201 7535 or nceta@flinders.edu.au



Quitline

Thinking of guitting smoking? Quitline support can double your chances of quitting and provide support to make your workplace smoke-free.

10,000 Steps

The goal of the 10,000 Steps program is to help make movement a part of everyday life. The 10,000 Steps website allows groups of people to participate in a virtual walking Tournament within a workplace and there is support and resources available to workplaces, individuals and communities. 10000steps.org.au

Alcohol and Drug Information Service (ADIS) 1300 13 1340

Confidential telephone counselling and information service.

8:30 am to 10 pm everyday.





beyondblue Support Service



Talk it through with us, we'll point you in the right direction, Call 1300 22 4636 24 hours a day 7 days a week. beyondblue org.au/getsupport

The Australian Government guidelines for eating well are freely available. eatforhealth.gov.au/eating-well

Kids Helpline means you're not alone.

We're here anytime & for any reason.

We can talk about anything



your family, friends or partner



someone you know who needs help



mental health



dealing with challenging emotions

We're here for you!







kidshelpline.com.au

1800 55 1800

FREE CALL 24/7







Kids Helpline is a service of yourtown for 5-25 year olds



Karoonda Community Craft Shop

Now open 7 days a week - 9.00 to 4.00 27a Railway Tce., Karoonda Look out for red flags

Selling a variety home made goods including:

Cakes, biscuits, sausage rolls, sauces, pickles, jams, etc,

Pot plants, hand towels, aprons, children's clothing, Soft toys, wooden toys & trays Olive oil, honey, dried fruit & nuts Local free-range organic eggs Devonshire teas available most days.

Call in & check out our range of Christmas decorations, gifts and yummy treats.

Call in and check out our new items

Contact Judy Terrell 0403118066, Sue Koch 0435986122



Karoonda Golf Club

KR Wilson Drive, Karoonda



Karoonda Golf Club is a family friendly club and welcomes new members.

MEMBERSHIPS:



FULL - \$110



WOMEN/CHILDREN - \$55



SOCIAL - \$25

CONTACT US FOR DETAILS/DATES

Restrictions apply and are ever changing—

contact the club for further information.

For more information, or if you want to get involved contact:

Lucas Neumann, President



2 0417 829 690



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Nick: 0418 857 810 5

10 Sales

Tim: 0409 371 808

Ty: 0429 989 876

Zakk: 0418 542 828

Ashley: 0407 781 258

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opening hours

on - fri 8:00am - 5:00pm



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email: Inconstructions@bigpond.com | PO BOX 50, KAROONDA SA 5307

ABN 24 719 334 937 BLD: 240948



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Heidi 0408 817 474

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- Weighbridge

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Email: admin@kbhkaroonda.com.au



CWA KAROONDA BRANCH

Meetings held at the Refreshment Room,
Karoonda Institute
4th Friday of the month @ 1:30pm
Craft days held at the Karoonda Institute
1st Tuesday of the month at 10:30am
Bring your own lunch & craft. Tea/coffee
& biscuits provided.

All welcome.
Contact President Margaret Potter
0431 157 557

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Treatments offered:

- Anti-Aging injectable
- Muscle Relaxant Injections
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All treatments are carried out at:
27 Tower Drive, Karoonda,
by our consultant doctor with
advanced training and wide experience in
performing such treatments.

Our prices are affordable yet the level of skill
employed to carry out our non-surgical
treatments is of the highest level.

Please contact Sharon for appointments Mobile: 0433 692 577 Email: mobileaestheticsaus@gmail.com

TAILEM BEND PHARMACY ~ KAROONDA DEPOT 27 Railway Tce, Karoonda

Ph: 08 8578 1085 Fax: 08 8578 1367

Email: pharmacy@karoonda.com.au

Serving Karoonda area for almost 40 years

- Prescription delivery service: -Mon — Wed — Fri
- Phone or Order at Depot by 3:00 pm for prescriptions delivered to your door from 4:15 pm (free postal service for Out-of-towners)
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Open: Mon-Fri 9.30 am to 6.00 pm

Find us on Facebook: Karoonda Depot Web: tailembendpharmacy.com.au



Call in and talk to Rhonda, Sue & Wendy for fast, friendly and efficient service.

WE NEED YOUR HELP

The CFS is a volunteer based fire and emergency service dedicated to protecting life, property and environmental assets in regional South Australia.

Numbers of volunteers in the **Karoonda CFS brigade** are not strong at the moment and we are looking for more volunteers.

If you are interested in helping protect your community and are prepared to give some of your time, we are interested in hearing from you.

We had a hot summer and need more volunteers, it's a good time to join, do some training and be ready for this summer's coming fire season.

Please contact any of the following for more info:

Leanne Kruger Ph 0427 858 736, Russell Norman Ph 0427 781272, Paul Hoff Ph 0427 781322, Glen Lawn Ph 0417 884819, or come to the CFS station on a Monday night.

South Australian

COUNTRY FIRE SERVICE



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9.00am to 5.00pm

31 Railway Tce Karoonda Ph/fax 08 85781 042 AH 0418851264 or 0429696905

SA Ambulance Service volunteers needed at Karoonda

The SA Ambulance Service (SAAS) volunteer team at Karoonda and surrounding areas are looking for volunteers to join them as the service launches a new community recruitment drive.

Volunteers across Karoonda have been speaking about the benefits of becoming a SAAS volunteer in country SA. They say it is easier than you think with the opportunity to make a difference in the community and gain life-skills that can be used in everyday life.

Karoonda volunteer Robyn has been volunteering with SAAS for fourteen years. On her experience volunteering Robyn says "it is very fulfilling being able to care for our community when they are most vulnerable. The look of relief and gratitude from our patients and their families when we arrive is very rewarding. We care about our local community and that's why we do it!".

Robyn says that she has learned life-saving skills that will stay with her forever and has gained the confidence to step up and help someone in need, whether in uniform or off duty. "SAAS strives to provide a caring professional service. I'm very proud to be an ambulance volunteer and part of the Karoonda team".

Like Robyn you can get the necessary training, which is totally free of charge. At the end of your training you'll walk away with a nationally accredited Certificate IV in Health Care.

Most patients are people with chest pain, breathing problems, have experienced a fall, or have pre-existing medical conditions. Of course, on some occasions there are major incidents, but these are a very small portion of the work. You will always be paired with a qualified ambulance officer, who will be there to assist and support you.

With flexible rosters that can work around your lifestyle, you don't always need to be at the ambulance station when on-call.

The Karoonda team train every Monday night during the school term. Robyn adds:

"training nights are fun! We learn or reeducate our skills but always manage to have a few laughs as well. We have a great supportive and caring team".

There's no better time to take control in an emergency, to help save the lives of others.

Interested? Call Regional Team Leader, Paula on 0488 970 932 or the Volunteer Support Unit on 8150 3460 (Monday to Friday, 8.30am to 4.30pm). Or apply through the SAAS website: www.saasvolunteer.sa.gov.au or email SAASvolunteer@sa.gov.au

See what we get up to on Facebook @SAAmbulanceService or Instagram @sa_ambulanceservice.

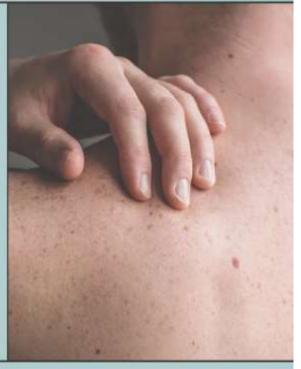


SAAS Karoonda ambulance volunteer Robyn Burdett

Skin Cancer Clinic Dr Jotham Joubert

Have you had your skin checked lately?

The importance of skin checks and finding any unusual discolouration of moles is essential to the prevention and treatment of skin cancers.



Regular Consults in the Karoonda Railway Building Next Consult 9th March



To make an appointment please contact Mobile Aesthetics Australia on

Mobile: 0433 692 577

Phone: O4O8 985 699

Email: mobileaestheticsaus@gmail.com

Karoonda Bakery/ Cafe







Exclusive Deals

\$9.90 **Double Egg & Bacon Roll**

2 for \$8.00 **Any 600ml Drinks**

2 for \$7.50 **Smiths Chips 175g**

2 for \$7.00 Iced coffee 600 ml

\$6.50 Eggs 2 dozen for

Milk (2Ltr) Full cream 2 for \$6.50

Allen's Lollies 2 for \$6.50

5 for \$5.00 Dim Sims (small)

10 for \$6.00 **Nuggets**

Chocolates (45g-75g) 2 for \$4.00

Coffee buy 5 Get 1 Free (any coffee)

Steve & Trish's Cold pies buy 4 Get 1 free!

McCues baked Cakes buy 4 get 1 free



Phone: 08 8578 1071

Karoonda Fried Chicken Available

Function catering also available www.facebook.com/karoondaminimart

Vegetarian & Vegan options Available

Burgers Hotdogs Sandwiches Milkshakes

Roast Chicken Available

We Cater for **Small and Big Occasions**

Frozen **Authentic Curries** 3 for \$30.00



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After 4 years the locals are still raving about our service....

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'I love her direct relationship with our local doctors and her willingness to liaise directly with them to ensure a premium service for her clients.'

'Not only a great range of pharmaceuticals but a good selection of gifts and nick nacks.'

'Mariam constantly goes above and beyond in the personalised service she delivers to our family'.

'The convenience of having an on the spot script service in town is fabulous, gone are the days of driving or waiting for deliveries – when the need is urgent this service delivers.'

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Open 5 Days - Mon 9:30am - 5pm, Tues-Fri 9:30am - 5:30pm



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For transport disadvantaged with a mobility constraint that limits their ability to access general public transport services operating in the region.



MY AGED CARE (MAC)

is the entry point to access Aged Care Services

ommunity

Ph: 1800 200 422



NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

is the entry point to access Disability Services

Ph: 1800 800 110

MEDICAL SERVICE BUS

Air-conditioned and wheelchair accessible medical service from Keith to Adelaide operating on weekdays, excluding public holidays.

For eligible people living in the District Council areas of

- Karoonda East Murray
- Mid Murray
- · Rural City of Murray Bridge
- Southern Mallee
- Tatiara

Appointment times in Adelaide need to be between 11am & 2pm (finished by 2:30pm).



PRICING (as at 1st JULY 2020)

KEITH - MURRAY BRIDGE
TAILEM BEND - ADELAIDE / MT BARKEI
TAILEM BEND - MURRAY BRIDGE
MURRAY BRIDGE - ADELAIDE
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ONE WAY TRANSPORT

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COMMUNITY PASSENGER NETWORK

Comfortable air-conditioned sedans voluntarily driven weekdays excluding public holidays (weekend emergency travel only).

For eligible people living in the District Council areas of

- Coorong
- Karoonda East Murray
- Southern Mallee

Coorong Coaches

PRICING SCALE (as of 1st January 2019)

OFFICE HOURS

MONDAY - FRIDAY 9:00AM - 4:30PM

(excluding Public Holidays)

Web: www.mmcpn.org.au

Phone: 08 8572 3513

Email: mmcpnco@fbcc.org.au Visit:

Tailern Bend Community Centre 141 Railway Tce, Tailem Bend SA 5260

TBCC NDIS Provider # 4050013121



Volunteer drivers wanted. Please call Sam for more information.



COMMUNITY PASSENGER NETWORK MEDICAL BUS SERVICE

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Now based in Murray Bridge
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