

# Ongerup Grapewine

Contact Us:

E: [ocrcgrapevine@gmail.com](mailto:ocrcgrapevine@gmail.com)

W: [ongerupcrc.net.au](http://ongerupcrc.net.au)

PH: 08 9828 2325

F: 08 9828 2326

Sponsored by:



April 27th 2017

## Community Notices

**ONGERUP GOLF CLUB** Opening Day 2017 Mixed Ambrose with your choice of team. Sausage sizzle from 11AM with names in for play by 11.30AM. Hit-off 12 noon sharp as it has been since 1936.

BBQ tea provided for golfers following play. Public welcome to come for a drink and a meal in the evening. All welcome, if you're new to the game come along and get some experience on this fun day. Course is green and in great shape for the year ahead. Be involved in keeping Ongerup's only winter sport surviving. Tom Hart Secretary PH: 0428 282120 e-mail: [thomashart@bigpond.com](mailto:thomashart@bigpond.com)

**FITNESS AND YOGA CLASSES** Felicity Pollard has offered to run Tabaata classes in Ongerup on Tuesday afternoons at 4.15pm, starting next week 2<sup>nd</sup> May. If you are not familiar with Tabaata, it is a sort of circuit training with higher

intensity bursts, but you can do it at your speed and level.

Anyes is again offering Yoga classes in Ongerup on Wednesday afternoons at 4.15pm, but we need a minimum number of 8 participants.

Please contact Anyes direct if you are interested 0428129672. Classes will hopefully commence on Wed 3<sup>rd</sup> May for 9 weeks, cost \$135.

Jan Savage

**ONGERUP FAITH COMMUNITY**. A service is being held at 10.30 am this coming Sunday 30th April. Pastor A Langelaan will be leading the service. A light luncheon will be supplied. Visitors welcome to come along.

**ONGERUP MUSEUM** Thursday 4th May a casual meeting will be held at the museum 4.30 pm all welcome. Judy Major

**ONGERUP COMMUNITY DEVELOPMENT** On Thursday 4<sup>th</sup> May the Shire of Gnowangerup is holding a Strategic Community Plan meeting at Yongergnow – 10.30 am to 12pm. The Shire will be asking participants to provide feedback on topics as outlined on the Shire's webpage; the Shire's level of service, big ideas for our future, priority issues and sustainable management for the Shire's buildings. By being involved in the Shire's ten year development plan, you can address issues that concern you, your town and your community. It is our chance to express our concerns, ideas and have a voice in their decision making. More information on this can be found on the Shire's webpage. The Ongerup Community Development Committee has a list of issues they are going present but also urges **you** to attend. The more community members in attendance the better it is for our town. For further information on the OCD's position please email at [russell@wn.com.au](mailto:russell@wn.com.au). Roslynn Thompson

## Upcoming Events

### MAY

- ★ Thursday 4th May 10.30 am Shire Strategic Planning morning tea Please RSVP to Anna at the Shire 98271007 for catering purposes
- ★ Food sensations every Thursday in May
- ★ Thursday 11th May free volunteer and community afternoon tea

# GIVE HAPPY LIVE HAPPY INVITATION

## All Volunteers & Community Members

You are invited to celebrate National Volunteer Week with us for a free

### Afternoon Tea

Join us for a FREE afternoon tea to celebrate Ongerup's generous volunteers! All volunteers and the Ongerup Community are invited to help us celebrate!

This is a FREE event sponsored by Volunteering Australia as part of National Volunteer Week 2017



**Location:**

Yongergnow-Ongerup CRC

**Date:**

Thursday 11 May

**Time:**

1.30 pm - 3.30 pm

**RSVP to:**

9828 2325

OR

ongerup@crc.net.au

## ONGERUP DART ASSOCIATION

### PREMIERSHIP LADDER 2017

		Points for win	% Games
<b>1</b>	<b>Borden 1</b>	<b>4</b>	<b>10</b>
<b>2</b>	<b>Ongerup</b>	<b>2</b>	<b>13</b>
<b>3</b>	<b>Gnowangerup</b>	<b>2</b>	<b>10</b>
<b>4</b>	<b>Jerry Hotel</b>	<b>2</b>	<b>10</b>
<b>5</b>	<b>Jerry Sports Club</b>	<b>2</b>	<b>9</b>
<b>6</b>	<b>Borden 2</b>	<b>0</b>	<b>2</b>

21st April, 2017

#### Round 2

##### Ongerup 9 vs Borden (2) 0

**Highest Average:**

**Highest Peg:**

**100's: BORDEN 2 FORFIET**

##### Jerry Hotel 6 vs Gnowangerup 3

**Highest Average: D Punch 51.80, S**

**Solomon 48.47**

**Highest Peg: D Punch 60**

**100's: K Felesina 100, S Solomon**

**100,101,105,140, J Langford 120, A**

**Arnold 103,116, R Hayward 100 x 3, M**

**Harris 140, D Punch 100 x 4, T Hayward**

**100 x 2, 134**

## Ladies Golf Clinic

Two excellent golf coaches are prepared to come to Borden and give free lessons on **Wed, 10 May, 2017**.

Morning tea, lunch and golf equipment will all be provided.

Arrive for registration and morning tea at 9.30 am. Group lessons will begin at 10.00 am.

Over lunch we will get instructions on filling in score cards and golf etiquette.

We can then play a few holes of golf with a mentor and finish by 3.00 pm.

The day will end on the 19th hole for those who are able to stay! Please register your interest by Thurs, 4th May to Kelli on 0427 279 236



##### Borden (1) 5 vs Jerry Sports Club 4

**Highest Average: D Vickery 40.87, G**

**Buxton 40.77**

**Highest Peg: G Buxton 72**

**100's: R Wellstead 102,124, P White 105,G Buxton 100,119, C Thomson 100 x 2, J Nelson 100**

### FIXTURES 28th April, 2017

#### Gnowangerup vs Borden 1

#### Borden 2 vs Jerry Hotel

#### Jerry Sports Club vs Ongerup



**FOR ADULTS**

## **HEALTHY EATING**

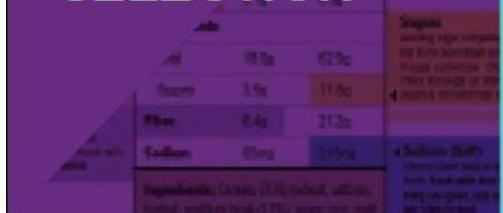


## **MEAL PLANNING AND BUDGETING**



## **LABEL READING AND FOOD SELECTION**

## **FOOD SAFETY, PREPARATION & COOKING**



To find out more information about Food Sensations contact your local CRC on 9828 2325 or email [ongerupcrc.net.au](mailto:ongerupcrc.net.au)

# **Food Sensations® delivered via video conference**

Come along to your local Community Resource Centre for a hands-on nutrition and cooking experience. Over 4 sessions, you will learn a variety of nutrition topics and cook some tasty, easy recipes

## **SESSIONS:**

All sessions held at:

**Yongergnow-Ongerup  
Community Resource  
Centre**

**Time:** 11:00-13:00

## **Dates:**

Session 1 - Thursday 4<sup>th</sup> May  
Session 2 - Thursday 11<sup>th</sup> May  
Session 3 - Thursday 18<sup>th</sup> May  
Session 4 - Thursday 25<sup>th</sup> May

**THIS IS A  
FREE  
EVENT!!**



**Food Sensations  
for Adults**  
is funded by the  
Department of Health.



### School Holidays started with a Bang in the Shire of Gnowangerup.

On Friday 7<sup>th</sup> April, kids came from across the Shire took part in National Youth Week celebrations which took place at the Old Gnowangerup Agricultural School. 40 young people aged between 8 and 18 took part in a 2-hour Laser Tag battle facilitated by Laserscape an Albany based mobile Laser tag company.

Participants had lots of fun playing different games including protect the flag and urban warfare simulations. Even parents wanted to have a go and join in the fun.

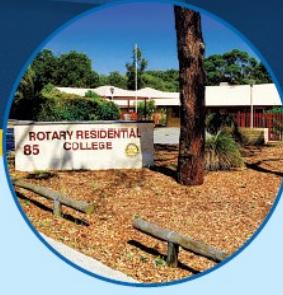
Despite an extremely small budget and minimal volunteer support, the Shire in partnership with the newly established Gnowangerup Men's Shed were able to work together to get this event off the ground. The Gnowangerup Senior High School donated the venue and Cassy and her volunteers provided food and drinks for the troops.

National Youth Week celebrates the contributions that young people make to their communities. However, this event was also a great opportunity to promote the Act Belong Commit message. Participants were encouraged to learn how to stay mentally healthy by take part in community events that improve communication, connectedness, team work and understanding between young people. This event has showcased the importance of community partnerships to deliver community projects and was a great start to the school holidays.



# BOARDING OPTION FOR HIGH SCHOOL STUDENTS IN PERTH

## Rotary Residential College



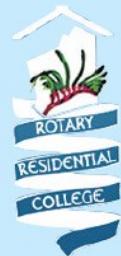
WITH EXCELLENT AMENITIES AND CLOSE TO THE CITY THE COLLEGE OFFERS STUDENTS:

- ✓ Private rooms with ensuite bathroom
- ✓ Fantastic location
- ✓ Wifi throughout the college
- ✓ Nutritious meals
- ✓ Close to shops, public transport and local Sporting clubs
- ✓ Ovals, basketball courts and the use of swimming pool
- ✓ Weekend excursions
- ✓ Recreation room
- ✓ Multi study room
- ✓ Gymnasium
- ✓ Computer room
- ✓ Music/Dance/Ballet room
- ✓ Aviation room
- ✓ Dining room
- ✓ Laundry
- ✓ Onsite managers
- ✓ Fully trained and experienced staff
- ✓ Extensive CCTV and security system
- ✓ Financial assistance if eligible



*We look forward to seeing you at Rotary Residential College*

Please contact management on **(08) 94704177** or  
EMAIL [admin@rotaryresidentialcollege.com.au](mailto:admin@rotaryresidentialcollege.com.au)



A farmer had four female pigs. Times were hard, so he decided to take them to the county fair and sell them. At the fair, he met another Farmer who owned four male pigs. After talking a bit, they decided to mate the pigs and split everything 50/50.

The farmers lived sixty miles apart. So they agreed to drive thirty miles each to a field in which the pigs could mate. The first morning, the farmer with the female pigs got up at 5 A.M., loaded the pigs into the family station wagon, which was the only vehicle he had, and drove the thirty miles.

While the pigs were mating, he asked the other farmer, "How will I know if they are pregnant?" The other farmer replied, "If they're lying in the grass in the morning, they're pregnant. If they're in the mud, they're not."

The next morning the pigs were rolling in the mud. So he hosed them off, loaded them into the Station wagon again and proceeded to try again. This continued each morning for more than a week and the farmers were about worn out.

About two weeks later the farmer with the female pigs was too tired to get out of bed. He said to his wife, "Honey, please go look outside and tell me whether the pigs are in the mud or in the grass."

"Neither," replied his wife...."they're all in the station wagon...and one of them is honking the horn."

# NIGHTWELL

## PHOTOGRAPHY



You can also follow me on:

Instagram @danimfuller

Twitter @danimfuller

Facebook @nightwellphotography

# April/May 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				28	29	30 Church Golf opening day
1	2 May B'day fitness	3	4 Food sensations Shire meeting	5	6	7
8 Tracy Curtin B'day	9 Chloe B'day fitness	10 Leon B'day	11 Food sensations Volunteer after- noon tea	12 Sharon B'day	13 Claudine B'day	14  Mothers day
15 Lleyton bday Paul bday	16 fitness	17	18 Food sensations	19	20	21
22	23	24	25	26	27	28

## DANNI'S CHILLI CON CARNE

2 tablespoons Mexican chilli powder  
800g can chopped tomatoes  
400g can black beans drained  
400g can red kidney beans, drained,  
2 tsp cumin  
2 tsp smoked paprika  
250 mls beef stock  
2 tblsp tomato paste

2 teaspoons olive oil  
750g lean beef mince  
2 medium brown onions,  
finely chopped  
2 medium red capsicums,  
chopped  
3 garlic cloves, crushed  
1 long red chilli, chopped



### Method

Heat oil in a large saucepan over medium heat. Add mince. Cook, stirring with a wooden spoon to break up mince, for 15 minutes or until browned. Add onions, capsicums, garlic and chopped chilli.

Cook for 5 to 6 minutes or until vegetables are soft. Add chilli powder, cumin, smoked paprika and tomato paste.

Cook stirring, for 1 minute or until fragrant. Add tomatoes and beef stock. Bring to the boil. Reduce heat to medium low. Simmer, partially covered, for 30 minutes or until sauce has reduced slightly.

Add beans. Increase heat to medium. Cook for 15 minutes or until beans are heated through and sauce has thickened. Serve chilli with topping i.e. coriander, sour cream, cheese crumbled tortilla chips.