



Government of Western Australia  
Department of Regional Development

July 7th 2016



# ONGERUP GRAPEVINE

## Community Notices

**SUPER 66: WEEK 1 WINNERS-** 1st Col Rogers (#56), 2nd Gerald Slee (#21), 3rd Kendall Osborn (#31)

**GNOWANGERUP SHIRE PHONE BOOK** these new phonebooks are now available from Yongergnow \$7 each.

**FREEZER MEALS WORKSHOP** there are a few spots left for this day on 14th July contact the CRC if you would like to take part. We have one participant who can no longer come so if anyone would like to take her spot can you please let Rebecca know.

**ONGERUP SPORTING COMPLEX MEETING** A General Meeting will be held Wed 20 July at 7.30pm in the **bowling club**. Matters to be discussed are: upcoming fundraising/catering events/ what is happening with Tennis Club rooms? Maintenance/security etc. If you wish to add anything to the Agenda please email to [slee@wn.com.au](mailto:slee@wn.com.au) Jan Slee Secretary.

**ONGERUP GYM** Gym classes with Skye, starting Thursday 21 July at 9am, \$20 for a one hour class. All ages and fitness levels welcome, men too. If you are new to fitness classes, you can work at your level and gradually improve. Any questions, contact Jan Savage 0427986476



### Want to learn more about Excel?

Yongergnow-Ongerup Community Resource Centre are hosting an Excel Course—Beginners & Advanced on

**Tuesday 19th July at 9am**

\$10 per person

Presented by Lincolns Accounting Services

Please register your name ASAP to make sure this course goes ahead.

Call us on 9828 2325 or email [ongerup@crc.net.au](mailto:ongerup@crc.net.au)

All you need is a note book and pen.

Lunch available to purchase from Yongergnow Café on the day.



### **AGRIMASTER COURSE**

Yongergnow-Ongerup Community Resource Centre are hosting an AGRIMASTER Course

**Thursday 28th July**

**10am until approximately 12.30pm**

\$5 per person

Presented by Lincolns Accounting Services

Please register your name ASAP to make sure this course goes ahead.

Call us on 9828 2325 or email [ongerup@crc.net.au](mailto:ongerup@crc.net.au)

Lunch available to purchase from Yongergnow Café on the day.

## COMING EVENTS

### JULY

- 14 Freezer Meal workshop
- 19 Excel course
- 28 Agrimaster course

### SEPTEMBER

- Art Trail
- Hidden Treasures

P: 08 9828 2325

F: 08 9828 2326

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

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



Wednesday 13<sup>th</sup> of July

@Ongerup Pub

6.30 pm - 8.30 pm

## Fish + Chip Night

\$12 per serve

Orders or bookings appreciated

Phone pub on 9828 2001

Or Dee 0408 908 311



## Bouillabaisse

- 1 tablespoon olive oil
- 1 leek, white part only, ends trimmed, thinly sliced
- 2 garlic cloves, crushed
- Large pinch of saffron threads
- 125ml (1/2 cup) white wine
- 750ml (3 cups) Campbell's Real Stock Chicken
- 250ml (1 cup) passata (tomato pasta sauce)
- 6 sprigs lemon thyme
- 2 large strips orange rind
- 2 bay leaves
- 1/2 teaspoon chilli powder
- 1 sourdough baguette (French breadstick), thinly sliced
- 500g firm white fish fillets (such as ling), cut into 3cm pieces
- 16 peeled green prawns

### Step 1

Heat the oil in a large saucepan over medium heat. Add the leek, garlic and saffron, and cook for 2 minutes or until the leek softens slightly.

### Step 2

Add the wine and cook for 2 minutes or until the liquid reduces slightly. Add the stock, passata, thyme, orange rind, bay leaves and chilli powder, and season with pepper. Bring to a simmer over medium heat and cook for 5 minutes.

### Step 3

Meanwhile, preheat grill on high. Place the bread on a baking tray and cook under grill for 1-2 minutes each side or until toasted.

### Step 4

Add the fish and prawns to the stock mixture and cook for 2 minutes or until the fish and prawns are just cooked through. Ladle the soup among serving bowls and serve with the toast.



5 July 2016

FOR IMMEDIATE RELEASE

## Free mammograms for GNOWANGERUP women

If you are a woman aged 40 or over you can access the FREE screening mammography service in Gnowangerup. BreastScreen WA's mobile service will be located at Gnowangerup District Hospital, Yougenup Road from 16/08/2016 to 18/08/2016.

Breast cancer is the most common life threatening cancer for women and one in eight women in Australia will develop breast cancer in their lifetime.

Having a screening mammogram (breast x-ray) every two years significantly increases the chance of a woman surviving breast cancer and reduces the amount of treatment required. More than 75% of breast cancers occur in women over the age of 50. Research shows that screening is most effective for this age group.

BreastScreen WA's Medical Director Dr Elizabeth Wylie, said screening mammography was the most effective method for early detection of breast cancer.

"Screening every two years is vitally important to increase the chance of a breast cancer being detected when it is too small to feel or be noticed. Finding a cancer at this early stage often means that the breast cancer is small and more treatable".

"A free screening mammogram is one of the best things that women can do to look after their health. Breast screening saves lives and only takes 20 minutes," said Dr Wylie.

Screening mammograms may detect up to 90% of breast cancers.

Any woman with a persistent change in a breast should see her doctor immediately.

The mobile service will then be moving to Lake Grace and Dumbleyung.

BreastScreen WA encourages women to make an informed decision about having a mammogram. For more information please visit the BreastScreen WA website [www.breastscreen.health.wa.gov.au](http://www.breastscreen.health.wa.gov.au)

**Ring 13 20 50 to make an appointment. Early detection is your best protection.**

**End.**

Dr Wylie is available for interview.

Contact: WNHS Public Relations, Department of Health Tel. (08) 9340 1450

Phone 13 20 50 for a FREE screening mammogram

[www.breastscreen.health.wa.gov.au](http://www.breastscreen.health.wa.gov.au)

"Ok everyone," said the instructor at the birthing class trying to get everyone's attention. "We are going to do an exercise now, its purpose is to help the men sympathize with their partners." "We have here what's called a pregnancy suit," said the woman instructor, holding up an artificial stomach with a strap. "This imitates the feeling of being pregnant." Which Husband volunteers to be the first one to try it on?" "I will" said one man, taking the suit and trying it on. "This isn't too bad said the man walking around. I think I could get used to this." "Ok", said the instructor smiling, "now I would like you to bend down and pick up my pen from the floor." "You want me to pick it up?" he said hesitantly, "just as I would if I was pregnant?" "Yes!" said the instructor. "Honey," said the man turning to his spouse "do you mind picking up that pen for me?"

## ONGERUP DART ASSOCIATION

### PREMIERSHIP LADDER 2016

		Points for win	% Games
<b>1</b>	<b>Gnowangerup</b>	<b>14</b>	<b>50</b>
<b>2</b>	<b>Boomers</b>	<b>#13</b>	<b>49</b>
<b>3</b>	<b>Jerry Sports Club</b>	<b>#11</b>	<b>54</b>
<b>4</b>	<b>Ongerup Hotel</b>	<b>8</b>	<b>36</b>
<b>5</b>	<b>Jerry Hotel</b>	<b>4</b>	<b>36</b>
<b>6</b>	<b>Borden</b>	<b>2</b>	<b>18</b>

1st July 2016

# Non attendance at meeting  
Lost 1 point

### Round 9

#### Boomers 9 vs Borden 0

**Highest Average:**

**Highest Peg:**

**BORDEN FORFEIT**

#### Jerry Hotel 2 vs Ongerup Hotel 7

**Highest Average:** Don Sclater 55.39, Daryl Sclater 46.50

**Highest Peg:** Daryl Sclater 57

**100's:** S Solomon 100,131, L Pocock 100, B Dowdell 130, K Felesina 100, 140, C Walker 100, Daryl Sclater 100 x2, Don Sclater 133,140

#### Gnowangerup 6 vs Jerry Sports Club 3

**Highest Average:** A Roberts 56.58, R Hayward Snr 52.79

**Highest Peg:**

**100's** A Roberts 100 x 6, 132,135, R Hayward Jnr 100 x 2, 140, R Hayward Snr 100 x 2, J Hayward 116, A Paewai 100, 125, G Buxton 100 x 2, N Parker 105

#### FIXTURES 8th July, 2016

Borden vs Jerry Hotel

Jerry Sports Club vs Boomers

Ongerup Hotel vs Gnowangerup

JUST A REMINDER TO CARL WALKER

PLEASE DO NOT LEAVE YOUR DARTS AND WALLET BEHIND THIS WEEK!!!!!!

Cost you drinks all round!!

# JULY 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			7	8	9	10
11	12	13 <i>Fish &amp; Chip Night</i>	14 <i>freezer meal workshop</i>	15	16	17
<b>School holidays</b>						
18 <i>Sally bday</i>	19 <i>Greg bday</i> <i>Excel workshop</i>	20 <i>Complex meeting</i>	21 <i>Gym class 9 am</i>	22	23	24
25 <i>Graeme bday</i>	26	27	28 <i>Agrimaster course</i>	29	30 <i>Tina bday</i>	31

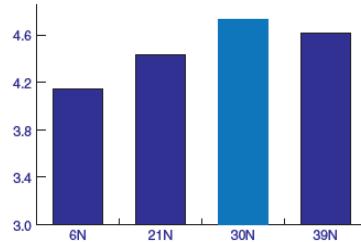
## TO MAKE THE MOST FROM YOUR FERTILIZER INVESTMENT



Call Andrew Wallace  
0427 083 820

I have been conducting Fuel Gauge trials in the area for a while. In 2015 I conducted a calibration trial in barley at Gnowangerup. The NDVI readings put through the NCALC program predicted the in-season response to nitrogen very well and was great for fine tuning the results we got from the soil test.

We used the recommended N rate (30N) beside a half rate (21N) and a 1.5x rate (39N).



Call me to discuss Fuel Gauges for your farm.

**GUSTO**

**MAPS2C**

**MAXam  
FLO**

**VIGOUR**

**SUMMIT  
FERTILIZERS**