

# Ongerup Grapewine

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May 4th 2017

## Community Notices

**WIFE Ongerup** Our next meeting is Monday 15 May at Ongerup Community Centre (please note change in venue.) 9am - 10 am Seminar Committee 9.30-10am cuppa 10am Meeting Back to basics with our 5 core areas plus seeding tips, end of financial year planning what needs to be done, plus much more and anything you may wish to discuss. Creche on site for our young Mum's WIFE Ongerup Jan Slee Secretary **email [slee@wn.com.au](mailto:slee@wn.com.au) Ph 08 98282013**

**TOWNSCAPE** A meeting will be held @ 4 pm at the CWA rooms Thursday 11th May to discuss walk trails. All welcome. Sandy Vaux 0428 282941

**MUSEUM MOTHERS DAY TOUR:** There is a proposed mystery tour and lunch destination being planned for Mothers Day. Watch this space next week for details.

## Upcoming Events

### MAY

- ★ Food sensations every Thursday in May
- ★ Thursday 11th May free volunteer and community afternoon tea
- ★ 22nd May strategic plan Women's morning tea at Gnowangerup CRC 10 am
- ★ Strategic plan Men's dinner at the Gnowangerup Hotel 6 pm



Yongergnow had a very busy day today with two events running together. In the meeting room the first of a series of Food Sensations video conferences was held with today's session on healthy eating and portion control. Participants really enjoyed the hands on experience learning about healthy eating and different food groups. They went home with some yummy corn dip and vegetables. More participants are very welcome to join in next weeks session

### Shire Strategic Plan Workshop

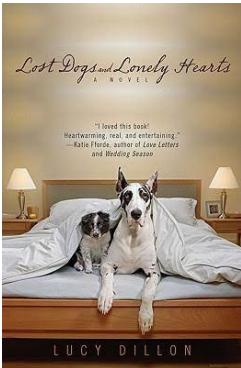
The Ongerup part of the shire strategic plan was held by CEO Shelley Pike and CDO Anna Boschman at Yongergnow with 18 members of the Ongerup community. The shire has been consulting with groups to formulate the next 10 year plan for 2018 - 2028.

The question was asked about any innovative project ideas that would benefit the whole shire that would be community driven. Some ideas coming forward were agriculture innovation to enhance food production and 'bridge the gap' visitor/tourist program. There will be other consultation workshops to get to more of the community in the next month so speak up and have your say.



## BOOK CLUB REVIEW APRIL 10<sup>TH</sup> 2017.

### LOST DOGS AND LONELY HEARTS BY LUCY DILLION.



The pick for April was Tina's choice.

Thirty nine year old Rachel is having a really bad year. After losing her job and breaking up with her boyfriend, Rachel has inherited her late Aunt's house, her beloved border collie and a crowded rescue kennel - despite the fact that she knows almost nothing about dogs. Still considering her limited options, she gamely takes up the challenge of running the kennel. And as Rachel starts finding new homes for the abandoned strays, it turns out that it might not be just the dogs that need rescuing.

Zoe's ex-husband has given the children a puppy. The kids are in love, but she is the one stuck with

training

impossible Labrador. She is nearly at the end of her tether, until Toffee leads her to a handsome Doctor.

Meanwhile, Natalie and Johnny's marriage hasn't been easy since they started trying for a baby. But is the fridge raiding sofa stealing basset hound like Bertie really the child substitute they're looking for?

Heartwarming, fun and romantic, this was just the relief we needed after the grizzly thrillers we seem to be stuck on lately.

On Monday the 10<sup>th</sup> three Vaux's, Judy Major, Roz Thompson and her Mum made our way to Tina's.

The rest of the crew were off gallivanting in various exotic spots having a lovely time.

We all really enjoyed the book and found it a very easy read. We discussed the various relationships and dog breeds. We did spend some time viewing some funny clips on FB and as usual we sort out the problems of the world as we see them, once we got that straight Tina served a very nice supper.

Next Book club will be held in town at May Sclater's on the 8<sup>th</sup> June.

When our client's dog lapped up anti-freeze, the veterinarian I work for ordered a unique treatment: an IV drip mixing fluids with vodka. "Go buy the cheapest bottle you can find," he told me.

At the liquor store, I was uneasy buying cheap booze so early in the day, and I felt compelled to explain things to the clerk. "Believe it or not," I said, "this is for a sick dog." As I was leaving, the next customer plunked down two bottles of muscatel and announced, "These are for my cats."

#### MOTHERS DAY SUNFLOWER ARRANGING

*Bunches of flowers  
available from  
Anna McLeod,  
arrangements also  
available - please place  
orders for flower  
arrangements by  
THIS WEEKEND (6th May)  
on 0428 282568*

*All reasonably priced,  
available from the  
General Store.*



*Happy  
Mother's  
Day*

**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





**FOR ADULTS**

## **HEALTHY EATING**



## **MEAL PLANNING AND BUDGETING**



## **LABEL READING AND FOOD SELECTION**

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



**4  
CORE  
TOPICS**

# **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.

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



## Ongerup Primary School – What are we up to now!

Greetings all and welcome to Term Two!

After well-earned break students and staff are now back into work mode. Firstly congratulations to the Boomers and Mrs Thompson for a fantastic assembly and ANZAC Service last Friday!

"Excellence Through Effort"

### Pre-kindergarten Orientation 2017

Although it is early in the year consideration and planning for Pre-kindergarten Orientation in Term Four is well underway. If you have children who turn 4 years old this year they are due to be moving into Kindy in 2018. I invite any parents with children in this situation to come in and have a personalised tour of the school to have a look at all the great things happening at here at Ongerup. I would also urge prospective families to get on our electronic email list to get fortnightly updates through School Newsletters, and attend assemblies and other school events.



### NAPLAN Testing 2017

For a select few of our students, those in Years 3 and 5, National Assessment Program - Literacy and Numeracy will be conducted next week. Although for some this is a contentious issue, the fact is that it is a very powerful assessment tool as it is sat by all students across the nation in the same week. This is the only opportunity we have to get a snapshot of our students relative to all Year 3 and 5 students nationally. The results from these tests effect our planning at State, school, class and the individual level. As our student numbers are very small we analyse results carefully to identify the long term progress of our students and our program delivery within the classroom. As the test covers aspects of the Australian Curriculum, the main preparation for students is based on test awareness and how to approach different types of test questions. This means that students should not be stressed about the testing, but simply get in, try their best and attempt all questions.

### Positive Behaviour Support Update!

The PBS Leadership Team is currently working hard on core values as identified by students, staff and the community. These are:

- “**Respect** - for yourself, others and the environment, with a strong focus on good manners, positive communication and interaction with others
- “**Resilience** - the ability to bounce back, persevere, be patient, be tolerant, include others, resolve conflict, problem solve and acknowledge we are all different
- “**Be Your Best** - in everything you do, try hard, be prepared and organised
- “**Challenge Yourself** - take on challenges, try new things and step out of your comfort zone, be innovative and creative



Of course as usual we continue to seek further input and feedback as to how we are going and always value your thoughts, ideas and constructive criticism.

### School Garden Project Update

Garden maintenance such as weeding, composting and planting continues. We are now getting ready to erect new fencing, connect our rainwater supply, purchase fruit trees and further establish our garden beds. Many thanks to Mr Murphy for his donation to go towards buying bales for our hay bale garden beds.

*Mark Bruce - Principal*

## Nowanup Waangkini

Nowanup has certainly been living up to its role as a 'Bush University' recently, hosting students from both UWA and Curtin University, and a professional development day for teachers from Gairdner, Bremer Bay and Denmark Primary School teachers in April. Noongar families also recently came together at Nowanup to enjoy some time on country and an opportunity for intergenerational sharing of cultural knowledge.



Six UWA undergraduate students spent a week at Nowanup from 17<sup>th</sup> April to learn about connections between Noongar culture and biodiversity from Eugene Eades, Lynette Knapp, Professor Steve Hopper, Alison Lullfitz, as well as a range of other insightful presenters. By the end of the week, they were bursting with new knowledge and ideas, ready to produce a co-management plan

UWA students with Alison Lullfitz, Eugene Eades and Professor Steve Hopper at Nowanup



Aunty Lynette Knapp sharing her Noongar botanical knowledge with UWA students



# Gnowangerup Community Resource Centre

## Job Vacancy

### CRC Manager

An opportunity has arisen to manage the **Gnowangerup Community Resource Centre**

This will be a Part Time position, comprising 35 hours per week.

We are seeking a confident, self-driven person with a passion for community development to take responsibility for the smooth running of our dynamic CRC. This is a role where your professionalism, initiative and organisational skills will be welcomed. You will need to be a community minded individual who is responsive to the needs of the community and will adapt programs and initiatives accordingly.

An information package (including selection criteria) is available from the Gnowangerup CRC by calling 9827 1635 or emailing [gnowangerup@crc.net.au](mailto:gnowangerup@crc.net.au)

All applications are to include a resume and cover letter addressing the selection criteria and provide at least 2 referee contacts.

Applications need to be marked 'Private and Confidential' and forwarded to:

*Lola Hayward*

*Gnowangerup CRC Vice-Chairperson*

*P.O Box 51 Gnowangerup WA 6335 or*

*Emailed to: [lola.hayward@bigpond.com](mailto:lola.hayward@bigpond.com)*

**Applications must be received by close of business, Wednesday 31<sup>st</sup> May 2017**

***Don't miss this fantastic opportunity, apply now!***

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Regional Development and Lands



# May 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				5	6	7
8 Tracy Curtin B'day	9 Chloe B'day fitness	10 Leon B'day	11 Food sensations Volunteer afternoon 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 Womens morning tea Men's dinner Gnowangerup	23	24	25	26	27	28
29	30	31				

## FOOTBALL LADDER

### A GRADE

Boxwood Hill League	8
Jerramungup League	4
Newdegate League	4
Gnowangerup League	0
Lake Grace / Pingrup League	0

### B GRADE

Boxwood Hill Reserves	8
Jerramungup Reserves	4
Gnowangerup Reserves	4
Lake Grace / Pingrup Reserves	0
Newdegate Reserves	0

### Juniors

Jerramungup Juniors	8
Lake Grace / Pingrup Juniors	4
Boxwood Hill Juniors	4
Gnowangerup Juniors	0
Newdegate Juniors	0

## NETBALL LADDER

### A GRADE

L-Grace/Pingrup	2
Jerramungup	2
Gnowangerup	2
Boxwood Hill	2
Newdegate	0

### B grade

Newdegate	4
L-Grace/Pingrup	2
Jerramungup	2
Gnowangerup	0
Boxwood Hill	0

### Juniors

Boxwood Hill	4
Gnowangerup	2
Jerramungup	2
L-Grace/Pingrup	0
Newdegate	0

## Hockey ladder

### A GRADE

Newdegate	6
LG Pingrup	3
Jerramungup	1
Gnowangerup	1
Boxwood	0

### JUNIORS

Jerramungup	6
Boxwood	3
Newdegate	3
LG Pingrup	0
Gnowangerup	0