

# ONGERUP Grapevine

July 12 th 2018

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Government of Western Australia  
Department of Regional Development



Contact Us: E: [ocrcgrapevine@gmail.com](mailto:ocrcgrapevine@gmail.com) W: [ongerupcrc.net.au](http://ongerupcrc.net.au)

## Community Notices

### Borden Ongerup Gnowangerup COMMUNITY PHONE BOOK



The community phone book is now available  
from the CRC or the  
Ongerup shop for \$10. Call in soon to secure  
your copy.

**YOGALATES** with Anyes. Sessions for next term starting Wednesday 18th July 4:15-5:15 pm \$135 or \$20 casual per 9 wk term in the hall. Please contact Anyes and book your spot. 0428 129672

**SKYES THE LIMIT FITNESS** will be coming to Ongerup Gym to run METAPWR every Tuesday at 4pm starting on the 17th of June. \$15 per person. It will be an extra \$2 per person if you are not already a member of the Ongerup Gym. For more information contact the CRC on 9828 2325.

**WHAT IS METAPWR?** Metapwr is a 30-minute, metabolic resistance workout, combining bodyweight and weighted compound exercises with little rest to maximize calorie burn and increase the metabolic rate during and after the workout.

Answer to last week's brain teaser ..... The ball cost 5c and the bat cost \$1.05

If a bat and a ball cost \$1.10 together and the bat costs a \$1 more than the ball, how much does the ball cost?

### Yongergnow - Ongerup CRC Upcoming Events 2018

July 19/20th Auschem course  
July 31st Auschem refresher  
Aug 2nd Wine Tasting  
Sept 14th Quiz night

**2018 WILD FLOWER SHOW**  
17th September to  
7th October.

### PROVIDE FIRST AID 1 DAY COURSE

**Sunday 15 July, 8:30-4:30**  
(*HLTAID003 - the course most workplaces require*)

Venue - Borden Ambulance Shed (or Pavilion) To attend, you must enrol in the course. Please contact Gaye Fisher - 0407 284 011 or [gaye.fisher@stjohnambulance.com.au](mailto:gaye.fisher@stjohnambulance.com.au)



Arnold Schwarzenegger has a long one, Michael J Fox has a short one, Madonna doesn't use hers and the Pope never uses his. What am I?

First I threw away the outside and cooked the inside, then I ate the outside and threw away the inside. What did I eat?

What can you hold without even touching it?

Which travels faster hot or cold?

# MAKE THE MOST FROM YOUR FERTILIZER INVESTMENT.



Fuel Gauge strips provide real-time, specific and local response information for in-season nutrient decisions.

Talk to me about the use of N, P and K strips to monitor crop nutrient usage and availability.

Make sure your crops make the best of every season.

**Andrew Wallace**

0427 083 820

awallace@summitfertz.com.au



[www.summitfertz.com.au](http://www.summitfertz.com.au)

**VIGOUR MAPS ZC DAPS ZC**



Ongerup Tasting Club

brings you an evening with;



**ZAREPATH**  
PREMIUM HANDCRAFTED SINGLE VINEYARD  
OUR VINEYARD - YOUR GLASS - PASSIONATELY PORONGURUP

**\*Date change!\*** Thursday 2nd August  
**\*Date change!\*** 6pm onwards  
\$10 entry

Rosie from Zarepath is bringing along some local produce from the Porongurups for us to sample, however feel free to still bring along a plate to share.

PLEASE RSVP TO 9828 2325 FOR CATERING PURPOSES

AGES 18+ ONLY EVENT

## JULY BOOK REVIEW.2018

### THE MEMORIES THAT MAKE US

BY VANESSA CARNEVALE

Gracie Ashcroft is supposed to marry Blake Beaumont in three months' time. The trouble is, she doesn't know who he is...

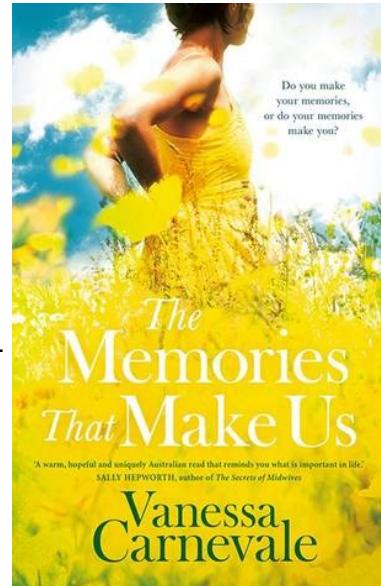
After an accident leaves Gracie with severe amnesia, she's forced to decide: live a life that is made up of other people's memories of who she was, or start a new life on her own. Leaving her fiancé Blake behind, she moves to the country where she takes on the task of reviving her family's abandoned flower farm.

While attempting to restart a business with an uncertain future, she tries to come to terms with the grief of losing a mother she can't remember and a fiancé she so badly wants to fall in love with again. What she doesn't count on is developing a deep connection with Flynn, a local vet. Worst of all is having to confront the fact that she might lose either chance at love.

Forced to examine the person she has become, Gracie confronts the question: if you had your time over, would you live the same life twice?

Monday night saw a depleted Book Club group gather at Tina's to discuss the latest book, so only seven of us were present. We all found this book a light easy enjoyable read and most of us guessed the plot. One member found it a little hard to take and some of the story line didn't ring true but it was pointed out that it was a love story. A couple of us found the flowers a little too much and loved how someone could decide that they were going to be a flower farmer and in three months so be it. We couldn't decide if what Gracie was doing counted as cheating or if what Blake did was romantic or creepy. But overall we all agreed that it was a much needed light read after some of the heavy books we have been reading. As usual the supper was lovely and we had a great night setting the world to rights.

Thank you Tina for a great night. Next meeting will be at Gail Vaux's on the 13<sup>th</sup> August.



Government of Western Australia  
North Metropolitan Health Service



Women 50 years or over,  
have a FREE breast screening  
mammogram every two years.  
Once is not enough.



The BreastScreen WA mobile service will be at:

**Gnowangerup District Hospital**  
Yougenup Street

from 9 - 13 August 2018

Dates are approximate and may be subject to change.

For an appointment  
book online or phone 13 20 50



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

# J.K Lilleyman

## Transport and Earthmoving

- Bobcat
- Excavation
- Side Tipper
- Hiab Services
- Paddock Clean up



## Services in the area available now!

Contact Jason Lilleyman

0427 612 820

[jslilleyman.2@bigpond.com](mailto:jslilleyman.2@bigpond.com)

# JulyAug 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				13 <i>Movie day</i>	14	15
16	17	18 <i>yoga library Sally bday</i>	19 <i>Auschem course</i>	20 <i>Daycare Auschem course</i>	21	22
23	24 <i>Ava bday</i>	25 <i>Yoga library Graeme bday</i>	26	27	28	29
30 <i>Tina bday</i>	31	1 <i>Yoga library</i>	2	3	4	5 <i>Michelle b'day</i>
6	7	8 <i>Yoga libray</i>	9	10	11	12 <i>Kimberley b'day</i>



## Ongerup family Hub July School Holidays



We have had such great fun over the past two weeks, where do we even begin!

We planted grass seeds in some plant pots with different Aussie animal faces on, which will hopefully have a full head of grass hair in the coming weeks.

We made lots of mess as the CRC got a splash of colour in our Colour Fun Day, tie dyeing T-Shirts and making Stained Glass Windows.

We had our first babies and toddlers sensory activity morning which we are hoping to build up in the coming months as it is still in its early stages.

We all went mad at our Mad Hatters Tea Party, painting and designing our own tea sets and hats, then enjoying a really cool tea party together.

We painted rocks for the WA rocks craze which is sweeping across the state, and country! Look out for these amazing rocks which will be placed around Ongerup and surrounding areas.

And finally tomorrow, we will wind down all the fun with a movie, starting at 10:30am.

We hope you have all enjoyed the activities we put on for these school holidays, the support that the Ongerup Family Hub has received has been amazing, with a fantastic turnout for nearly every event! As always, if you have any feedback from the events, or suggestions for future activity days, please feel free to contact us at the CRC. Enjoy the next term at school and watch this space for our next Saturday activity!!!

