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ONGERUP

# Grapevine

November 15th 2018

Proudly Sponsored By:



Department of  
Primary Industries and  
Regional Development

## Community Notices

**POST OFFICE** If you have any seasonal workers please let me know their names so their mail can reach them. Thank you. Gail @ the PO.

**OCD MEETING** The next meeting for the Ongerup Community Development group will be held at the CWA Rooms 7.30 pm Tuesday 20th November. Main agenda item is adopting the new constitution and updating our objectives statement. Enquiries to Roz 0428 282085

**DORALANE PASTRIES FUNDRAISING DRIVE** Ongerup Red Cross is conducting a fundraising drive. Please email me [jandgi@bigpond.com](mailto:jandgi@bigpond.com) or phone 0458 682 180 for an order form. Orders are due back to me by Thursday 22 November. They will be packed up and ready for you to collect from the Bowling Club on Wednesday afternoon 28 November. We look forward to your support. (Jenny & Sue)

**BINGO** We are having Bingo at the Ongerup Bowling Club on Thursday 22nd November at 2 pm. Please bring a wrapped gift to the value of \$10.00. It can be anything. All welcome. Cheers Michelle Winn

**BREMER BAY MARKETS** We are holding farmer's markets - car boot sales every Saturday morning in the front paddock of Gnorup Wines, Lot 50 Bremer Bay Rd, commencing 17th November 9 am - 1 pm. \$8 per car, shoppers free. Sellers can sell farm fresh produce, plants, herbs, old tools, furniture, clothes, etc, etc. Enquiries to Wendy Bakurski 9837 4442 or 0438 888446

**GRAIN DONATIONS** Yongergnow is now listed as a charitable organisation on the CBH website and so it is open to take donations. Any proceeds made from this will go towards the Malleefowl Centre and the Malleefowl. Please spread the word. Every little bit helps and we are extremely grateful for any support that can be given.

**COMMUNITY XMAS TREE** The community Xmas Tree combined with main street businesses Xmas party, is on again at the sporting complex on Friday 21st December. Nibbles, BBQ and drinks available. Everybody welcome from 5 pm.



### Upcoming Events

NOV	20th	Food Sense workshops
	27th	Food Sense workshops
		Story time
NOV	22nd	Parenting workshops
	29th	Parenting workshops
	30th	XERO course
DEC	6th	Parenting workshops

### SNAKE BITE KITS

**Are now available from  
Yongergnow CRC**

**\$10 each**

**See snake bite treatment and  
information on page 6**

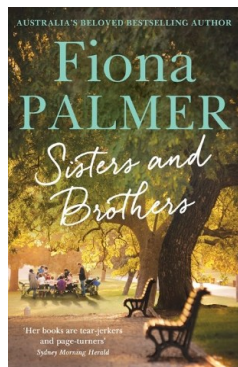


Gnowangerup Community Swimming Pool

### Gnowangerup Community Swimming Pool

Please be advised that the Gnowangerup Community Swimming Pool will not be open until 3pm on Friday 7th December 2018. We apologise for any inconvenience this may cause

Shelley Pike  
Chief Executive Officer



## BOOK CLUB REVIEW 13<sup>TH</sup> NOVEMBER 2018.

HELD AT JILL BAILEY'S.

### SISTERS AND BROTHERS BY FIONA PALMER.

**A poignant novel of heartbreak, adoption and family secrets**

**Emma**, a nurse and busy mother of three, has always dreamed of having a sister.

**Michelle**, at 46, wonders if it's too late to fall in love and find her birth parents.

**Sarah**, career woman and perfectionist homemaker, struggles to keep up with the Joneses.

**Bill**, 72, feels left behind after the death of his adored wife. **Adam** can't stop thinking about the father he never had. These five very different people are all connected but separated by secrets from the past.

***Sisters and Brothers* will both break and warm your heart in a way that only bestselling Australian storyteller Fiona Palmer can.**

On Tuesday night (Not our usual meeting night) 7 of us made our way to Jill's at the earlier time of 7 p.m. as Jill had invited the Jerramungup girls to join us. There were 4 of them. Firstly we did around the table introduction, getting to know each other. This took some time with lots of laughter. The Jerry ladies usually held their meetings at the Hotel. They were very interested in how we ran our meetings. Unfortunately as Leanne was absent we didn't have the folder so were unable to read the view of last month's book. To make the meeting run smoothly the Jerry ladies had also read the book

Then we got down to discussing the book. It was an easy read, most of us had read it quite quickly early in the month and as it was a light fluffy entertaining read it was actually quite difficult to recall. Mel had been to the lunch in Lake Grace that Fiona Palmer launched this book and Jill had been to the lunch in Borden where she decided to have it for book club so all the books had been signed which was a nice touch.

Mel felt it was one of Fiona's better books. Most readers felt the story was repetitive and predictable and wondered why Michelle had been included. There were quite a few jokes about piano tuners. I think this book of scored about a 6.

We were a very loud bunch with lots of talking going on and as usual not much listening. It was nice to see Brooke back and hopefully Judy will make our December meeting.

I would like to thank Jill for a lovely night, supper was excellent and it was a great idea to join with the Jerramungup ladies. I think we all had a great night. Bill said this morning he was going to join Book club if we had that much fun each time.

Our next meeting is our Christmas one, it will be held at Mel Hawkins's on **SUNDAY THE 9<sup>TH</sup> OF DECEMBER**. It will be a lunch time meeting and will start at 12 noon. Mel plans on having a grazing table and would like everyone to bring a plate to share and of course a bottle of bubbly or two. If you could please let Mel know what you are bringing food wise when you decide as she can fill the gaps. Thank You Gail Vaux



## Mums & Bubs First Aid Training Day



Are you expecting your first child?  
or a parent wanting to brush up on your skills?

Join us as we team up with St. John Ambulance to bring you  
this **FREE** very informative session regarding first aid for  
babies & toddlers.

**Yongergnow-Ongerup CRC**  
**Friday 23rd November @ 9:30am**  
**RSVP to the CRC on 9828 2325**

Daycare will be available.  
Please contact Katie at Gnowangerup  
Family Support on 0427 271454 to  
book your child into daycare.



## ONGERUP CHILD HEALTH

AVAILABLE FOR :

- DEVELOPMENTAL CHECKS AT  
BIRTH, 8 WEEKS, 4 MONTH, 1 YEAR  
AND 2 YEAR.
- IMMUNISATIONS AT 2,4,6 MONTHS,  
1 AND 4 YEARS
- BREAST FEEDING CONCERNS
- PARENTING

PLEASE PHONE AMBER ON  
98 272290 TO MAKE AN  
APPOINTMENT



## Online Parenting Workshops @ Ongerup CRC

The Ongerup CRC will be hosting a series of online parenting workshops. They  
are free to attend and you will be provided with a **FREE** barista coffee. Please  
contact the Ongerup CRC on 9828 2325 to register.

### TODDLER SLEEP

Thursday 15th November 2018 2pm

Discussing sleep for children aged 1 – 2 years

- Night waking
- Delaying going to bed
- Moving from a cot to a bed

### TODDLER BEHAVIOUR

Thursday 22nd November 2018 2pm

Discussing behaviour in children aged 1 – 3 y

- Tantrums
- Fussy eating
- Hitting
- Shouting

### TOILETING

Thursday 29th November 2018 2pm

Join us for this workshop on toilet training –

- Developmental Stages
- Skills needed for toileting
- Practical strategies

If you cannot attend the CRC the option is available to watch from the  
comfort of your own home. Please contact us to register.



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### MANAGING A BABY AND A TODDLER

Thursday 6th December 2pm

Exploring the challenges of managing a baby and a toddler.

### SLEEP 0 – 6 MONTHS

Thursday 13th December 2018 2pm

Discussing the art and science of sleep for babies 0 – 6 months.

Including –

- Awake times
- Tired signs
- Sleep associations
- Practical ideas and strategies

### SLEEP 6 MONTHS – 1 YEAR

Thursday 20th December 2018 2pm

Discussing the art and science of sleep for babies 6 months – 1 year.

Including –

- Awake times
- Tired signs
- Sleep associations
- Practical ideas and strategies

If you cannot attend the CRC the option is available to watch from the  
comfort of your own home. Please contact us to register.





# RELM Farming

## Mobile crutching

with Harrington or

Peak Hill units Manual and automatic

## Swathing and harvesting

available

Gravel for roading purposes at pit on  
Park road. Onsite loader available.

No job too big or small

Contact Bob

0428 612238

## GNOWANGERUP Family Support Association Inc.



Incorporating Nobarach Occasional DayCare  
& Mobile Child Care Services

### ONGERUP OCCASIONAL DAYCARE

Professionally staffed, licensed centre  
providing your children with quality care  
and a safe, stimulating curriculum  
based on the new National Quality Framework!

FRIDAY 9.00AM TO 3.30PM

CATERING FOR 0-6 YEAR OLDS

Please contact the coordinator Katie Sherwood on  
0427 271 454  
For Bookings

Managed by Gnowangerup Family Support Association.  
Bringing licensed, cost effective child care to small  
towns in the Great Southern since 1988.



ONGERUP LIBRARY  
PRESENTS

## STORY TIME FOLLOWED BY SOME ART & CRAFTS

(WHILE PARENTS HAVE A CATCH UP  
& A CUPPA)

TUESDAY, NOVEMBER 27, 2018  
10AM - 12PM

KIDS OF ALL AGES WELCOME!

RSVP TO ONGERUP CRC 9828 2325



This Parenting Course is funded under the Families and Communities Programme by the Australian Government Department of Social Services.



FOR ADULTS

Come along to **Food Sensations®** for Adults for a  
**FREE** hands-on nutrition and cooking experience.

Over 4 weekly sessions, you will learn to cook  
some tasty, easy recipes and get involved in  
some fun nutrition activities.

RSVP to the Ongerup CRC on 9828 2325.

HEALTHY  
EATING

MEAL  
PLANNING  
AND  
BUDGETING

### SESSIONS:

All sessions held at:

Yongergnow - Ongerup  
CRC

Via Video Conference - Being  
There

Time: 11am - 1pm

Dates:

Session 1 - Tuesday 6<sup>th</sup> November  
Session 2 - Tuesday 13<sup>th</sup> November  
Session 3 - Tuesday 20<sup>th</sup> November  
Session 4 - Tuesday 27<sup>th</sup> November

Participants must be able to attend  
ALL 4 sessions.

4  
CORE  
TOPICS

LABEL  
READING AND  
FOOD  
SELECTION

FOOD  
SAFETY,  
PREPARATION  
& COOKING



Partner:



Department of  
Health

RSVP to the Ongerup CRC on 9828 2325.

# XERO



## Tips and tricks Beginner - Intermediate

Friday 30th November

10am-12pm

\$20

Barista Coffee and Morning Tea provided

Contact the Ongerup CRC to register and let us know if you'd like to come.

9828 2325

Daycare will be available. Contact Katie 0427 271 454 to book your child in.



## HO! HO! HO! MERRY CHRISTMAS!

The girls at the Ongerup CRC have just had a phone call from  
SANTA!!!

He has left a special Christmas letterbox at the new Ongerup  
Library and he wants to hear from you.

If you want to write him a letter, please address it to:

**Santa Claus  
325 Rudolph Lane  
NORTH POLE 9999**

He assures us that you will receive your very own letter back!

Please make sure all letters are delivered by Tuesday 11th  
December and have a return address included.

\*\* Mail delivered to the Ongerup Post Office will be re-directed to the  
Library.

# SNAKE BITE

That bite of summer has well and truly come early this year and with that heat, comes snakes.

3000 bites are reported annually. 300-500 hospitalisations. 2-3 deaths annually.

Average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish.

While not new, the management of snake bite (like a flood/fire evacuation plan or CPR) should be refreshed each season. Let's start with a basic overview.



There are five genus of snakes that will harm us (seriously) Browns, Blacks, Adders, Tigers and Taipans. All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood). This venom can not be absorbed into the blood stream from the bite site. It travels in a fluid transport system in your body called the lymphatic system (not the blood stream). Now this fluid (lymph) is moved differently to blood. Your heart pumps blood around, so even when you are lying dead still, your blood still circulates around the body. Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking/exercise etc. Now here is the thing - lymph fluid becomes blood after these lymph vessels converge to form one of two large vessels (lymphatic trunks) which are connected to veins at the base of the neck.

Back to the snake bite site. When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues). The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten. Stay still!!! Venom can't move if the victim doesn't move. Stay still!! Remember people are not bitten into their blood stream. In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the blood stream. A firm roll bandage is applied directly over the bite site (don't wash the area).

Technique:

Three steps: keep them still

Step 1

Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2:

Then using another elastic roller bandage, apply a firm wrap from Fingers/toes all the way to the armpit/groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3:

Splint the limb so the patient can't walk or bend the limb.

Do not:

Do not cut, incise or suck the venom.

Do not EVER use a tourniquet

Don't remove the shirt or pants - just bandage over the top of clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important. In hospital we NO LONGER NEED to know the type of snake; it doesn't change treatment. Five years ago we would do a test on the bite, blood or urine to identify the snake so the correct anti venom can be used.

BUT NOW... we don't do this. Our new Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient.

Read that again- one injection for all snakes!

Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees.

- Bleeding - internally and bruising.
- Muscles paralysed causing difficulty talking, moving & breathing.
- Pain

In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given antivenom.

Did I mention to stay still?





## DEMOLITION OF OLD SWIMMING POOL

The Shire of Gnowangerup is to demolish the old swimming pool which has been decommissioned and has not been used for more than two years. There is an Occupational Safety and Health issue with the pool in its current state. The Shire is progressing the demolition, filling of the pool, levelling the site and grassing the area, to ensure the safety of the community. Any further development of the site will go through a consultative process with the community. The contract of work was advertised as required, for two weeks, which closed on the 31/10/18. There were several enquires and four submissions. The contract has been awarded according to due process.

Shelley Pike  
**Chief Executive Officer**

*Ordering early offers you surety of supply, giving peace of mind*

### Summit Fertilizers Early Order Offer is open

**All the security of early ordering and  
everything SummitQ services can offer you**

Call me to talk about your requirements for 2019.



Andrew Wallace  
☎ 0427 083 820

**VIGOUR** **MAPSZO**

**MAXam**  
**FLO**

**GUSTO**



# Nov/Dec 2018

Mon

Tue

Wed

Thu

Fri

Sat

Sun

				16	17	18
19	20 Skye's Meta pwr Food Sense	21	22 <b>Parenting workshop</b> Skye's Hiit step	23 <b>Mums &amp; Bubs First Aid</b>	24	25
26	27 Skye's Meta pwr Story time Food Sense	28	29 <b>Parenting workshop</b> Mel H b'day Barry bday Skye's Hiit step	30 XERO course	1	2
3	4 Skye's Meta pwr	5	6 <b>Parenting workshop</b> Skye's Hiit step	7	8 Hayley's b'day	9
10	11 Skye's Meta pwr	12	13 Skye's Hiit step	14	15	16

Your Local Update

## Ongerup Tyre Service



- TYRES & BATTERIES
- SUSPENSION
- WHEEL ALIGNMENTS
- VEHICLE SERVICING
- EFI DIAGNOSTICS
- BRAKES & EXHAUSTS
- MECHANICAL REPAIRS
- ON FARM SERVICE



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