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THE GRAPEVINE



June 20th 2019

Community Notices

HALL GYM: Please note that the gym will be closed as of Friday 21st June to Tues 25th June for the Ongerup CRC Quiz Night. We apologise in advance for any inconvenience caused.

QUIZ NIGHT: If you are wanting to come along and join a table at the quiz on Saturday night call Bec 9828 2325 and get along to the hall for a fun night.

CLEAN UP ONGERUP: We are starting a street and town entrances clean up on Sunday 23rd June at 10.30 am. Meet at the museum gazebo to get your bags and gloves and finish at Weir Park for a sausage sizzle after 1 pm. Don't let the weather forecast put you off because Ongerup needs your help, and BYO raincoat. Enquiries Sandy 0428 282941.

KAYE VAUX 25.7.1921 - 15.6.2019 passed away peacefully in Albany last week. Mother to Susanne, Patti, Kingsley and Bevan. Grandmother of 6 and great grandmother of 3.

KAYE's funeral will be held on Wednesday 26th June at Allambie Park crematorium and afterwards King River Hall, Millbrook Road.



Yongergnow-Ongerup Community Resource Centre
presents

QUIZ Night

5.30PM
FOR A 6PM START
SATURDAY 22nd JUNE

Entry
\$10
Per person

CASH ONLY

18+ Event

Exciting Raffle Prizes to be won

Bring a plate to share with your table

Quizmaster Andrew Collins

Peter Rundle MLA

Member for Roe

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Seeking EOIs

The Jerramungup CRC is tentatively booked with Agrimaster to host **Wagemaster Payroll training** in Jerramungup in August 2019. We *need 10 businesses to participate*—the cost of the course is \$770 for Agrimaster clients. If you are interested in attending this local training opportunity, please email events@jerramungupcrc.com.au or call 9835 1630 by 1 July.



ONGERUP DART ASSOCIATION PREMIERSHIP LADDER 2019

		Points for win	% Games
1	Gnowangerup	8	32
2	Jerry Hotel	8	29
3	Ongerup	8	23
4	Borden	2	23
5	Jerry Sports Club	2	19

15th June, 2019

Saturday the Association held their Doubles Championships followed by the Annual Memorial Handicap Singles.

16 Players started the day off with the Doubles Championships Sponsored by Jerry Hotel. Big Thanks to Greg and Chris.

WINNERS:

Dwayne Punch & Lomas Ugle (Gnowangerup)

RUNNERS-UP:
Mal Osterhage & Adam Arnold (Jerry Sports)

HIGHEST SCORE:
Mark Cruickshank 154

HIGHEST PEG:
Kerrin Felesina 71

HANDICAP SINGLES RESULTS

WINNER
Adam Arnold (Jerry Sports)

RUNNER UP
Reg Hayward (Gnowangerup)

HIGHEST SCORE:
Don Sclater 2 x 180

HIGHEST PEG:
Don Sclater 60

Big thanks to everyone involved in the day especially Nathan who made sure everyone was fed.

Rural group fitness roadshow

Rural group fitness not for profit, Active Farmers, is excited to announce their official arrival to Western Australia, setting up in the communities of Borden, Williams and Hyden.

To celebrate the arrival to WA there will be an Active Farmers roadshow, involving a series of launch events, free group fitness classes, BBQ's and breakfasts, showcasing the benefits of social connection and exercise.

Local personal trainer, David Read, will be launching Active Farmers at Williams on Monday 24th June and Jenna Mouritz will be launching Active Farmers classes at Hyden on Tuesday 25th June. Boyd Rae commenced his Active Farmers classes at Borden in May and will be holding an Open Day on Wednesday 26th June. Borden's Open Day will follow up his free group fitness class with a mental & physical well-being workshop. Guest speakers include Ross Ditchburn, prostate cancer survivor and former Carlton AFL player, and Ginny Stevens, CEO & founder of Active Farmers, as well as Dr. Mat Coleman, a psychiatrist who specialises in addiction.

Boyd says he "started Active Farmers in Borden because I love country communities, socialising with rural families, and I feel like I am truly making a difference when I run a session out there, which is evident in how appreciative everyone is". One of Boyd's members mentioned "that for the first time in years instead of rolling out of bed, they sat up and could feel their bodies muscles in doing so". This is one of the many benefits that have become apparent, he said the other benefits are the exchanges of eggs, apples, coffee, stories, condolences and celebrations which are commonplace in the morning fitness sessions.

Active Farmers is a service that brings together farmers, and members of the community, through regular group fitness in a fun and interactive environment. Designed especially for farmers and smaller communities with limited access to fitness expertise and equipment, Active Farmers provides motivational, challenging and fun training sessions to help promote great physical health and mental health. Active Farmers currently services over 30 small farming communities in almost every state. CEO Ginny Stevens is delighted to welcome Williams, Hyden and Borden to the network and is looking forward to attending these events.

Borden launch event & open day

What: FREE Group fitness class, breakfast and information session

When: Wednesday 26th June 2019 at 7:15am

Where: Borden Pavilion

Who: All Borden and surrounding community residents, including families

More information: <https://www.activefarmers.com.au/borden>

June/July

Mon

Tue

Wed

Thu

Fri

Sat

Sun

				21 daycare Vicki bday	22 Quiz night	23 golf open day Nancy bday Town clean up
24 Sarah bday	25	26 Craft/op shop	27	28 daycare	29	30
1	2	3 Craft/op shop	4 Jan bday Mums club	5 daycare	6	7
8	9	10 Craft/op shop	11	12	13	14
15	16	17 Craft/op shop Art workshop Brushes & Bubbles	18 Sally bday	19	20	21

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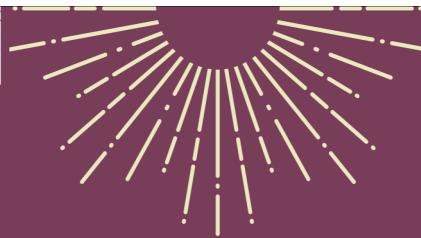
FRIDAY 9.00AM TO 3.30PM

CATERING FOR 0-6 YEAR OLDS

Please contact the coordinator Katie Sherwood on
0427 271 454

For Bookings

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ONGERUP CRC PRESENTS



LOSE YOUR INHIBITIONS AND GET CREATIVE

JULY
17TH
2019

6PM
\$15 INCLUDES A GLASS OF BUBBLES
BYO DRINKS & PLATE TO SHARE

