



P 08 9828 2325
F 08 9828 2326
W ongerupcra.net.au
E ongerupcra@gmail.com

THE GRAPEVINE



October 10th 2019

Community Notices

BOWLING CLUB OCTOBER EVENTS Friday 11th - Scroungers & Mexican night \$10 Friday 18th Scroungers & sausage sizzle \$5. Sunday 20th - Cockies Vs Townies. Friday 25th - Scroungers & burger and chips \$10.

ONGERUP BOWLING CLUB: The first round of Men's and Ladies Pennants will be played on Saturday 19th October. If you intend playing you will need to have paid Full Membership prior to that date, be activated on Bowls Connect – I will do this, so you will be available for selection in the team. Membership to the Bowling Club is: Full - \$80.00, Junior \$40, Social \$20. Payment can be made via EFT to account 306-030 418041-7, cash, or cheque payable to Ongerup Bowling Club. Many thanks, Jenny Ireland (Hon Treasurer)

ONGERUP COMMUNITY AND SPORTING ASSOCIATION AGM will be held October 17th @ 4pm at the CRC.

OCD housing project

Preparations are well underway for the two new houses to be built in Ongerup. Both blocks have been cleared and levelled prior to construction and are now having the sand pad carted in and built up - one in John Street and one in Lamont Street. It is certainly providing some school holiday entertainment around the area! Two family sized homes will be a welcome addition to housing in Ongerup. The OCD is to be congratulated on all their hard work leading up to this stage. It is hoped completion date will be mid 2020.



Where in Ongerup is this????

First correct answer to Bec wins a free icecream from Yongergnow

Congratulations to Clancy who was first in with the correct answer. This chair is located in the Museum. Come in and see us to collect your free ice cream.





Friday 18th October 2019

ONGERUP SPORTING COMPLEX

TICKETS

Adults: \$20

(Stein Included)

Kids: \$5

- LIVE MUSIC -
- GERMAN BEER ON TAP -
- FOOD VAN -
- BOUNCY CASTLE -
- BUCKING BULL -
- FACE PAINTING -
- DJ -
- LICENSED BAR -

**From
5PM**



- PRIZES FOR BEST DRESSED MALE & FEMALE -

Tickets on sale NOW!

Head to our website to buy your tickets:

ongerup@crc.net.au

Boiled chocolate cake

Time to stock the freezer this delicious cake is sure to be a winner!!!

3 cups sugar
1 cup butter, chopped
1/3 cup cocoa powder
1 teaspoon bicarb soda
2 cup water
3 cup self raising flour
4 eggs



Preheat oven to 180°C. Grease a large baking tin approx 26cm x 33cm line base with baking paper.

Stir sugar, butter, sifted cocoa and soda, and the water in a medium saucepan over high heat, without boiling, until sugar dissolves. Bring to the boil. Reduce heat to low; simmer, uncovered, 5 minutes. Transfer mixture to a large bowl; cool to room temperature.

Add flour and eggs to chocolate mixture; beat with electric mixer until mixture is smooth and paler in colour. Pour mixture into pan.

Bake cake for 50 minutes. Stand cake in pan 10 minutes before turning, top-side up, onto wire rack to cool.

Serves 20. Suitable to freeze



Make Healthy Meals

The Ongerup CRC are hosting two FREE sessions with Amity Health's Dietitian.
Session 1 will cover;

Ideal
Ingredients

Healthy
Swaps

Session 1 of 2:
Fri 8th Nov
10:30am-1pm

Navigating
Packaged
Foods

Label
Reading

Plus cooking activities!
RSVPs essential, 9828 2325

We encourage anyone who has a keen interest in healthy eating, whether you want to change your current eating habits or further your knowledge, this session is for everyone, as well as parents.



MANAGING BIG EMOTIONS!

With Holly Beeck

TUESDAY 12TH NOVEMBER
9:30AM @ YONGERGNOW-ONGERUP CRC

- * Let's talk about emotions
- * Developing empathy - theirs and ours
- * Anger - it's not the main thing
- * Developing self control - theirs and ours
- * Explore some strategies for managing big emotions

Creche available - please book your child in ASAP to secure a place.

9828 2325



ONGERUP

MUM'S CLUB

A chance to meet up with other local mums (dads welcome too) to have a chat and enjoy a FREE barista coffee.

Carl from RoadWise will be here to run through:

- What type of car seat is legal (and best) for children aged 0-6months, 6months - 4years and 4-7 years
- Where is the safest spot in the car to install a child seat
- How to make sure the car seat is installed/secured properly
- Installing additional anchor points in vehicles like Dual Cab Utes - the legalities around this and who can do it
- What to look for if purchasing or being given a 2nd hand car seat
- I can then physically go out and look at how people have their children's car seats installed in their cars and provide them advice on how they can improve it if they are not currently best practice
- Up coming Type 1 Child Car Restraint fitting Course and how they can get involved if they want to (might even be good for one of your staff so the CRC can offer this service to the community)

Thursday 7th November

9.30am

Ongerup CRC

RSVP 9828 2325

Yongergnow-Ongerup
Community Resource Centre
Your local connection

Children's Event is funded under the Families and Communities Programme by the Australian Government Department of Social Services.



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.



Order Next Seasons Fertilizer Early

Fertilizer Supply Offer now open

- Order by the end of October 2019
- Receive a \$2/tonne rebate on Summit Technical Services, including soil and plant analysis
- Fixed and variable price contracts available

**Get in touch with Andrew Wallace, your local
Area Manager to learn more**



Mobile: 0427 083 820

Email: awallace@summitfertz.com.au



JOB OPPORTUNITY

GNOWANGERUP FAMILY SUPPORT ASSOCIATION INC.
is looking for

QUALIFIED EDUCATORS EARLY CHILDHOOD EDUCATORS

DIPLOMA OR CERTIFICATE III IN EARLY CHILDHOOD EDUCATION & CARE
(OR WORKING TOWARDS)

We are a well-established childcare service seeking suitably qualified educators to fill the above position. We are currently servicing the towns of **Gnowangerup, Ongerup, Nyabing, Borden, Newdegate and Tambellup** and casual educators are needed for our venue in Gnowangerup.

This will be a casual position and you will be taking care of children aged 6 weeks –6 years. A key part of the role is planning, implementing and evaluating high quality, flexible and innovative educational programs for children.

We offer an award rate salary and great working conditions.

Job Description and Selection Criteria available by phoning (08)98271454, or by email to gnpfamsupp@westnet.com.au

Applications should address the selection criteria, marked "Confidential" and sent to:

The Director
Gnowangerup Family Support Association Inc
PO Box 271
Gnowangerup WA 6335

FREE

LADIES BUSHFIRE SESSION

Borden Pavilion

Thursday 24 October 4-6pm

(followed by drinks & nibbles)

LET'S GET TOGETHER & REFRESH OUR BUSHFIRE
SAFETY KNOWLEDGE BEFORE HARVEST

- Knowing your level of bushfire risk
- Developing a Bushfire Survival Plan
- Preparing your home for bushfire
- Where to get up to date information during a bushfire
- Practical demonstrations with fire-fighting equipment

Please bring a small platter and drinks to enjoy after the session

SESSION LED BY DISTRICT OFFICER MURRAY HATTON

For more information contact Borden Pavilion Coordinator Pip Moir
0401 915 016 or admin@bordenpavilion.com.au



Children's Nutrition

The Ongerup CRC's second session with Amity Health's
dietitian will cover:

**Key
Nutrition**
(6 months
- school age)

**Fri 22nd Nov,
10:30am-1pm**

**Creating
positive
meal times**

**Tackling
common
concerns**

Cooking activities afterwards will focus on creating no fuss
meals & snack ideas to entice kids.

RSVP's essential, 9828 2325

We encourage anyone who has a keen interest in healthy eating, whether you want
to change your current eating habits or further your knowledge, this session is for
everyone.



SunSmart 2019 Bloom Festival presents:

STORIES FROM THE KEEPING PLACE



We say goodbye to this years SunSmart 2019 Bloom Festival with a celebration of Noongar arts and culture, showcasing the fantastic museum and keeping place located in Gnowangerup.

THURSDAY 17TH OCTOBER 2019 - 6.00PM-8:00PM
GNOWANGERUP MUSEUM AND KEEPING PLACE
7 AYLMOORE STREET, GNOWANGERUP

Presentations & entertainment include:

Welcome to country, Aboriginal dancers, didgeridoo performance, Aboriginal art display, stories from local elders and kids' activities.

For catering purposes please RSVP to Kirsty at the Shire of Gnowangerup on 08 9827 1007 or email kirsty.buchanan@gnowangerup.wa.gov.au





FREE KIDS TENNIS CLINIC

BORDEN PAVILION
STONE ST, BORDEN

SATURDAY 26 OCTOBER 3-5PM
FREE SAUSAGE SIZZLE TO FOLLOW

A fun afternoon for the whole family with ATPCA Tennis Coach Vincent Brochard

Register with Borden Pavilion Coordinator Pip Moir
admin@bordenpavilion.com.au or 0401 915 016

*Calling for parent volunteers to coordinate sausage sizzle post-clinic!
Please contact Pip Moir if you can help!*



WWW.GREATSOUTHERNTREASURES.COM.AU



SunSmart 2019

**BLOOM
FESTIVAL**

21ST SEPTEMBER - 20TH OCTOBER 2019
PROGRAMMES AVAILABLE AT VISITOR CENTRES OR ONLINE



G&S Professionals
My work is my Pride.



21T Excavator with operator.

- Prices starting from \$100/hour
- Dam Cleaning / Fixing
- Rock heap removals
- Tree removals
- Trenches, holes and more.

Available from 15 September 2019. Book now to get your spot during summer.

Call Gary Jansen 0438 289 000

October / November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			10 Dimity bday	11 Bowling club scroungers	12 Jim bday	13
14	15	16	17	18 daycare Oktoberfest Bowling club scroungers	19	20 Bowling club 'Cockies vs Townies'
21	22	23	24 Vicki bday	25 daycare Bowling club scroungers	26	27
28	29	30	31	1 daycare	2	3
4	5 <i>Melbourne cup</i>	6	7 Mums club	8 daycare Healthy meals	9 Rivers bday	10



Government of Western Australia
WA Country Health Service

IMMUNISATION CLINICS

NYABING, PINGRUP, ONGERUP,
BORDEN

**EVERY SECOND TUESDAY OF
THE MONTH**

BY APPOINTMENT ONLY

Contact your Child Health Nurse

ROZ 0438 569 316

AMBER 0438 711 532

Get in touch

WA Country Health Service
Great Southern Population Health
www.wacountry.health.wa.gov.au



MELBOURNE CUP 2019

TUESDAY 5th NOVEMBER, 2019

LUNCHEON

WITH

GRAZING PLATTERS

A GLASS OF CHAMPAGNE & DESSERT

\$20pp

PRIZES FOR BEST DRESSED
MALE & FEMALE

SWEETS
AVAILABLE AT
THE ONGERUP
GENERAL STORE

11:30 AM
RSVP ESSENTIAL
FOR CATERING
9828 2325



Yongerghnow-Ongerup
Community Resource Centre
Your local connection