

ONGERUP

GRAPEVINE

January 30th 2020

** Please remember this Community Newsletter is kindly produced by local volunteers who give up their time every Thursday to provide this service to the town.

Community Notices



Have you seen our new information sign on the main street?

Thanks to Kirsty, the Shire of Gnowangerup, Sandy and Ongerup community members, we have our beautiful new information sign located in the gardens opposite the hall.

Full of great pictures and maps of our Shire, our town and local area, a fabulous source of local and tourist information for all our visitors



Exciting news Yongergnow water bottles are soon to be 100% plant based and reusable, fully biodegradable and environmentally friendly.

Get Active Ongerup!

Active Farmers Ongerup - Starting Tuesday 4th February. There will be 2 x 1 hour afternoon sessions at 5:00pm and 6:30pm which can be flexible depending on what suits the community and cost \$20pp. Everyone is encouraged, you are never too old or young to participate. Contact Boyd 0427 990 531.

Yogalates - 10 weeks starting Wednesday 15th January 4:30pm-5:30pm. BYO Mat at the Ongerup Town Hall. Spots still available, contact Anyes 0428 129 672 to book in.



February Birthdays

- 9th Jenny Ireland
 - 11th Mat Campbell
 - 16th Montana/Lexi Hooper
- March birthdays**

- 1st Sophie Thompson
- 9th Melissa Savage
- 22nd Bella Ogier
- 26th Emily Jaekel
- 28th Kingsley Vaux
- 30th Danielle Campbell
- 31st Lottie Ogier

Did you know?

The 52 playing cards in a typical deck represent the 52 weeks in a year; the four suits, the four seasons.

RSM Katanning

TREASURER'S WORKSHOP

PLUS
THINGS TO BE AWARE OF ON A COMMITTEE

Thursday 6th Feb
10am
\$15
Barista coffee provided

Contact the Ongerup CRC to
book your spot
ongerup@crc.net.au

 Yongergnow-Ongerup
Community
Resource
Centre
Your local connection

Australia Day Breakfast

Winners are grinner!! Congratulations Gail and George Vaux Gnowangerup Shire citizens of the year 2020. Over 50 years of living in Ongerup and thousands of volunteer hours given to the community was recognized with this well deserved accolade.



Sunday's Australia Day breakfast in Gnowangerup was attended by over a 100 people. After a delicious cooked breakfast The Shire President Fiona Gaze, local Police and community members combined to raise the flags as everyone sang the national anthem.

Thankyou to Kirsty and the Shire Councilors for all your hard work in putting on another fabulous event.

Gnowangerup's Tractorfest took out the event of the year over the Ongerup CRC's quiz night. The Tractorfest committee were successful in winning the right to build a huge model of a Chamberlin tractor in the town. They held a highly successful fundraising event to help pay for this project which will help put the town on the tourist map. Congratulations Bill O'Keefe and your amazing committee.



Young Citizen of the year went to Aaliyah Woods who has excelled not only at School but also with her traineeship at the Shire. Congratulations Aaliyah!



Welcome to Ongerup Primary's new Teacher!



What is your name?
Tara Buckley

Where were you born?
Goulburn NSW

How many siblings do you have? 3 Brothers

Where did you go to school? Forbes, NSW

What was your first job?
Checkout Chick/ Deli Worker at Woolworths

How did you end up in Ongerup? My boyfriend secured some farm work here and we thought we should welcome the change

What made you want to become a teacher? I enjoy working with people, particularly kids.

What is your favourite thing about being a teacher? Learning something new all the time- it's never the same and always exciting. Keeps me on my toes, that's for sure!

What is a random fact about yourself?
I HATE spiders... they send me running and screaming.

What was your first impression of Ongerup? It reminded me a lot of Lockhart (where I moved from) and I was excited to meet new people around the town.

Library News

Les Norton DVD



If you missed this series on ABC TV and you love retro Australian drama then this DVD is for you. Set in the 1980's Sydney underworld. Les Norton is the country boy fish out of water character who lands in one of Sydney's murkier illegal casinos as a bouncer. Starring David Wenham, Rebel Wilson and up and coming Alexander Bertrand, full of irreverent aussie humour and capers. Lots of great laughs and fun this DVD is waiting for you in the library now!!!



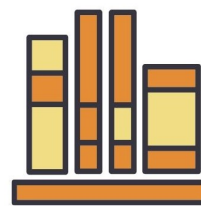
Please get in touch with us if you are interested in getting involved!

We have a stack of 'newspaper wrapped' books ready for anyone interested in a bit of mystery.

Come pick up your book (or ask us to send it out in the mailrun), read the book and then come into our monthly morning tea, if you can make it, to discuss your book, whether you liked it or not.

If you have read another book which you enjoyed and want to recommend, please feel free to attend these morning teas and let everyone know about another great book!

Our first monthly book chat will be happening on Friday 13th March 2020, so get reading!!



**ONGERUP
LIBRARY
MYSTERY BOOK
EXPERIENCE**

READING IS FUN!



EAT. well
THINK. well
MOVE. well



CHEESE PLEASE!

CHEESE MAKING WORKSHOP

1ST MAY @ YONGERGNOW-ONGERUP COMMUNITY RESOURCE CENTRE

LEARN TO MAKE FRESH CHEESE AT HOME!

Hands on experience to learn recipes & techniques to create:

- Haloumi
- Ricotta
- Paneer

This class is packed full of information - You will be given the recipes, tips & tricks sheet, suggested recipes for use, home cheese makers "shopping list" and a special gift so you can continue to create fresh cheese at home!

**Only 3 spots
left get in
quick!!!**



FRIDAY 1ST MAY
\$189 per student

Workshop 1:
8.50am - 11.50am

Workshop 2:
1.00pm - 4.00pm

LIMITED TO 4 STUDENTS PER CLASS

TO BOOK -

Yongergnow-Ongerup Community
Resource Centre
P: 08 9828 2325
ongerup@crc.net.au
Lot 260 Jaekel St, Ongerup.

CHEESE PLEASE brought to you by Evolved Wellbeing in conjunction with Yongergnow-Ongerup Community Resource Centre
www.evolvedwellbeing.com.au

Become A Volunteer Ambulance Officer

What is your name? Kirsty Buchanan.

How long have you been a St John Ambulance volunteer? I have been an Ambulance Volunteer for over 4 years and Secretary of the committee for over 2 years.

What made you want to join? I Joined St John Ambulance as I was new to town and wanted to meet more people. Having looked around numerous community groups, I thought St John Ambulance was a fantastic group to join as it's has a great group of volunteers and an Ambulance service is vital in our community.

What would you say to anyone wanting to join? Do it!! You will never regret it. We have a great group of Volunteers who are very friendly and will help you 100% of the way.

How do you sign up?

It is very easy. You can apply to be a volunteer on the stjohnwa.com.au website. Your local Sub Centre will then need to approve your application.



ONGERUP

MUM'S CLUB



Gemma Pyle

Child and Infant Sleep Consultant

Over a coffee, this is a really interactive and relaxed way to go over the key points on all things sleep. We cover everything relevant to your baby/toddler based on the age-group you request, and there is the chance to ask any questions you may have along the way.

Thursday 13th February

10am

\$10pp

Ongerup CRC

Please RSVP with the age of your child/children to 9828 2325



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

Supported by the Australian Government

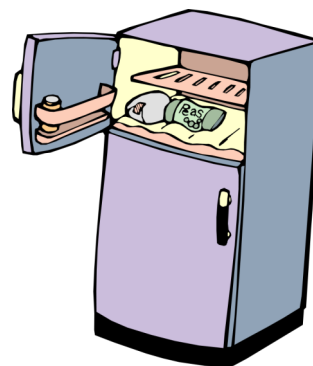
WANTED TO BUY

Second hand Fridge/Freezer

In good working condition.

Contact Mel Sclater

0448 849 822



LINCOLNS ACCOUNTANTS

OUTLOOK & TIME MANAGEMENT IN THE OFFICE

FRIDAY 28TH FEBRUARY 2020

10AM - 2PM

\$30PP

(COFFEE & LUNCH INCLUDED)

DAYCARE AVAILABLE.

CONTACT KATIE 0427 271 454

Please RSVP to Yongerghnow-Ongerup CRC on 9828 2325 and inform us of any dietary requirements.



WYNTER DESIGNS

MACRAME Plant Hanger Workshop

COME ALONG FOR A FUN EVENING CRAFTING UP YOUR OWN MACRAME PLANT HANGER FOR YOUR HOME

FRIDAY 28TH FEBRUARY 2020
YONGERGNOW-ONGERUP CRC

5:30-8PM

\$60 PER PERSON

Minimum 5 attendees for class to go ahead

Nibbles provided - BYO Refreshments

Payment to be made on the night - Cash & Card Accepted



Take a short course in **AUSCHEM ACCREDITATION** in Ongerup



Safe use of chemicals

AHCCHM303 – Prepare and apply chemicals
AHCCHM304 – Transport and store chemicals

WORK WITH CHEMICALS UNSUPERVISED IN A RANGE OF FIELDS

This course assists you to identify hazards in chemical use and enables you to put risk controls in place. This short course covers:

- ▶ pest management
- ▶ risk management
- ▶ labels and MSDS
- ▶ legislations
- ▶ environmental safety
- ▶ application
- ▶ personal safety
- ▶ record keeping.

This AusChem WA course is intended for anyone who uses agricultural chemicals or veterinary medicines unsupervised, including farmers, food producers, shire employees, mine rehabilitation, Parks and Wildlife employees and natural resource management employees. You are also required to complete a shorter reaccreditation course every five years.

At Ongerup Community Resource Centre, 4-5 March 8.30am-4.30pm
Contact the Ongerup CRC or Katanning campus to book your place now!

For details, visit southregionaltafe.wa.edu.au or phone the campus on 9821 6400

Katanning campus
9 Dore Street

9821 6444
Freecall 1800 675 781

katanning@srtafe.wa.edu.au
Find us on Facebook

RTO Code 52790

southregionaltafe.wa.edu.au



Take a short course in **AUSCHEM REACCREDITATION** in Ongerup



Chemical use refresher course

AHCCHM401 – Develop procedures to minimise risks in the use of chemicals

ONE-DAY COURSE FOR ESSENTIAL CHEMICAL USE UPDATES

This course is essential for primary producers to remain current in all aspects of chemical use. It is designed to maintain the previously attained AusChem WA accreditation. It covers new information in environmental safety, personal and occupational health and safety, legislation, spraying and calibration techniques, residues and resistance to chemicals.

During the course, there is the opportunity to review best practice principles and changes in controls on chemical use, take a fresh look at environmental management techniques and identify procedures to minimise risk in chemical use and to comply with regulations.

At the Ongerup Community Resource Centre
Tuesday 3 March 9am-4.30pm – contact the Ongerup CRC or the Katanning campus to book your place now!

For details, visit southregionaltafe.wa.edu.au or phone the campus on 9821 6444

Katanning campus
9 Dore Street

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Freecall 1800 675 781

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Autumn OFFERINGS

Taste Great Southern Long Table Lunch

Saturday 28th March, 2020

\$100pp

11am-3pm

Yongergnow Australian Malleefowl Centre, Ongerup

Tickets can be purchased at

<https://www.tastegreatsouthern.com.au/autumnofferings>

Limited spots available so get in quick!

Call Ongerup CRC 9828 2325 for more information.



Originally from Carnarvon, Stuart Laws started his journey at 44 King St in the heart of Perth. After spending some time in Melbourne, he returned to WA, he became the Executive Chef for Don Tapa at The Mantle in Fremantle. Stuart designed a menu for Don Tapa featuring Western Australian produce in a style of cuisine never seen in Perth before called Nikkei - a Japanese-Peruvian fusion native to South America. Stuart focuses his time on his two businesses, Chefs Collective WA - his food consultancy business where he works with venues all over Perth, plus his catering and event management business, Showcase Events WA, where he works closely with WA farmers, producers and businesses. Stuart specialises in events that are looking to showcase local, seasonal Western Australian produce.



Menu

To Start

Chicken & Pistachio Terrine, Jamon Serrano, Sopressa
Salami, Cornichons, Pickles, Mustard, Baguette

Entree

Mt Barker Smoked Trout Salad, Charred Cos, Endive, Potatoes, Dill
Dressing

From the Asado

Argentinian Spit-Roasted Lamb, Mint, Jalapeno Salsa Slow Roasted
Beef Ribs, Chimchurri

Sides

Albany Beetroot and Goats Cheese Salad
Miso Roasted Pumpkin, Toasted Almonds, Crispy Kale
Heirloom Tomato Salad, Pickled Shallots, Oregano

Dessert

Chocolate & Salted Caramel Tart
Mini Pavlova, Albany Berries, Vanilla Cream
White Chocolate Panna Cotta, Candied Orange, Fairy Floss

To Finish

Soft Cheese, Hard Cheese, Blue Cheese, Accompaniments,
Crackers, Bread

DAM CLEANING WANTED

8 metre scoop steiger and loader

Fence line clearing and fencing all types

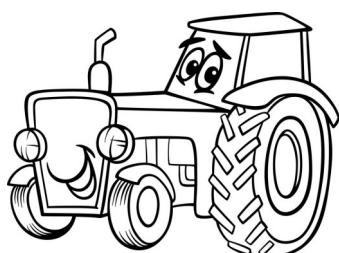
Rock clean ups. Loader with bucket forks

Rock bucket and 12 ft rake blade

3 stand Harrington crutching cradle for crutching

Ring Bob for obligation free quote

0428 612338



Make the most from your fertilizer investment



As your local Area Manager, Andrew Wallace is keen to assist you with all of your fertilizer decisions this season.

So whether it's soil testing, nutritional advice, fuel gauges, or simply an on-farm appointment to discuss your requirements, give Andrew a call today.

Mobile: 0427 083 820

Email: awallace@summitfertz.com.au





HEALTH + FOOD + LIFESTYLE

Whole food cooking classes
Whole food recipes
Fermenting Classes
Essential Oil Classes
Public speaking & demonstrations
E-books



Expressions of Interest

A Gut Loving whole foods cooking class followed by a Healthy Desserts & Snacks class both run by Kristen Pavez - Whole food educator.

Thursday March 26th 2020 at Yongergnow-Ongerup CRC

These workshops will run on the same day but as two separate workshops.

For more information on each workshop please see below.

\$100 each or \$185 for both

Gut Loving whole foods cooking class:

10am - 11.30am

Learn how to make some ferments, and some delicious whole food snacks that even the fussiest eaters will love.

Come & join me for an informative, fun & interactive cooking class where I will teach you how to make:

- Sauerkraut
- Kombucha
- Kimchi
- Milk Kefir

-Milk Kefir Mango Smoothie:

-Creamy Coconut Yoghurt:

-Deluxe Peppermint crunch Raw Chocolate Bark:

You will receive tastings of these delicious fermented foods & beverages & be sent your recipes via email in PDF format so that you have access to them at all times

Healthy Dessert's and Snacks class:

1pm - 2.30pm

Snacks and Dessert's can be where we let our healthy eating regime down if we aren't careful.

Choosing nourishing snacks and dessert's is so important and easy with these delicious recipes.

In this demonstration style cooking class we will make:

- Almond & Vegetable Paleo Loaf
- Cinnamon spiced nut butter-Coconut, Lime and Mango Pannacotta tart
- Deluxe Raw Chocolate, pistachio and rose petal bark
- Spiced Salty Coconut Chips: -Creamy Bircher Muesli-Creamy Bacon and Chicken Liver Pate

Please let us know if this is something you would be interested in attending so we can make sure we have enough people to go ahead with it.

Contact us at ongerup@crc.net.au or 9828 2325.

Peter Rundle MLA

Member for Roe

Narrogin Office

PO Box 378
Narrogin WA 6312
Ph 08 9881 1225
Fax 08 9881 3082

Esperance Office

107 Dempster St
Esperance WA 6450
Ph 08 9071 6555
Fax 08 9071 6788

Peter.Rundle@mp.wa.gov.au

www.peterrundle.com.au

 @PeterRundleMLA

 facebook.com/PeterRundleRoe



THE NATIONALS *for Regional WA*

DISTRICT **FOUR**
CBH GROWER DIRECTOR

SHANE

Carruthers

VOTE 1

*It's time
for change*

- Operations Knowledge • Grower Focused
- Leadership & Management • Accountability

Shane Carruthers

MOBILE: 0408 396 432

EMAIL: shaneandlynette@bigpond.com

 Yongergnow-Ongerup
Community Resource Centre
Your local connection

ONGERUP GYM

2020 GYM MEMBERSHIPS DUE

Anyone wanting to renew or join the gym
please get in touch to pay or be invoiced!

2020 Gym Fees

\$10 Monthly

\$100 Yearly

*Code changes monthly. This will be sent to you upon
payment and each month after.*

***KEEP AN EYE OUT FOR SOME EXCITING NEW
CLASSES COMING TO ONGERUP SUCH AS ACTIVE
FARMERS, KIDS DANCE CLASSES AND YOGALATES!**

MANYPEAKS LIME

We Are Open with High Quality Lime Available

WALCO, Western Agricultural Lime Co Australia wishes to advise that we have High Quality Chalk Lime available now for delivery.

WALCO have had a proud relationship with the area for many years, having operated the Manypeaks pit since the late 1980's and the Windy Harbour quarry since 1976.

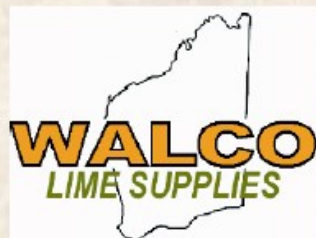
Manypeaks produces a very fine Chalk Lime which when compared to other natural lime sources has the highest percentage of extra fine particles (less than 0.125mm) which rapidly penetrate the subsoil layer.

Our blend of "fines" in the product ensure a fast result in improving the soil pH level necessary for the area and many farmers have seen significant improvement in reducing acidity in their paddocks in the season it is applied.

Many suppliers may quote high (>80%) Neutralizing Values of their lime which are misleading and don't give the true picture. It's important to consider and compare the Effective Neutralising Value (ENV) of lime sources - crushed limestone, lime sands, chalk lime and other products using the correct lime calculator.

Quoting Peter Newman, a leading agronomist and creator of the MyResearchAgro app:

*"When applying lime, what matters is how much ENV (Effective Neutralising Value) you are applying with emphasis on the key word, **Effective**" and "We know that lime must come in contact with acid for it to dissolve and raise the pH so the bigger the surface area of the lime, the better. Finer particles create a larger surface area and changes the pH faster".*



For orders and sales please contact 08 9776 1206 or 1800 803 003

For technical information contact Phil 0431 478 177 or Keith 0428 936 003

Grapevine Prices

1/4 Page Advert - \$18.00
 1/2 Page Advert - \$30.00
 Full Page Advert - \$60.00

CRC Staff

Rebecca Brady - Centre Manager
 Dimity McMorran - Administration
 Elisa Santini - Trainee
 Viktorija Kokina - Casual
 Brittnee Knill - Casual
 Alyce Langdon - Cleaner

CRC Committee

Roz Thompson - Chairperson
 Melissa Savage - Vice Chairperson
 Melissa Hawkins - Secretary
 Jane Campbell - Treasurer
 Sandy Vaux
 Gail Vaux
 Nancy Dewar



Lot 260 Jaekel St
 PO Box 9
 Ongerup WA 6336

Phone: 08 9828 2325

Fax: 08 9828 2326

E-mail: ocrgrapevine@gmail.com

OPEN: 9am-4pm Tuesday-Saturday

**If you have a birthday or any local notices that you would like included in our town newsletter please feel free to email them through or ring us during business hours.

Ongerup Services

- Veterinarian (Albany Veterinary Hospital) 1st Wednesday of each month. Call 9841 1788 for appointments.
- Child Health Nurse (Gnowangerup) - Amber Chrichton 9827 2290.
- Centrelink Access Point - Located at the Ongerup CRC.
- Fire Brigade - 000
- Ambulance - 000
- Ongerup Sporting Complex - Jan Slee 0428 503 535
- Ongerup Craft Group & Op Shop - Michelle Duits 044 188 542
- Ongerup Bowling Club - Jade Peacock ongerupbowlingclub@gmail.com
- Ongerup Golf Club - Sarah Hyde 0427 382 634
- Ongerup Library - FREE to join. Open Tues-Sat 9am-4pm @ Ongerup CRC. 9828 2325.
- Ongerup Hall/Gym - Contact the Ongerup CRC 9828 2325
- Ongerup Museum - Vicki O'Neill 0428 282 282
- Ongerup Roadhouse - 0447 466 078
- Ongerup Farm Supplies & General Store - 9828 2288
- Ongerup Tyre Service - 9828 2101
- Ongerup Hotel - 9828 2001

Are you new to town?

Call in to the Ongerup CRC, which is located at the Yongergnow Malleefowl Centre, to say hi and pick up your welcome pack to help you settle in to our lovely town.

January/February 2020

MON	TUE	WED	THU	FRI	SAT	SUN
			30	31 Scroungers CRC Movie Day	1	2
3	4 Active Farmers	5 Dance/Yoga Vet visit	6 Shire CEO Visit Treasurers Workshop	7 Scroungers	8 Jerry Summerfest	9
10	11 Active Farmers	12 Dance/Yoga	13 Shire CEO Visit Mums Club	14 Scroungers 	15	16
17	18 Active Farmers OCD Meeting	19 Dance/Yoga	20 Shire CEO Visit	21 Scroungers	22 GNP Fair	23
24	25	26	27	28 Scroungers Outlook & Macrame	29 it's a leap year!	