



# PINGRUP POST

Edition 48

Thursday 10 December 2015

Price \$1.00

The cut off time for advertising in the Pingrup Post is 4.00pm Tuesday every fortnight.

Editor's Contact Details - Tel: 9820 1101 Email: [pingruppost@gmail.com](mailto:pingruppost@gmail.com)



please join us for



**PINGRUP**  
Primary School  
Serving Together • Reaching Higher

## END OF YEAR CONCERT AND GRADUATION!

PINGRUP TOWN HALL  
WEDNESDAY 16TH DECEMBER 2015  
6PM START

*All families to please provide a  
plate of supper.*

SANDERSON STREET, PINGRUP  
Open Invitation to entire community

## 2015

### ADVERTISING RATES

#### **Business Subscriptions (weekly adverts)**

##### 6 months

1/4 page	\$ 70.00
1/2 page	\$ 90.00
Full page	\$180.00

##### 12 months

Business Card Size	\$100.00
1/4 page	\$120.00
1/2 page	\$150.00

#### **Club Subscriptions**

6 months	\$45.00
12months	\$60.00

#### **Advertising 1 Edition Only**

1/4 page	\$5.00
1/2 page	\$10.00
Full page	\$20.00

Payable in advance

### **WE'VE CHANGED OUR ACCOUNT DETAILS!**

We are now with



BSB: 306-019

ACC: 0122198

Please use invoice number when  
paying accounts.

For Pingrup Post please add PP to the  
reference .

### **December Birthdays**

5 Helge Skerris  
16 Emma Steele  
23 Hillary Willcocks  
28 Drew Reid



### ATM Available at the CRC

\$200 maximum Cash  
out per transaction



All articles, news and advertisements should be submitted to the  
Pingrup CRC by **4.00pm Tuesday** of post week.

[pingruppost@gmail.com](mailto:pingruppost@gmail.com)



#### Deadline

Tuesday 22 December

#### Next Edition

Wednesday 23 December



## Editors Note

*Kate Bishop*



Dear Pingrup Community

Welcome to one of the final editions of the Pingrup Post for 2015!

This edition is a bit of a wrap up of the last few weeks.

Please be aware there are a number of public holidays coming up and therefore the centre will be closed on some days over Christmas and New Years. Check out the calendar on the back page for more information and feel free to let us know of other community events!

There is also a slight change in operating hours, we are now open from 9am to 4.30pm everyday.

I'd like to personally thank everyone who has attended an event at the CRC recently, your continued support is very much appreciated and can only mean bigger and better events in the future!

Kind regards

Kate

98 201101

pingruppost@gmail.com

## Opening Hours

**Monday – Friday, 9am – 4.30pm**

THANK YOU

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## Monthly Update!

### **November - Pram Walk**

On Wednesday November 18 Play in the Paddock coordinated a special pram walk for Post Natal Depression awareness week. Pearl Draper from Southern Agcare attended the event and gave a short presentation and Roz Miles the Child Health Care nurse also chatted about the signs and signals. Both presenters strongly encouraged partners and friends to pay attention to any differences in personality.

### **Toilet Training Workshop (*special workshop*)**

On Wednesday December 2 the Pingrup CRC hosted its first webinar with Ngala on Toilet Training. 12 parents from Pingrup, Newdegate and Lake Grace attended the webinar and everyone found it very informative. The workshop was presented with lots of humour, plenty of time for questions and everyone was encouraged to actively participate – just as if it was in real life!

### **December - Dietitian**

Louise Campbell from Amity Health in Albany presented at the first Nyabing event Play in the Paddock. Please see tips on planning for a healthy diet provided by Louise at the information session in this edition of the Pingrup Post.

## **Coming Up**

### **January - School Holiday Program**

20 January Movie Day at the Old School from 10am – 3pm (two movies and lunch) & water play in Burston Park

27 January- Kickball! Parents welcome, 10am – 1pm (lunch included).

### **February - Ngala Toddler Series**

Starting from Wednesday February 4, Ngala will be presenting a webinar series at the Pingrup CRC every Wednesday from 9.30am – 11am .

Topics include raising toddlers and some tips on getting pre-schoolers ready for school. Register your interest for this series at the Pingrup CRC.

*To stay up to date with what's happening at Play in the Paddock please follow us on Facebook!*





2nd Wednesday of every month\*

*\*Unless otherwise notified*

# Calendar 2015/16

Location	Description	Date
Pingrup	Pingrup Pram Walk	*November 18, 2015
Nyabing	Dietitian Louise Campbell	December 9, 2015
Pingrup	School Holiday Program	*January 2016
Nyabing	Ngala Webinar Series	*February, 2016
Pingrup	Sleeping Ngala	March 9, 2016
Nyabing	School Holiday Program	April 13, 2016
Pingrup	Speech Pathologist special guest	May 2016
Nyabing	Raising Boys special guest	June 2016
Pingrup	School Holiday Program	July 2016
Nyabing	Developmental Playing	August 2016
Pingrup	Developmental Playing	September 2016
Nyabing	Traffic Light Safety on Bikes	October 2016

**For more info: [pingruperc@gmail.com](mailto:pingruperc@gmail.com) or 9820 1101**



# **Pingrup Community Christmas Tree**

## **Saturday 19th December 2015**

### **Pingrup Pavilion @6pm**



The 2015 Pingrup Community Christmas Tree hamper is valued at over \$400 and tickets are now on sale at \$2 each from the Pingrup Traders, Pingrup CRC and from parents of children attending Pingrup Playgroup and Pingrup Primary School. The hamper raffle will be drawn on Saturday the 19th of December. The following businesses have kindly donated items to be included in this years hamper;

**CCL Home Hardware –Lake Grace**

**Pingrup Sailors Arms**

**Pingrup Roadhouse**

**Bird in the Bush**

**Pingrup Maintenance Service**

**GreenlineAg Lake Grace**

**Please contact Donna if you require more tickets on 0429197806 (text only please).**



**Tickets for the Lolly Jar Raffle can be purchased for \$1 each at the Pingrup CRC and will also be for sale on the night prior to the draw.**

**Don't forget that Father Christmas will be arriving at 6.30pm**

**Please BYO Picnic Tea and Drinks**







Bird in the Bush  
& Co

18-20 Sanderson Street, Pingrup 6343

## Opening Times

Mon-Wed 7:30-15:30

Thursday 7:30-19:30

Sunday 10:00-14:00

Fri/Sat - CLOSED

# GROUP BOOKINGS WELCOME

Please call ahead to  
avoid disappointment



## Sunday Brunch

## Takeaway Menu



## Tasty Lunches

## Blackboard Specials



## Freshly Ground Coffee



## Homemade Cakes Served Daily



## Thursday Pizza Night

### CARNE AMORE - \$22

Leg ham, salami, bacon, sausage and barbeque sauce

### FLORENTINE - \$20

Prosciutto, spinach, tomato, mushrooms, eggs and herbs

### SEAFOOD SAVOROSO - \$24

Prawns, smoked salmon, anchovies, capers, red onion and rocket with light sour cream

### TROPICALE - \$18

Leg ham, pineapple and cheese

### MONFALCONE - \$19

Roasted capsicum, artichoke hearts, chorizo and olives

### GARLIC BREAD - \$5

AND ASK ABOUT THE CHEF'S SPECIAL THIS WEEK!



Telephone: 0476 159 688



[www.facebook.com/birdinthebushco](http://www.facebook.com/birdinthebushco)







## Pingrup Primary School

Carrie Street  
Pingrup  
WA 6343

(08) 98201042 Tel (08) 98201039 Fax  
A.B.N. 67 097 027 704



### Principal's Message

Season's Greetings to all in the Pingrup community.

It is hard to believe that we are very close to the end of the school year, with Christmas fast approaching.

*Thank you!*

Last Friday we celebrated with Alex and Camryn at The Bird in the Bush café for their graduation dinner. The event was a big success, especially the aptly named pizzas—The Camryn and The Alex! Many thanks to Kate, Ros and staff for an excellent night of food, fun and entertainment. Many thanks to the P&C for organising and funding the special occasion.

The decorations were set up by the P & C with the lava lamps being a blast from the past! Miss Bennett created a funny Powerpoint presentation and it was so lovely to see the cute little versions of Alex and Camryn when they were young.

The disco after the dinner was amazing, with the kids dancing the night away under the disco lights—thanks again Kate.

The students are now busy rehearsing for the End of Year Concert and Graduation at the Pingrup Town Hall. Please set aside the 16th December @ 6pm and come along to enjoy the entertainment. There will be some special guest appearances so be prepared to be surprised!

Merry Christmas!  
Lisa Nelson

*School Newsletter*  
9th December 2015



Above: The Graduation Dinner

### **Dates to remember:**

#### **Term Four 2015**

16th Dec - End of Year Concert Night

17th Dec - Water Fun Day/reports home

#### **Term One 2016**

27th Jan—School Office open

1st Feb—students begin school

8th, 10th, 12th, 16th, 18th Feb—Swimming Lessons @ Lake Grace



### **PUPIL FREE DAY**

**Tuesday 8th March 2016** will be a pupil free day for the Lakes Network. Teachers will be attending Professional Development in Kulin.



The students proudly displaying their Christmas Craft products. There was a wonderful variety of items made on the day:

- \* A Christmas Wreath
- \* A Fairy Angel
- \* Gift Tags
- \* Cone Christmas Tree
- \* Miniature pom pom snowman

All the students and staff participated happily making the festive decorations.



Above: The Echidna students.

Left: The Wallaby students.

On 26th November the students attended a performance at Lake Grace District High School. Thankyou to the Chaplains for inviting us to the Fine Edge Theatre.

Myles enjoyed being part of the show!



The entire audience.

Camryn's thankyou



### ATTENTION!!

If you are aware of any families in the district with school aged children, please recommend Pingrup Primary School as a family orientated and caring small school environment. We welcome new enrolments at any time.



Birthday wishes to;

Lily Furphy—26 th December.



# Pingrup Jamberry

The lovely Jo Morgan from Lake Grace delivered her first Jamberry party at the Pingrup CRC on Tuesday. 12 ladies from Pingrup came along to try out the new nail craze that's taking the world by storm!

## What is Jamberry?

In 2010, a slow and expensive visit to a nail salon sparked the idea for sisters Lyndsey, Christy, and Keri to create a line of do-it-yourself nail wraps. Jamberry nail wraps can last for up to two weeks on fingernails and four weeks on toes. With over 300 nail wraps in an incredible variety of designs, you can customize, pair, and layer Jamberry nail wraps to create a look that's all your own—all from the comfort of your home.

If you're interested in ordering some nail wraps or having a look at the latest catalogue join our Facebook group – Pingrup Ladies Jamberry Bash (ask Kate how) or call into the Pingrup CRC.

Jo Morgan delivering her Jamberry party to Pingrup Ladies.



Below  
Lindsey, Kristy and Kerri  
Creators of Jamberry





## ***Pingrup Playgroup Roster Term 4***

### **November**

4<sup>th</sup> – Painting with spray bottles (Stacey)

11<sup>th</sup> – Remembrance Day Morning Tea at the Pingrup CRC

18<sup>th</sup> – Pram walk with Katanning Occupational Therapist (Pingrup)

25<sup>th</sup> – Story time and activity with Sue Smith

### **December**

2<sup>nd</sup> – Ngala Successful Toileting Tips Workshop (Pingrup CRC)

9<sup>th</sup> – Amity Health Dietitian (Nyabing)

16<sup>th</sup> – Playgroup Christmas Party with Kylie Wood from Playgroup WA

23<sup>rd</sup> – Free play and clean up



- Playgroup is held every Wednesday morning between 9:30 – 11:30am (except during school holidays).
- New members are always welcome. Please phone Susan Hawley: 98201123 for information.
- Mums on roster are to be set up by 9:30am.
- Everyone is asked to help pack away.
- If you are on roster please collect the milk from the roadhouse.
- Please remember this is a guide, if you wish to change the activity please feel free to do so. Activity plans and ideas are located in the art cupboard.
- If you are unable to make your rostered day, please let Susan know.
- Please bring a piece of fruit to share. **Playgroup WA recommend only fruit be offered at fruit time.**





## Planning for a Healthy Diet - Infants and Toddlers

The recommended dietary patterns for infants and toddlers are provided below. These dietary patterns are a guide only, as the needs of each individual infant or toddler may vary. For all infants, recommended nutrient intakes are based on the nutrient profile of breast milk for infants up to 6 months and on estimates of the nutrients provided by breast milk or formula and complementary foods for infants 6–12 months of age.

### Infants up to around 6 months

- **Breast milk only:** It is recommended that infants should be exclusively breastfed to around 6 months. If this is not possible, commercial infant formula should be used.
- **Breastfed infants:** Exclusively breastfed infants do not require additional fluids up to 6 months of age.
- **Formula-fed infants:** Cooled boiled tap water may be used if additional fluids are needed. Any breastfeeding at all is beneficial.

### Infants from 6–12 months

- **Continue breastfeeding:** Breastfeeding should continue until the baby is 12 months old, or for as long as the mother and infant desire. If formula fed, the infant should continue to drink formula until 12 months of age.
- **Other drinks:** From around 6 months, small amounts of cooled boiled water can supplement breast milk or infant formula. Consuming any other drinks in the first 12 months may interfere with an infant's intake of breast milk or infant formula and is not recommended.
- **Introduction of first foods:** Introduction of first foods should begin around 6 months, starting with iron fortified infant cereal and/or iron rich foods such as puréed meat or tofu, followed by other foods from the Five Food Groups. Introduce different tastes and textures as the baby grows.
- **Cow's milk:** Cow's milk should not be given as a main drink to infants under 12 months of age. Cows' milk may be served in small quantities in foods, with cereals and as plain custards without added sugars.

### By 12 months of age

- By 12 months of age, infants should be consuming a wide variety of nutritious foods enjoyed by the rest of the family.
- All milk given to children over 12 months should be pasteurised.

Reference: National Health and Medical Research (2013) Educators Guide. Canberra: National Health and Medical Research.



### Recommended dietary patterns for infants aged 7–12 months

The recommended dietary patterns for infants aged 7–12 months are shown in the table below. While it is recommended to introduce solid foods from around 6 months of age, it may take around a month to reach the ranges outlined below.

Food*	Serve size	Serves a day	Serves a week
Vegetables and legumes/beans	20g	1½-2	10-14
Fruit	20g	½	3-4
Grain (cereal) foods	40g bread equivalent	1½	10
Infant cereal (dried)	20g	1	7
Lean meats, poultry, fish, eggs, tofu, legumes/beans	30g	1	7
Breast milk or formula	600ml	1	7
Yoghurt/cheese or alternatives	20ml yoghurt or 10g cheese	½	3-4

\* An allowance for unsaturated spreads or oils or nut/seed paste of ½ serve (4-15g) per day is included, however whole nuts and seeds are not recommended at this age because they may cause choking.

### Recommended dietary patterns for toddlers (1 to 2 years of age)

The recommended dietary patterns for toddlers aged around 1–2 years are shown in the table below. There may be some variations in nutritional needs due to different activity levels, however the table provides a general guide for children at this age. Appropriate growth and development will also indicate whether food intake is at an appropriate overall level for an individual child.

Foods with a high risk of choking such as whole nuts, seeds, raw carrot, celery sticks and chunks of apple should be avoided for the first 3 years as their size and/or consistency increases the risk of inhalation and choking. However nut pastes and nut spreads can be offered to infants from around 6 months of age.

Food*	Serve size	Serves a day
Vegetables and legumes/beans	75g	2-3
Fruit	150g	½
Grain (cereal) foods	40g bread equivalent	4
Lean meats, poultry, fish, eggs, tofu, legumes/beans	65g	1
Milk, yoghurt, cheese and/or alternatives	250ml milk equivalent	1-1½

\* An allowance for unsaturated spreads or oils or nut/seed paste of 1 serve (7–10g) per day is included. Whole nuts and seeds are not recommended for children of this age because of the potential choking risk.

Reference: National Health and Medical Research (2013) Educators Guide. Canberra: National Health and Medical Research.

## Christmas Fun for the Kids



1. What do you call an old snowman?
2. When does Christmas come before Thanksgiving?
3. What does December have that no other month does?
4. What Christmas carol is a favorite of parents?
5. Where do snowmen go to dance?
6. What kind of candle burns longer, a red candle or a green candle?



Help Frosty get through the maze and to his gift!



s u b c a n d y  
l s b a l l e k  
e n e l f t e d  
d o l l s e r k  
t w l g t r e e  
o w n i a x a i  
y b m f r m w c  
s a n t a f r b

ball	elf	snow
bell	gift	star
candy	santa	toy
deer	sled	tree

ANSWERS: 1. Winter 2. In the Dictionary 3. The letter 'D' 4. Silent Night 5. A snow ball 6. Neither, candles always burn shorter!





## SHIRE OF KENT

Phone: (08) 98 291 051 Email: [admin@kent.wa.gov.au](mailto:admin@kent.wa.gov.au)

Richmond Street, PO BOX 15, NYABING WA 6341

### WORK WITHIN OUR SHIRE



The following are the locations for the Crew and Graders this week:

- \* Wednesday Harvest Maintenance—Various Roads
- \* Thursday Harvest Maintenance—Various Roads
- \* Friday Harvest Maintenance—Various Roads

Road Maintenance Grading will be occurring on the following roads:

- \* East Grading Farr and Neves Roads
- \* Central Grading North Kuringup Road
- \* West Grading Nyabing South Road



### SHIRE OF KENT NOTICE OF ROAD CLOSURE



Please be advised that Bin Road, Nyabing, between Kukerin and Kuringup Road junctions will be closed from 24<sup>th</sup> November 2015 until 24<sup>th</sup> December 2015 due to high traffic volumes during harvest. This will be open for CBH access only.

Thank you for your co-operation with this matter.

Peter Bentley  
CEO

## CHANGE OF DATE

### SHIRE OF KENT COUNCIL MEETING



Please be advised the December Council Meeting will be held on Thursday 17th December, 2015, commencing at 5.30pm.

Thank you.

PETER BENTLEY  
Chief Executive Officer  
SHIRE OF KENT

Harvest time is a particularly busy time on our roads. We ask that you slow down, remain vigilant and take care on all roads including our town streets but particularly near the CBH receival points where trucks may be waiting in line or progressing slowly.

We encourage you to inform us of any road maintenance issues you have come across so they can be repaired as soon as possible.

## SHIRE OF KENT—CHRISTMAS HOURS

Thur 24th December	Office closes at 12.00 noon
Fri 25th December	Christmas Day—office closed
Saturday 26th December	Office closed
Sunday 27th December	Office closed
Monday 28th December	Office closed
Tue 29th December	Office closed
Wed 30th December	Office closed
Thur 31st December	Office closed
Fri 1st January 2016	New Years Day—Office closed
Mon 4th January 2016	Normal office hours resume (8.30am—4.30pm Mon-Fri)

# PRESIDENT'S PAGE

DECEMBER 2015

Welcome to the 'President's Page', a monthly news column designed to keep our communities up to date with Council happenings.

## HARVEST BANS & TOTAL FIRE BANS

There still appears to be some confusion over the different bans that are put in place over the summer period. Total Fire Bans are put in place by the Department of Fire and Emergency Services, while Harvest & Vehicle Movement Bans are declared by your Shire. A Total Fire Ban is not a Harvest Ban, though the Shire may impose a Harvest & Vehicle Movement Ban during a Total Fire Ban period, depending on conditions.

## PINGRUP PAVILION

Preliminary plans for the Pingrup Pavilion Upgrade are with the architects and will hopefully be available to Councillors at the December Meeting. Community liaison will be an important part of the consultation process. The ultimate aim is to have a building that suits the purpose for which it was designed and meets the needs of the people who are utilising it. If you have any queries, please contact me.

## COUNCILLOR TRAINING

There is a push by the Local Government Minister, Tony Simpson, to make it mandatory for all Local Government Councillors to attend training. While Council and the WA Local Government Association (WALGA) have a different view, some training is definitely beneficial, especially for new councillors. Professional Development is an important aspect of holding a public position. The courses provided by WALGA have been designed to provide the essential knowledge and skills to support Councillors to perform their role effectively as well as legally. Council have budgeted \$13,000 towards training and conferences for Councillors for 2015/16.

I attended a one day course recently, Professionally Speaking. The course, which was very worthwhile, gave me a greater insight into how to communicate with the media. I will also be attending a WALGA workshop for new Mayors and Councillors in early December, followed by a PD on Effective Community Leadership.

## DECEMBER COUNCIL MEETING

Please note the change of day for the next Council meeting. Due to the Pingrup Primary School Concert being held on the normal Council Meeting evening, Council have now decided to change the day to THURSDAY December 17<sup>th</sup>. The meeting will be held at the Council Chambers in Nyabing and is starting at the later time of 5.30 and the public are welcome to attend.

I hope that harvest is progressing well for our farming community and the weather behaves itself for the remainder of the harvesting period.

Finally, I would like to wish everyone in our communities a very enjoyable Christmas and a happy New Year.

***Cr Megan Tuffley***

***President, Shire of Kent***

***m: 0427 297 712 p/f: 9829 1076***

***e: [megan.tuffley@kent.wa.gov.au](mailto:megan.tuffley@kent.wa.gov.au)***







The Kojonup Veterinary Hospital has been established for a number of years and we have been fortunate enough to service clients both in the immediate district and surrounding areas. To help our existing clients more easily access Veterinary care and to meet some new faces, our team opened a branch practice in Katanning just over 6 months ago.

Since opening we have seen a number of familiar faces and a met quite a few new ones! We are excited to provide the same service as offered in Kojonup to meet the needs of both large and small animals with the same level of commitment and care. Being located in the centre of Katanning provides a much closer access to Veterinary services.

We are equipped to offer a full on farm service for domestic livestock. We are also able to see horses on property for routine and emergency procedures.

We have a friendly local nursing team that is based in Katanning and are more than happy to assist with any queries. We perform routine surgeries and dental work for companion animals. Animals requiring hospitalisation, major surgery or x-rays are transferred to our fully equipped hospital in Kojonup. We provide a hospital transfer service or clients are welcome to take animals to Kojonup if they wish.

We are open from Tuesday through to Friday from 8.30 am until 4.30pm. Our Kojonup practice is open on all weekdays and from 9-12 on Saturday mornings.

The team at Katanning Veterinary Clinic would like to thank all our lovely clients both new and existing, for making us feel so welcome and for supporting our new clinic in Katanning.

We would also like to let everyone know that our usual after-hours emergency service will not be available from midday on Christmas Eve, until 8.30am Monday 4<sup>th</sup> January 2016.

If you have a Veterinary Emergency please call 98 311 666 and you will be able to get details of the closest emergency service.

We wish everyone the best for the festive season and a happy, healthy and prosperous New Year. We look forward to an exciting year in 2016 and can't wait to watch our practice continue to grow!





**Pingrup St John Ambulance is holding a**



**Fundraising Grain Drive**

For Grain Donations please ring CBH Grower Services on 1800199083. Indicate to them you would like to make a cash grain contract to Pingrup St John's Ambulance - grower number 70840343. Then ask to nominate your grain to that contract.

Cash donations are also welcome!

Please remember that in case of any emergency - Ambulance, Fire & Rescue or Police the number to dial is

**000**

# For Sale

2 Waratah Avenue, LAKE GRACE



## 4 Bed 2 Bath 1 Garage 1 Carport

Very solid built brick and tile roof house, 992 sqm.

This house has 4 bedrooms, one with ensuite bathroom and a separate bathroom, laundry, dining area, kitchen and lounge area all open living plus entrance hall.

This home has reverse cycle split system air conditioning and air conditioner in the living area with a tile fire in lounge room. Electric cook top with exhaust fan and new wall oven. Solar hot water system.

Power has been upgraded to specification. Two fire alarms installed.

Has a garage under the main roof which is fully closed and separate carport. Secure patio area great for children and animals, with garden shed in rear garden.

All garden reticulated with lovely rose garden in the front.

### Contact:

Rita Marshall  
Anna Strevett  
Cobi Stanton

0428 649 030  
0429 654 023  
0429 900 870

## ***AgSpray Contracting***



**Broadacre spraying applications available servicing Pingrup, Ongerup, Nyabing and Newdegate.**

- **Case patriot 120 ft. boom**
- **Aims command**
- **3 meter wheel spacing's**
- **GPS guidance**
- **Liquid fertiliser streaming available**

**Contact Tony Ryan: 0400232243**

**Email: [Agspraycontracting@gmail.com](mailto:Agspraycontracting@gmail.com)**





## GRAIN WANTED

Milling Oats	Feed Oats
Malting Barley	Feed Barley
APW1	GP1
ASW1	

Time-based payment for on-farm storage of all grains  
Grain can be delivered to selected CBH sites

## COMPETITIVE PRICING

Please contact us for details at  
(08) 9888 7026 or [tamma@wn.com.au](mailto:tamma@wn.com.au)



## BLYTH TREE FARM

**SEEDING IS ABOUT TO START**  
**PLACE YOUR ORDERS NOW FOR PLANTING IN 2016**

QUALITY PRODUCT AND CUSTOMER SERVICE

## BLYTH TREE FARM

### KATANNING

SALTBUSH, TREES, SHRUBS

We can help with local species selection that will comply with any funded programs.

Email [blythtreefarm@bigpond.com](mailto:blythtreefarm@bigpond.com)

Ph 08 98217883



# LAKE GRACE HOSPITAL – Multi Purpose Service

providing **24 hour Emergency Health Care Services**  
and **Community Care Services** to Lake Grace and the surrounding district

Contact details = Telephone: **9890 2222** Fax: **9890 2202**

## HACC & MPS Activity Programs:

### Foot Clinic

Tuesday 8th December

9.00am—12 noon

Lake Village Hall

NB: please supply your own  
manicure set



### Chair Aerobics

Every Tuesday @ 10.45am

At the Lakes Village Hall

\*Exercises for people with limited mobility\*



### Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: **10am—11.30am**

9th December—Bingo

16th December—Pamper

23rd December—Puzzles

All welcome to join in!



### Bus Outing

Friday 11th December 2015 (approx.

9.30am to 11.30am) Call the hospital to  
book

### SwimAbility

Trips to Narrogin for hydrotherapy exercise  
sessions at the indoor leisure centre:

Next trip will be on **14th December**

(last trip for the year)

*Call the hospital to book a seat on the bus.*

### HACC Christmas Party

Friday **18th December**

Christmas activities / Games

10.00 am—1.30pm

Lake Village Hall

RSVP for catering by 11th December



**Call 9890 2222 during office hours**

to book or get further information about

## Hospital Upgrade Progress

The **Administration Office** is nearing completion, so we expect to move in there in the next week or so.

The final stages of the project, including the emergency department upgrade, will be completed early in the new year.

Remember to always **use the intercom** system, located outside the front door, **to talk to staff** when you visit the hospital for any reason.

## Tips for Summer Health

Summer is here, which means everyone needs to take extra care in the heat:



1. Practice Sun Safety—use sunscreen, sun-protective clothing (a hat, long sleeved shirts) and sunglasses
2. Prevent Dehydration—drink water throughout the day especially when exercising or out in the heat
3. Practise Food Safety—bacteria grow quicker in the warmer weather so it is even more important to keep foods refrigerated or in an esky; always wash hands thoroughly before preparing or serving food.
4. Protect Against Insects—wear long, loose clothing and use insect repellent to keep the mosquitoes away
5. Fatigue Management—during this busy time of year make sure you get a good night's sleep and eat a healthy diet.

**Physiotherapist—here on 8th December**  
Call Primary Health Narrogin to make  
appointments Ph: 9881 0385



# ST JOHN FIRST AID KITS FOR SALE AT THE CRC

Built with your needs in mind, St John Ambulance first aid kits have easy access compartments for fast response to emergencies. Each kit comes with a quick guide to emergency first aid, complete with step-by-step instructions on how to treat injuries. The soft nylon bag is easy to carry and has no sharp edges, decreasing the chance of injury in the event of being thrown around the cabin of a motor vehicle.



The Large Leisure Kit is a complete first aid solution for personal and leisure use. It includes all first aid equipment needed in case of common and more serious injuries resulting in major trauma and heavy bleeding.

**\$164.95**

Store this handy kit in your glovebox, under the seat or neatly in the boot, and always be prepared to treat minor road trauma and other emergency situations you may encounter on your journey.

**\$37.95**



The St John Soft Case Personal Leisure First aid kit is ideal for outdoor and adventure activities. It also fits easily into backpacks or can be made hands-free by attaching to a belt.

**\$34.95**

This easy-to-carry kit for babies and toddlers contains useful contents allowing parents to monitor temperatures, treat minor scratches and to manage unexpected accidents on the go.

**\$35.00**





## **YONGERGNOW AUSTRALIAN MALLEEFOWL CENTRE**

PO Box 9  
Ongerup WA 6336

Ph: 08 9828 2325  
Fax: 08 9828 2326

Email: [visitor@yongernow.com.au](mailto:visitor@yongernow.com.au)  
Web: [www.yongernow.com.au](http://www.yongernow.com.au)



### **MEDIA RELEASE – FOR IMMEDIATE RELEASE**

#### **A star is born at Yongernow Australian Malleefowl Centre**

On Friday 27<sup>th</sup> November, the very first captive-bred Malleefowl chick hatched at Ongerup's Malleefowl Centre. Yongernow's Board, staff and volunteers are very excited about the new arrival, who was affectionately draft-named Spud.

Yongernow has successfully captive-raised Malleefowl in the past, including male Happy and female Rhea, the parents of the chick. Happy and Rhea built their first ever mound last year, but Rhea did not lay any eggs.

"This year, Happy and Rhea were much more active on their mound, and we were very curious to see if there would be any offspring this season," Yongernow Chairman Ken Pech said. "Although the news was not entirely unexpected, it was very exciting to hear that a chick has successfully hatched from the mound!" Yongernow's biologist Vicky Bilney said that herself and volunteer Jane Campbell examined the mound and identified another five eggs inside the egg chamber. Ms Bilney said that motion sensitive cameras were installed on the mound which will hopefully document any further emerging chicks.

Although Spud the Malleefowl chick is very well camouflaged and only the size of a quail, he (or she?) has been seen resting, scratching and feeding in open areas of Yongernow's 36m by 36m natural bush Malleefowl aviary. As it is highly unlikely to encounter Malleefowl chicks in the wild, this is a great opportunity for the public to familiarise themselves with both adults and chicks of this unique bird species – although a lot of patience may be needed to see Spud.

Yongernow Australian Malleefowl Centre is open to the public on Monday, Wednesday and Thursday from 9am to 4pm and on Saturday and Sunday from 10am to 4pm. An entry fee applies. Group bookings are welcome.

#### **RELEASE ENDS**

**Media contact:** Ken Pech, Chairman 0427 171 904

**Malleefowl information:** Vicky Bilney, Biologist 0429 337 658

#### **Photo captions:**

Malleefowl father Happy, Yongernow's first captive-raised Malleefowl, covering an egg in his mound.

Photo Vicky Bilney

Spud – Yongernow's first captive-bred Malleefowl. Photo Danielle Fuller

**YONGERGNOW  
AUSTRALIAN MALLEEFOWL CENTRE**  
ABN 49 489 859 404 BSB 306-056 A/C 006174-8

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Spud  
– Yongergnow's first captive-bred  
Malleefowl.

Photo Danielle Fuller

Below  
Malleefowl father Happy,  
Yongergnow's first captive-raised  
Malleefowl, covering an egg in his  
mound. Photo Vicky Bilney







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digital

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## Wheatbelt Bushcare grants

Is there bushland in your area that needs looking after?  
On your property, local community reserve or creekline?  
Are feral animals and weeds also posing a threat?

Wheatbelt NRM can help you and your community to protect important bushland in your area!

Individuals, community groups and groups of neighbours may be eligible for Bushcare Grants up to \$15,000, to help cover costs for the materials required for:

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Wheatbelt NRM encourages groups of adjoining land managers to work together and apply jointly.

Apply by contacting Rachael Major on (08) 9670 3100 or [rmajor@wheatbeltnrm.org.au](mailto:rmajor@wheatbeltnrm.org.au), or visit our website.

[www.wheatbeltnrm.org.au/bushcare](http://www.wheatbeltnrm.org.au/bushcare)



National  
Landcare  
Programme



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Wheatbelt NRM through funding  
from the Australian Government's  
National Landcare Programme.



wheatbelt  
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## Next visit Friday 11 December

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Please contact: Philip Russell

email: philiperussell@bigpond.com

www.westcoastseafood.com.au

Mob: 0427 241 204



### To the children of Pingrup.

It is getting close to the time of year when Father Christmas comes to visit, to give him and his helpers an idea as to what to pack in the sleigh for you, why don't you write or send him a drawing of what you would like to receive this year.

The address to send your letters and drawings to is:  
**Father Christmas**  
**C/- North Pole 0000**



Father Christmas loves to get your letters and drawings each year, he has quite a collection that he has kept over his time and he will try to answer all your letters as soon as possible.

I hope you are all being good and helping Mum & Dad out during this busy time.

**Merry Christmas to You all**



## Ferguson Family

In light of the tragic accident last week that has seen a member of our community taken away from his much loved & treasured family - Rest in Peace Stewart "Stewy" Ferguson.

The Nyabing Branch of the Country Women's Association, has permission from the Ferguson/Borlini family to receive any donations on behalf of the Ferguson family until the time that a Trust Fund has been set up for Ella & Hannah in the coming weeks.

BSB # 066 515

ACC# 00900216

Ref# Ferguson

Please call, drop into the Shire, or email our Treasurer Michelle on [bamley@westnet.com.au](mailto:bamley@westnet.com.au) with your name, so that we can log your donation. If you have any queries, please speak with Alyson (Ph#9823 5136) or Michelle.



# Pingrup Post Advertising Booking Form



Pingrup  
Community Resource Centre

Contact name: \_\_\_\_\_

Postal address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

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## **Business Subscriptions (Weekly Adverts)**

### **6 months**

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| <input type="checkbox"/> | 1/4 page  | \$70  |
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### **12 months**

- |                          |                    |       |
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| <input type="checkbox"/> | 1/4 page           | \$120 |
| <input type="checkbox"/> | 1/2 page           | \$150 |
| <input type="checkbox"/> | Business Card Size | \$100 |

## **Club Subscription**

**(For non profit or Community Group)**

- |                          |           |      |
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| <input type="checkbox"/> | 6 months  | \$45 |
| <input type="checkbox"/> | 12 months | \$60 |

## **Advertising—1 Edition only**

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MasterCard/Visa (delete as applicable) - will call for CVC number

Name of card holder: \_\_\_\_\_

Expiry date: \_\_\_\_\_ Number: \_\_\_\_\_

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## Pingrup Lions Community Bus

### **Basic Guidelines For Booking**

Hire cost of \$1.10 per kilometre (or for customers outside of Pingrup Ward \$1.75) and tank must be filled with Diesel fuel at the Pingrup Roadhouse on return. BP Card is available for use en-route if needed. If towing a trailer an extra 20 cents/km applies.

**Minimum** of \$50.00 will be charged for the first hour to clean & fuel **with each bus hirer**, extra time spent cleaning will be charged at \$40.00 p/h.



## Australian Government

Government Access Point available at the CRC.

### **Services available:**

- Centrelink Access Point
- Verify Documents
- Make appointments with Government Departments





**Gnowangerup Building Supplies**  
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Pingrup

Community Resource Centre

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Ph: 9820 1101  
pingrupcrc@gmail.com  
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ABN: 13 761 006 698

# Membership Form

Date: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_  
Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

## Membership Details

There are four membership options to choose from and the membership year run from July 2015 – June 2016;

1. Membership with the Pingrup CRC for \$50 including all benefits (see flyer) and the Pingrup Post **emailed** fortnightly direct to your inbox.
2. Membership with the Pingrup CRC for \$50 including all benefits (see flyer) and a hard copy of the Pingrup Post posted to you every fortnight for an extra \$26 (\$1 each Pingrup Post) for a total of \$76.
3. Just a hard copy of the Pingrup Post each fortnight for \$26 (\$1 each Post)
4. Just the Pingrup Post emailed to you - FREE

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Pingrup Community Resource Centre Phone: 98 201 101 Email: pingruppost@gmail.com



# **COMMUNITY NOTICE BOARD**

## **New Website**

Pingrup CRC's new website is now under construction at [www.pingrupcrc.com.au](http://www.pingrupcrc.com.au) and will soon be available.

## **CHILD HEALTH SERVICES FOR DECEMBER**

The next Child Health/Immunisation Clinic to be held in Pingrup will be on **Wednesday 23<sup>rd</sup> December** from 9am.  
Please contact Roz Miles on 98235023 for an appointment.



## **YOGA IN PINGRUP!!**

### **Expressions of Interest needed**

- ✳ Starting in February 2016
- ✳ 6 week course
- ✳ \$20 per class (\$120 to be paid prior)
- ✳ Creche will be available
- ✳ 10am start time, day to be confirmed.
- ✳ Let me know if you have a preferred day.
- ✳ Minimum number to run is 10 people.



If you are interested in yoga or helping with the crèche, please contact

Stacey Newman

Ph: Home - 98 204 047      Mob - 0427 381 881

email - [stacey@redhillfarming.com.au](mailto:stacey@redhillfarming.com.au)

## Emergency Contact Numbers

Service	Location	Contact Number
<b>HOSPITALS</b>	Katanning	9821 6222
	Dumbleyung	9863 4022
	Lake Grace	9890 2222
<b>DOCTORS</b>	Katanning	9821 2155
	Lake Grace	9865 1208
<b>POLICE STATIONS</b>	All Hours Service	13 1444
	Katanning	9821 1888
	Ongerup	9828 2172
	Lake Grace	9890 2000
	Dumbleyung	9863 4143
<b>POISONS INFORMATION CENTRE</b>		13 11 26
<b>VFRS - JAWS OF LIFE</b>	Lake Grace	9865 1306
	Katanning	13 14 44
<b>WESTERN POWER</b>	All Hours Service	13 13 51
<b>WATER AUTHORITY</b>	All Hour Service	13 13 75

## Justice of the Peace

Name	Town	Phone	Email
<b>Cathy Crosby</b>	Nyabing	9829 1061	cathcrosby@bigpond.com
<b>Megan Tuffley</b>	Nyabing	9829 1076	megantuffley@gmail.com
<b>Bruce Altham</b>	Pingrup	9820 1064	ribblesdalefarms@bigpond.com

## Office Numbers

Contact	Phone No.	Fax No.
<b>Shire Office Nyabing</b>	9829 1051	9829 1083
Email: <a href="mailto:admin@kent.wa.gov.au">admin@kent.wa.gov.au</a>		
<b>Nyabing Depot</b>	9829 1078	9829 1079
<b>Pingrup Depot</b>	9820 1051	9820 1083



# Community Calendar

## December 2015

Wed 16	Pingrup Primary School End of Year Concert & Graduation @ Pingrup Hall 6pm	Fri 25	<b>Christmas Day</b>
Fri 18	School Holidays begin	Sat 26	<b>Boxing Day</b>
Sat 19	Community Christmas Tree @ Pavilion 6pm	<b><u>2016</u></b>	
Thur 24	<b>Pingrup CRC Closed</b> from 12pm	<b>Jan 1</b>	<b>New Years</b>
		<b>Jan 20</b>	Movie Day, (Play in the Paddock )
		<b>Jan 27</b>	Water Play (Play in the Paddock)
		<b>Feb 1</b>	School Begins

