

**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





### 2015

### **ADVERTISING RATES**

# **Business Subscriptions** (weekly adverts)

6	<u>months</u>

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



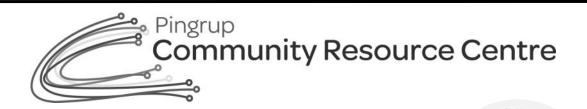
All articles, news and advertisements should be submitted to the Pingrup CRC by <u>4.00pm</u> Tuesday of post week. pingruppost@gmail.com



<u>Deadline</u> 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





### 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!





# and Wednesday of every month\*

\*Unless otherwise notified

# **Calendar 2015/16**

Location

Description

Date

Pingrup
Nyabing
Pingrup
Nyabing
Pingrup
Nyabing
Pingrup
Pingrup

Nyabing Pingrup Nyabing Pingrup Nyabing Pingrup Pram Walk Dietitian Louise Campbell School Holiday Program Ngala Webinar Series Sleeping Ngala

School Holiday Program
Speech Pathologist special guest

Raising Boys special guest School Holiday Program Developmental Playing Developmental Playing

Traffic Light Safety on Bikes

\*November 18, 2015

December 9, 2015

\*January 2016

\*February, 2016

March 9, 2016

April 13, 2016

April 10, 2010

May 2016

June 2016

July 2016

August 2016

September 2016

October 2016

For more info: 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





Pingrup Maintenance Service









# Bird in the Bush

### **Opening Times**

Mon-Wed 7:30-15:30 Thursday 7:30-19:30 Sunday 10:00-14:00 Fri/Sat - CLOSED

18-20 Sanderson Street, Pingrup 6343

# GROUP BOOKINGS WELCOME

Please call ahead to avoid disappointment



### **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 SAPOROSO - \$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





### **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.

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

# chool Newsletter







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 Above: The Graduation Dinner

### 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.

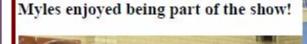




Above: The Echidna students.

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.



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.





# 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

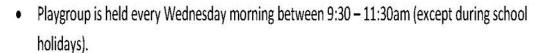


2<sup>nd</sup> – Ngala Successful Toileting Tips Workshop (Pingrup CRC)

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



- 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 brestfeeding: 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	11/2-2	10-14
Fruit	20g	1/2	3-4
Grain (cereal) foods	40g bread equivalent	11/2	10
Infant cereal (dried)	20g	1	7
Lean meats, poultry, fish, eggs, tofu, legumes/beans	30g	4	7
Breast milk or formula	600ml	1	7
Yoghurt/cheese or alternatives	20ml yoghurt or 10g cheese	1/2	3.4

<sup>\*</sup> 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	1/2
Grain (cereal) foods	40g bread equivalent	4
Lean meats, poultry, fish, eggs, tofu, legumes/beans	65g	i
Milk, yoghurt, cheese and/or alternatives	250ml milk equivalent	1-11/2

<sup>\*</sup> 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.

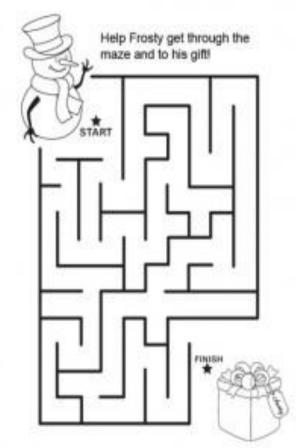
Reference: National Health and Medical Research (2013) Educators Guide. Canberra: National Health and Medical Research.



### Christmas Fun for the kids



- 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?



s	U	b	c	a	n	d	y
1	5	b	a	1	1	е	k
e	n	e	1	f	1	e	d
d	0	1	1	s	е	r	k
t	w	1	g	t	r	е	е
0	W	n	i	а	X	а	i
y	Ь	m	f	r	m	w	c
s	а	n	t	a	f	r	b

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

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





Phone: (08) 98 291 051 Bmail: 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







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 <a href="https://doi.org/10.1001/journal.org/">THURSDAY December 17<sup>th</sup></a>. 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







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





# For Sale 2 Waratah Avenue, LAKE GRACE



### Contact: Rita Marshall Anna Strevett Cobi Stanton

0428 649 030 0429 654 023 0429 900 870

### 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.

# 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



## **GRAIN WANTED**

Milling Oats Feed Oats

Malting Barley Feed Barley

APW1 GP1

ASW<sub>1</sub>

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



### **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 <u>blythtreefarm@bigpond.com</u>

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!



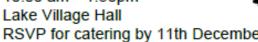
### **Bus Outing**

Friday 11th December 2015 (approx. 9.30am to 11.30am) Call the hospital to book

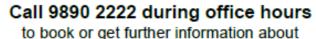
### SwimAbility

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



RSVP for catering by 11th December



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

### 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.
- Protect Against Insects—wear long, 4. 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.





### 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@yongergnow.com.au Web: www.yongergnow.com.au



### MEDIA RELEASE - FOR IMMEDIATE RELEASE

### A star is born at Yongergnow Australian Malleefowl Centre

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

Yongergnow 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," Yongergnow 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!" Yongergnow'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 Yongergnow'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.

Yongergnow 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, Yongergnow's first captive-raised Malleefowl, covering an egg in his mound.

Photo Vicky Bilney

Spud - Yongergnow'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













E-books are now available at the Pingrup CRC Membership to the library is free

# Wheatbelt Bushcare grants

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

Workshops [FREE]

Wongan Hills – 10 Feb 2016

Narembeen – 24 Feb 2016

**Northam** - 9 Mar 2016

**Brookton** – 12 Mar 2016

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:

feral animal control

bushland weed control

fencing

Up to \$15 000 available

Closes 1 April 2016

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, or visit our website.

www.wheatbeltnrm.org.au/bushcare





This project is supported by Wheatbelt NRM through funding from the Australian Government's National Landcare Programme.



biodiverse revegetation.

Beat the rush!
Get your applications in to us by
12 February 2016 to get started sooner.





### **Next visit Friday 11 December**

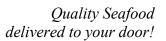
Please advise if you are not going to be home or don't require anything this visit.

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 <a href="mailto:bamley@westnet.com.au">bamley@westnet.com.au</a> 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



Contact name:							
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Telephone	e:						Mobile:
Email:							
Business S	Subscriptions (W	eekly A	dverts)	C	lub Subscription		
6 m	onths			(For non pro	ofit or Commun	ity Group)	
	1/4 page	\$70			6 months	\$45	
	1/2 page	\$90			12 months	\$60	
	Full page	\$180	)				
12 n	nonths			Adverti	sing—1 Edition o	only	
	1/4 page		\$120		1/4 page	\$5	
	1/2 page		\$150		1/2 page	\$10	
	Business Card S	Size	\$100		Full page	\$20	
Postage S	ubscription						
	12 months	\$26		<u>Numbe</u>	r of Editions:		
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MasterCa	rd/Visa (delete a	s applic	cable) - wi	I call for CVC number			
Name of o	ard holder:				_		
Expiry dat	e:			Number:			<del></del> )
l end	close a cheque fo	or \$					
For Direc	t Debit: Pingrup (	Commu	inity Reso	urce Centre BSB: 306-0	019 & ACC: 0122:	198	

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



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Dumbleyung Kent Lake Grace Talk to me about all your fertilizer requirements.

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Ask me about the new Vigour NPK compound fertilizer coming soon.

















# 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.

<u>Minimum</u> of \$50.00 will be charged for the first hour to clean & fuel <u>with each bus hirer</u>, 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**

RANBUILD AGENT 32 Stutley Street, Gnowangerup, 6335

> Ph.: 08 9827 1685 Fax: 08 9827 1945

Email: admin@gbshardware.com.au



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- Cement
- Fixings
- Steel

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### **Opening Hours:**

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(m) 0429201017

or

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Dealer: 9993262



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pingrupcrc@gmail.com
pingruppost@gmail.com
ABN: 13 761 006 698

# **Membership Form**

		Date:
Contact Name:		
Postal Address:		
		_ Postcode:
Telephone:		_ Mobile:
Email:		
Membership Details		
There are four membership options to 2016;	o choose from an	nd the membership year run from July 2015 – June
Membership with the Pingrup C	RC for \$50 includ	ding all benefits (see flyer) and the Pingrup Post
<u>emailed</u> fortnightly direct to you	ır inbox.	$\times \times \times \times \times \times$
Membership with the Pingrup C	RC for \$50 includ	ding all benefits (see flyer) and a hard copy of the
		n extra \$26 (\$1each Pingrup Post) for a total of \$76
	D	NA SEC 400 (464 SEC) POEM
3. Just a hard copy of the Pingrup	Post each forthig	nt for \$26 (\$1 each Post)
4. Just the Pingrup Post emailed to	you - FREE	
Payment Details:	A	***************************************
Credit Card Cash	Cheque	Direct Debit
MasterCard/Visa — will call for C	CV Number	
  Name of Card Holder:		
Expiry Date:	C	ard Number:
		did Hailiber.
I enclose a Cheque for \$		

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 <a href="www.pingrupcrc.com.au">www.pingrupcrc.com.au</a> 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.
- Winimum 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



### **Emergency Contact Numbers**

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

### Justice of the Peace

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

### Office Numbers

Contact	Phone No.	Fax No.			
Shire Office Nyabing 9829 1051		9829 1083			
Email: admin@kent.wa.gov.au					
Nyabing Depot	9829 1079				
Pingrup Depot	9820 1051	9820 1083			

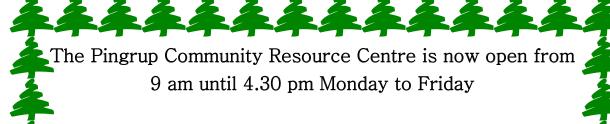




# Community Calendar

### December 2015

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



### Hours of business during the Christmas period:

Thursday 24th - Open 9 am - 12pm

Friday 25th - Closed Monday 28th - Closed

Tuesday 29th - Open 9 am - 4.30pm Wednesday 30th - Open 9 am - 4.30am Thursday 31st - Open 9 am - 4.30pm

Friday 1st Jan - Closed

Monday 4th Jan - Open 9 am - 4.30pm

