



# PINGRUP POST

Issue 19 Thursday 3rd October 2024

Price \$1.20



You are invited to a

## Retirement Celebration

honoring

***Christine Altham***

*Please join us for an afternoon of joy and camaraderie as we celebrate the remarkable career and achievements of Christine Altham at Pingrup Primary School for 35 years. Your presence will make this occasion truly special.*

**Date:** Monday, October 21, 2024

**Time:** 2:00 PM

**Venue:** Jenny Rice Pavilion

Pingrup Primary School

Carrie Street, Pingrup

**RSVP** by October 14, 2024, to 08 6851 4700.



### **ADVERTISING RATES**

#### **Business Subscriptions**

##### **6 months**

Business Card Size	\$ 75.00
1/4 page	\$ 90.00
1/2 page	\$110.00
Full page	\$200.00

##### **12 months**

Business Card Size	\$130.00
1/4 page	\$150.00
1/2 page	\$180.00
Full Page	\$350.00

#### **Club Subscriptions**

6 months	\$ 45.00
12months	\$ 60.00

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

1/4 page	\$ 15.00
1/2 page	\$ 30.00
Full page	\$ 55.00

Payable in advance  
Prices are the same for colour and b/w

#### **Contact details:**

**Pingrup Community Resource Centre**  
2 Burston St  
Pingrup WA 6343  
ABN: 13 761 006 698  
Ph: 08 9820 1101  
Mo: 0407 477 686  
Email: pingrupcrc@gmail.com  
Email: pingruppost@gmail.com  
Web: pingrupcrc.com.au

**Opening hours:**  
Tuesday to Friday 9am - 4pm.

**Bank Details:**  
BSB: 066515  
Acc: 10180207

### Our Supporters



Department of  
**Primary Industries and  
Regional Development**



## October Birthdays

- 3 Indi Stanich
- 8 Riaan Badger
- 6 Mary Bock
- 6 Darren Hawley
- 10 Harry Bock
- 11 Pier Johnston-Harris
- 13 Yvonne Featherstone
- 15 Christine Altham
- 15 Frank Bock



All articles, news and advertisements should be submitted to the Pingrup CRC by **4.00pm Tuesday** of Post week.  
*pingruppost@gmail.com*

**Deadline:** **Tuesday** 15 October 2024  
**Next Issue:** **Thursday** 17 October 2024



#### **Disclaimer**

- The opinions, views and beliefs expressed in articles and other submissions to the Pingrup Post do not necessarily reflect the opinions, views or beliefs of the CRC Staff or Committee.
- No articles, letters or advertisements will be accepted which may appear to be defamatory or accusatory.
- While the Pingrup Post aims to publish all material submitted, Pingrup Post reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.

## What's Happening at the



Pingrup  
Community Resource Centre  
*Your local connection*

- **There are only 9 spaces left available on the Centenary Plaque Wall.** If you are yet to send in your plaque order, now is your last chance. Order forms are on pages 4 and 5. Please send orders to [pingrup100@gmail.com](mailto:pingrup100@gmail.com)
- If you have any courses or training program ideas that you would like to see the run in Pingrup this year, please contact the Pingrup CRC at [pingrupcrc@gmail.com](mailto:pingrupcrc@gmail.com)



## WHAT'S HAPPENING IN PINGRUP

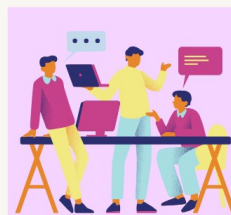
SCHOOL: TERM  
4 BEGINS

OCTOBER  
7TH



CRC COMMITTEE  
MEETING @  
10AM

OCTOBER  
8TH



LEGO CLUB  
BEGINS

OCTOBER  
9TH



MINECRAFT  
CLUB BEGINS

OCTOBER  
10TH



# PINGRUP CENTENARY 2023 COMMUNITY WALL PLAQUES



Pingrup is celebrating 100 years in 2023. The first settlers came to the area in 1911. The town came to life with the railway extension from Katanning, opening in October 1923 and then gazetted in early 1924.

To celebrate the milestone of 100 years the Pingrup Centenary Committee have partnered with the Shire of Kent to build a Centenary Wall with plaques representing families past and present.

The Centenary Committee Invites all past and present community members, families and individuals to purchase a plaque with Names and Personal Narratives representing your involvement in the last 100 years of Pingrup.

Plaques will be stainless steel cut & drilled AS Size 210mm x 148mm.

Multiple plaques are welcome narrating different time periods and families.

## Engraving Details

To ensure information can be read clearly please cap Narratives at 300 Characters excluding spaces. Please complete engraving request on reverse of this page or type and attach .

### EXAMPLE

Tom Brown & Mary Brown *Knee Winters*

1956 - 1999

Tom Brown, son of A and E Brown, was born in 1956. Attended the North Pingrup School before purchasing land in East Pingrup. Mary Brown, Daughter of D and W Winters, Married Tom in 1976 before having two children, Annie and Alex Brown. Children left to pursue careers in nursing and automotives. Tom and Mary left the district in 1999.

# PINGRUP CENTENARY 2023 COMMUNITY WALL PLAQUES



## Plaque Details for Engraving

Please complete the below section and proof for Capital Letters, Correct Punctuation, Correct Spelling prior to submitting for proofing. Use Block Letters.

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## Personal Detail & Plaque Registration

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

Contact Number: \_\_\_\_\_

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

Singular Plaque Fee: \$100.00    Quantity of Plaques Ordered: \_\_\_\_\_

Total Amount Payable: \$ \_\_\_\_\_    CASH \_\_\_\_\_    EFT \_\_\_\_\_

**EFT Bank Details: Pingrup CRC, BSB: 066-515    Acc: 1018 0207 Ref: Name Plaque**

Forms must be completed in full and payment cleared prior to digital proof being sent for viewing

Please email completed form/s to pingrup100@gmail.com or by post to 2 Burston St, Pingrup, WA, 6343

Office Use Only : Form and Payment Received	Proof Sent	Plaque Ordered
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



 Pingrup  
Community Resource Centre  
*Your local connection*

# LEGO CLUB

**Begins Wed 9th Oct**  
**Running every Wed until Nov 27th**  
**3:15pm - 4:00pm**  
**At the Pingrup CRC**  
**RSVP to**  
**[pingrupcrc@gmail.com](mailto:pingrupcrc@gmail.com)**  
**or 0407 477 686**



# MINECRAFT CLUB

**3:15pm - 4:00pm, every Thursday**  
**Oct 10th - Nov 28th**  
**Numbers are limited, so if you wish to attend, you MUST sign up**  
**To sign up, please contact the Pingrup CRC with the names of who will be attending. Thank you.**

**Pingrup CRC Contact:**  
**Ph - 08 9820 1101**  
**Mo - 0407 477 686**  
**Email - [pingrupcrc@gmail.com](mailto:pingrupcrc@gmail.com)**

 Pingrup  
Community Resource Centre  
*Your local connection*



Government of Western Australia  
Department of Training  
and Workforce Development

**FREE!**

# Information sessions for people on working visas

*This workshop aims to help  
migrant prepare for work and life  
in the Shire of Kent.*

**Friday 18th of October**  
**9am to 12pm**  
**Pingrup CRC**

**For registration and inquiries:**

**JCSS Albany**

0400 684 756

[JCSSAlbany@rcnc.org.au](mailto:JCSSAlbany@rcnc.org.au)

## TOPICS

- Tax File Number
- Superannuation
- Healthcare
- Banking
- Transport
- Driver's Licenses
- Work Standards



# Do you know what to do in a medical emergency?

## PINGRUP PRIMARY SCHOOL

HLTAID011

# Provide First Aid

1 day course + online learning



St John Ambulance (Western Australia) Ltd | RTO 0392  
ACN 165 969 406; ABN 55 028 468 715



**Monday**

**7th October 2024**

**8.30am - 4.30pm**





























**\$170 per person**

Book and pay online at  
[www.stjohnwa.com.au/first-aid-training](http://www.stjohnwa.com.au/first-aid-training)

Enquiries phone Customer Contact  
Centre on 9334 1233



# Pingrup Weather Forecast

<b>Today</b> Oct. 3  60% 0.6 mm <b>16° / 10°</b>  48 - 74 km/h	<b>Tomorrow</b> Oct. 4  30% 0.3 mm <b>21° / 9°</b>  34 - 53 km/h	<b>Saturday</b> Oct. 5   <b>22° / 9°</b>  23 - 37 km/h	<b>Sunday</b> Oct. 6   <b>21° / 11°</b>  18 - 33 km/h	<b>Monday</b> Oct. 7   <b>26° / 10°</b>  20 - 34 km/h	<b>Tuesday</b> Oct. 8   <b>27° / 13°</b>  21 - 36 km/h	<b>Wednesday</b> Oct. 9   <b>21° / 7°</b>  23 - 43 km/h
<b>Thursday</b> Oct. 10   <b>25° / 10°</b>  28 - 48 km/h	<b>Friday</b> Oct. 11   <b>26° / 14°</b>  24 - 43 km/h	<b>Saturday</b> Oct. 12   <b>30° / 15°</b>  21 - 42 km/h	<b>Sunday</b> Oct. 13   <b>25° / 9°</b>  24 - 48 km/h	<b>Monday</b> Oct. 14   <b>21° / 7°</b>  24 - 40 km/h	<b>Tuesday</b> Oct. 15   <b>22° / 8°</b>  27 - 46 km/h	<b>Wednesday</b> Oct. 16   <b>24° / 10°</b>  25 - 46 km/h





### Connect with telehealth



Telehealth is a health appointment by videoconference, connecting you with your medical specialist, allied health professional or nurse.

**And the Pingrup Community Resource Centre provides it as a FREE resource!**

Discuss with your health service provider whether your appointment can be conducted by telehealth. If this is possible, your local telehealth team will contact you with the relevant details.

### Available at the Pingrup CRC



Australian Government

Services Australia

**centrelink**



## Pingrup Lions Community Bus

### Available for hire

Please contact the Pingrup CRC for details and booking form



## Pingrup CRC Services

### Provide crucial facilities to our town:

- ATM access
- Retail, stationery and pharmacy items
- State Library
- Government Access Point - Free internet for government sites
- Services Australia Access Point

### Tourism Information

- General information enquiries
- History Display
- Brochures

### Community Services

- Publish the fortnightly Pingrup Post newsletter
- Lions Community Bus Hire
- Social & Business Development Activities
- Video Conferencing Equipment
- Conference Room Hire Facilities

### General Services

- Secretarial Services
- Bookkeeping Services
- Fax / Email | Send & Receive
- Internet & Computer access
- Equipment Hire
- Photocopying & Printing | Colour & B&W
- Photo Printing | 4x6, 5x7, 8x5, A4 & A3
- Binding | Up to 500+ pages
- Laminating | Poster, A3, A4, A5 & Business Card
- Scanning | Photos and Documents
- Desktop Publishing
- Printing - not limited to: reports, booklets, pamphlets, raffle tickets, calendars, business cards



*Eat, Drink &*

**BE SCARY!**

*join us for a halloween party!*

SAT, OCTOBER 26TH FROM 12PM

Hosted by Pingrup Golf Club  
Last golf game of the season from 12pm  
Kids Halloween Disco 2pm - 5pm (bring a plate to share)  
Pre-Harvest lamb spit from 5pm onwards  
Best dress costume prizes and much more!  
RSVP - Joceline 0448 702 825



# Dongara to Pingrup Journey - 21 Days

Mary Bock, along with her friend Rosemary Powell, has embarked on an incredible non-assisted and non-supported bicycle trip, covering over 930 kilometers. They are due to finish on the 5th of October, a day before Mary's 75th birthday. Rosemary, riding a recumbent bicycle (formerly Wemyss Estate), had always dreamed of this adventure, and Mary decided to join her.

Mary and Rosemary have been sleeping in tents throughout the trip—sometimes staying in caravan parks in small towns, and at other times pitching their tents in the bush between towns. So far, Narembeen Town Caravan Park has earned their vote for the best views!

Along the way, they've discovered the joys of spontaneous encounters with strangers and friends who have offered plenty of encouragement and treats. Some even camped with them for a few nights to break up the routine.

They are due to ride through Pingrup this Saturday around noon. Congratulations to both ladies for embarking on this amazing journey—traveling through wildflower country, alongside road trains, and taking as many back roads as possible.

We are so proud of both of you for taking on this journey—and to our very own Mary Bock!



# DO YOU QUALIFY FOR FREE HOME INTERNET?



If there is a school age student at your home and you don't have an nbn connection, you could qualify for free home internet until the end of 2025.



School Student Broadband Initiative  
An Australian Government Initiative  
Powered by nbn

# FREE HOME INTERNET FOR SCHOOL STUDENTS AND THEIR FAMILIES

This is an Australian Government program that offers free home internet to families and carers who look after school age children and are struggling to pay the bills.

To apply, follow the four steps below:

- 1 Contact the National Referral Centre on **1800 954 610** Monday - Friday, 10am - 6pm (AEDT) or visit [anglicarevic.org.au/student-internet](http://anglicarevic.org.au/student-internet)
- 2 They'll ask you some questions to see if this offer is right for you.
- 3 If you qualify, you'll get a voucher.
- 4 Use the voucher to connect through your chosen participating internet provider before 31 December 2024.



**LEARN MORE**

Scan QR Code to learn more.

## THE BEST PART IS



Free home internet until 31 December 2025



The Wi-Fi router is free and you can keep it



There is no lock-in contract



Assistance provided by the National Referral Centre



Callback, webchat and interpreting are available



**Start your journey,  
Volunteer today.**

Kent Sub Centre needs volunteers.  
If you'd like to help, visit [stjohnchangelives.com.au](http://stjohnchangelives.com.au)  
to find out more.

To discuss further please call Lance on  
0428 419 982 or email  
[kent.subcentre@stjohnwa.com.au](mailto:kent.subcentre@stjohnwa.com.au)

Life goes on. Volunteer with St John.

**Life goes on all day**

Every beat of this ordinary life is an extraordinary thing.  
And we need your help to protect it.



**St John**

# Rural Fire Awareness Training



**Are you a volunteer firefighter as a member of a Shire of Kent Bush Fire Brigade, or are you involved in seasonal firefighting?**

**Rural Fire Awareness training is targeted at farmer response brigade volunteer firefighters and seasonal workers to provide students with a basic awareness of fireground safety and suppression strategies. This aims to maintain personal safety when operating on a fireground. If you're yet to complete this introductory training, scan the relevant QR code below.**

**For Members of a Farm  
Response Brigade**



**For Seasonal Workers  
and Employers**



To access online training volunteers will require their six-digit DFES identification number. Volunteer firefighters who do not know their identification number, please contact [cesm@kent.wa.gov.au](mailto:cesm@kent.wa.gov.au) .



# Pre Harvest Fire Truck Check CESM Meet & Greet



**Tuesday 8th October**  
@ Nyabing Fire Shed  
4.30pm meet for a 5pm Start

**ALL WELCOME**  
Sausage Sizzle & Refreshments to follow

Truck run through  
Equipment refresher  
Response Readiness

Contact  
Darren Gray | Nyabing Town Captain | 0428 314 743  
Ryan Sutherland | Shire of Kent CESM | 0436 668 242





Department of Energy, Mines,  
Industry Regulation and Safety



## REGIONAL COLUMN

[www.demirs.wa.gov.au](http://www.demirs.wa.gov.au) [www.wa.gov.au](http://www.wa.gov.au)

### With Senior Regional Officer Kevin Collard

#### Under the Influence

Have you ever seen a social media post with the hashtag 'spon' or 'sp' and wondered what it meant?

This can often be an attempt to disclose they were paid, given gifts, or provided with other incentives to create the post.

Consumer Protection argues this is a very sneaky tactic.

Last year, the Australian Competition and Consumer Commission (ACCC) conducted a sweep of social media influencers and found 81 per cent were posting content which raised concern under the Australian Consumer Law.

The most common issues were not disclosing brand relationships or using confusing and vague language, which made it difficult for consumers to notice and make informed decisions.

Some influencers have been found to engage in predatory advertising, multi-level marketing schemes or in the case of "finfluencers" - offering financial advice without the required qualifications and licensing.

Influencers who are making a promotional post, are reminded to disclose this in a way which is immediately obvious to consumers. This includes instances where they have received free products, gifts, or incentives.

They are also reminded to never make misleading claims about a product or service and to be careful not to be deceptive or manipulative in a post.

Furthermore, business owners should also never make misleading claims about a product or service and be careful not to be deceptive or manipulative in a post.

Businesses also have the responsibility that influencers ensure they disclose there was an incentive provided in exchange for the review.

Tip: If you see hashtags like 'spon', 'ad' or 'sp', look for the "paid partnership" label some platforms provide and take note if the post is curated differently from their usual content, a sign this is not a genuine post.

Whether you're a business or an influencer, you have responsibilities to your consumers and followers under Australian Consumer Law.

Concerning conduct by social media influencers and brands can be reported through the ACCC website – [acc.gov.au](http://acc.gov.au). If you feel you have been misled by statements made in a post by an influencer, the trader may have to offer you a refund.

For more information, call **1300 304 054**, or email your query to **[consumer@demirs.wa.gov.au](mailto:consumer@demirs.wa.gov.au)**.

# GOT 15 MINUTES TO BURN?

Creating a bushfire plan takes just 15 minutes and is the best way to keep your household safe.

🔍 My Bushfire Plan

## Newdegate

Stock & Trading



Distributors of **LIBERTY FUELS**

Colin Dunkeld  
Phone: 9871 1556  
Fax: 9871 1624  
A/H: 0428 711 556

**Ring Colin for a competitive quote.**



MARIT 0476 282 646  
SHANE 0459 138 806

## BUILDING **MATESHIP** SUPPORTING HEALTH

A PLACE OF ACCEPTANCE, CONNECTION AND ACTIVITY FOR ALL MEN



**TWO FACTORS HAVE BEEN PROVEN TO CREATE A HEALTHY AND LONG LIFE:**



**BEING PART OF A COMMUNITY**



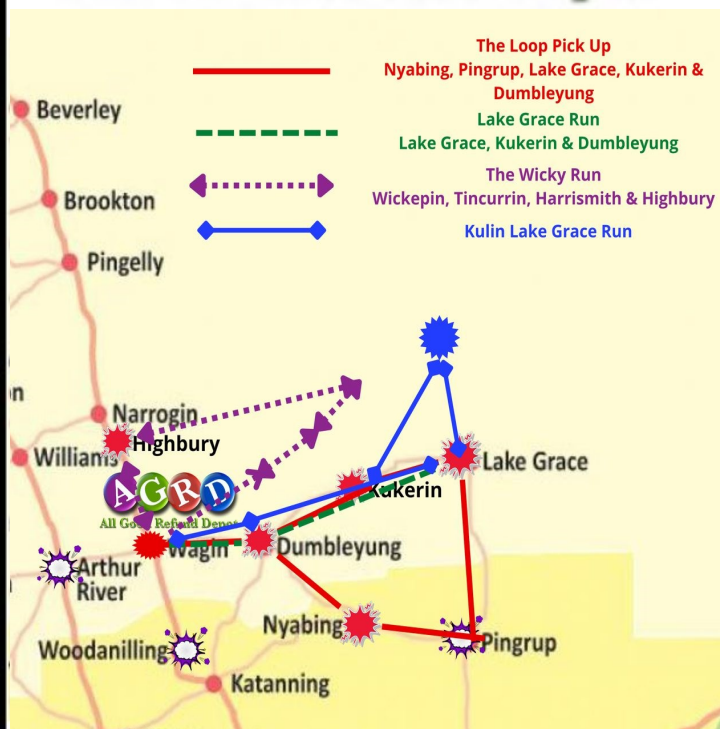
**FEELING PRODUCTIVE**

**FIND A SHED NEAR YOU**

[mensshedswa.org.au/connect](http://mensshedswa.org.au/connect)

# AGRD

## All Good Refund Depot



**We have pick ups in Pingrup every third Wednesday.**

Find out more about our drop points:

**0439 956 175.**

Bulk pick ups can be arranged on farm anywhere along this route.

**All Good Refund Depot** is serious about stopping containers from going into landfill.



# Kent Shire Community Hire List

Item	Group	Contact	Phone
iPad and eftpos	Pingrup CRC	CRC Staff	9820 1101
Traffic Lights	Pingrup CRC	CRC Staff	9820 1101
Projector & Screen	Pingrup CRC	CRC Staff	9820 1101
Laptop computer	Pingrup CRC	CRC Staff	9820 1101
Cash trays	Pingrup CRC	CRC Staff	9820 1101
Urn	Pingrup CRC	CRC Staff	9820 1101
Engraver	Pingrup CRC	CRC Staff	9820 1101
Carpet Bowls	Pingrup Progress Association	CRC Staff	9820 1101
Portable Speaker	PGIC	CRC Staff	9820 1101
Portable Toilet	Pingrup Race Club	Tim Borgward	9820 1049
Portable Coolroom	Pingrup Race Club	Tim Borgward	9820 1049
Picket Post Driver	Landcare	Kent Shire	9829 1051
Tree Planter	Landcare	Kent Shire	98291 051



**Hannaford**  
The Seed Protection Specialists


**Jerramungup & Surrounds**

**Len & Tash Daw** | m. 0437 381 073  
m. 0428 381 079

e. [jerramungup@hannafords.com](mailto:jerramungup@hannafords.com)

[www.hannafords.com](http://www.hannafords.com)

Owned and Independently operated under Franchise



**IMMUNISATION CLINICS**

**NYABING, PINGRUP, ONGERUP, BORDEN**


**EVERY SECOND TUESDAY OF THE MONTH**

BY APPOINTMENT ONLY

Contact your Child Health Nurse

ROZ 0438 569 316  
AMBER 0438 711 532

**Get in touch**  
WA Country Health Service  
Great Southern Population Health  
[www.wacountry.health.wa.gov.au](http://www.wacountry.health.wa.gov.au)



COMMUNITY | COMPASSION | QUALITY | INTEGRITY | JUSTICE HEALTHIER COUNTRY COMMUNITIES THROUGH PARTNERSHIPS AND INNOVATION

**SES Volunteer's Association of Western Australia Incorporated**

**Join the SES**

As a SES Volunteer you will be trained to respond to natural or man-made disasters including storm, flood, road crash and land search. You will be provided with the appropriate training and support and will be part of a high-performing team.

Volunteering is an opportunity to be part of a positive team, learn new skills, share your skills and knowledge and help your community in a time of need.

**Email: [gnowangerup\\_ses@hotmail.com.au](mailto:gnowangerup_ses@hotmail.com.au)**  
**Phone: 0499 272 180**



**FLAIR**  
art design style  
for pets & people

[rjrice@bigpond.com](mailto:rjrice@bigpond.com)

ph 0417932282

Facebook & Instagram

## Home Baked Dog Treats & Bandanas

**TREAT VARIETIES \$5 for 150g**

APPLE - BACON - BANANA

CHEESE - CARROT & CHICKEN

PEANUT - PUMPKIN - SWEET POTATO



Treats & Bandanas can be customised to your dog's needs.

**BANDANAS all \$10 each**



ADVERTISEMENT



**Contact me to discuss State Government matters - let me know what is important to you**

**Hon. Shelley Payne MLC**

Member for Agricultural Region

92 Dempster Street, Esperance WA 6450

📞 9072 1786 📧 ShelleyPayneMLC

✉️ [shelley.payne@mp.wa.gov.au](mailto:shelley.payne@mp.wa.gov.au)

Authorised by Shelley Payne, 92 Dempster Street Esperance WA 6450



**You're not just a number  
at Whitfert**

**Providing a customised  
hands-on experience...**

**Every time...**



**Give Whitfert a go.**

**Call 1800 654 089**

**[whitfert.com.au](http://whitfert.com.au)**

## Rural Aid Article



Free, confidential mental health & wellbeing support for farmers & their families

HOW CAN WE HELP YOU?

RUOK day is an official day reminding us that EVERY DAY we need to be prepared and willing to ask those in our circle 'Are You OK'? When we consider our circles, this should include our close family and friends (Inner circle), our relatives, neighbours (Middle circle) and those who we work with or know/notice in our great communities. (Outer Circle).

Asking someone 'Are you OK' is showing that you care. But what do we do when the person we ask RUOK replies 'actually I'm not OK?'

This situation can be confronting and uncomfortable for both people. Remember the strength that the person who has said they are not OK has shown by reaching out, making themselves vulnerable and rescind by being strong and vulnerable yourself. Do this by being there. Reply with something like "I'm listening tell me why you're not OK?" Then allow the person to tell you. Remember a lot of the time the person who is not OK wants to release their thoughts and anxieties. Listen Listen Listen. Do not feel you need to offer advice or an opinion. Do not feel you need to try to 'fix' the situation for the person. Just be genuinely present. Even though inside you are thinking 'I'm way out of my comfort zone here' and don't want to cause any more harm, acknowledge these feelings as real but don't feel the need to express them. The power of being there and being present cannot be understated and can be all that the other person requires.

Do not say 'I know how you feel', because you don't. You can say, 'I can only imagine what your feeling right now'. Do not say 'its time you moved on', acknowledge the fact that everyone handles stress, grief and loss differently and uniquely. Never say 'Harden up' or 'you'll get over it' no matter what you are personally feeling inside. Acknowledge it takes strength of character to ask for help.

If your conversation is interrupted by someone else when being there for a person who is not OK. Be the person that changes the subject immediately. It's up to the person who is not feeling OK to let others know that fact not you. You are the person that the not OK person has trusted and felt they can confide in. Respect this privilege.

The expert on knowing when we are not feeling OK is ourselves. So, listen to your mind and body.

As a counsellor I give my clients 'Unconditional positive regard'. This means I know that the person who has had the strength to be vulnerable and confide in me, also has the strength and is best placed, to move forward in the way they feel is the right way for them to do so. I truly believe that everyone everywhere has some good in them no matter who they show me who they are. It's not about me. I remind the person that they will get through this situation, and that I genuinely believe in their ability and strength to do so. I also commit to going on their journey alongside them; never leading them and never telling them what they need to do. I will ask them to consider a different view on their current present beliefs. Such as "I will never get through this", I might suggest they say, 'I cannot see how I'm going to get through this at this moment'. Ask if there has been a previous time when things were hard. "Tell me what you did to get through that situation". Reminding them they have been able to get through a difficult situation before.

Most importantly if you feel the person needs to speak to a professional counsellor such as myself walk this walk with them and if needed be there when they are vulnerable but strong enough to make that initial call.

**Roger Hitchcock**

**Counsellor & Community Representative West Australia based in Narrogin**

**(Wagin and Surrounding Region)**

**Rural Aid Australia**

**M: 0460 310 661 | P: 07 3153 4656 | E: [roger.hitchcock@ruralaid.org.au](mailto:roger.hitchcock@ruralaid.org.au)**

**Head Office : 1300 327 624 / Mental Health and Counselling Line 1300 175 594**

**PO Box 476 Indooroopilly Centre QLD 4068**



## REFUSE, RECYCLING & RATES CALENDAR

24/25

Refuse Pick Up
Refuse & Recycling Pick Up
○ Rate Instalments Dates

### JULY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### AUGUST

M	T	W	T	F	S	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### SEPTEMBER

M	T	W	T	F	S	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### OCTOBER

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### NOVEMBER

M	T	W	T	F	S	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### DECEMBER

M	T	W	T	F	S	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### JANUARY

M	T	W	T	F	S	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### FEBRUARY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

### MARCH

M	T	W	T	F	S	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### APRIL

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### MAY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### JUNE

M	T	W	T	F	S	S
					30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



FOR MORE INFORMATION PLEASE VISIT:  
<https://recycleright.wa.gov.au/which-2-bin/>

# WELCOME TO YOUR NEW HOME IN THE GREAT SOUTHERN REGION

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To connect with essential services and your new community.



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Comprehensive orientation to familiarise you about living in Australia, from emergency services to working.



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✉ **JCSSKATANNING@RCNC.ORG.AU**



Government of **Western Australia**  
 Department of **Training and Workforce Development**



Place all suitable containers at the Pingrup Recycle Station Site on Sanderson St. All proceeds will go to the Pingrup P&C, to benefit the children of the Pingrup School.



Pingrup Parent & Community Association  
Member number: C10411781

P&C

Scan the barcode when you return



ELIGIBLE CONTAINERS

**Know what items you can recycle.**

# Farmers ... need a hand?



If you need a hand on your farm, why not post a job on **Rural Aid's Farm Army** website?



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**Is that little bit extra**

# FUN FACTS

- 1) Cucumbers were once thought to be solely food for cows and were, for a time, called "cowcumbers."
- 2) Spiders don't have muscles in their legs. They extend them using a system of hydraulics powered by their blood pressure. When they die, spiders' legs curl up because the blood pressure is gone.
- 3) If you looked at one star per second, it would take you over 3,000 years to look at all the stars in the Milky Way galaxy.
- 4) Rats can fit through any hole as long as their head fits through it. When they pass through the hole, their lungs collapse down allowing them to squeeze through and spring back into position once the rat gets out.
- 5) Dolphins don't sleep. When needing to rest, a dolphin shuts down half its brain and the opposite eye, while the other half stays alert for predators, obstacles, and signals when to surface for air.



## FOLLOW US FOR MORE INFORMATION



FACEBOOK PAGE - Pingrup CRC | [www.facebook.com/PingrupCRC](http://www.facebook.com/PingrupCRC)



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INSTAGRAM - [@pingrup\\_crc](https://www.instagram.com/pingrup_crc) | [www.instagram.com/pingrup\\_crc](http://www.instagram.com/pingrup_crc)



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Mo: 0407 477 686  
Email: [pingrupcrc@gmail.com](mailto:pingrupcrc@gmail.com)

## 50th AFLW game for West Coast Eagles a childhood dream come true for Pingrup footy star Belinda Smith



*Harry Grigson, Albany Advertiser*

Pingrup product Belinda Smith said it was a dream come true after playing 50 AFLW games for the West Coast Eagles, the first player at the club to reach the milestone.



**Pingrup's Belinda Smith created history by becoming the first Eagle to 50 AFLW games. Credit: Travis Hayto/James Worsfold**

The hard-nosed defender created Eagles history with the 50-game mark and her teammates were quick to celebrate her achievement by all wearing custom-made t-shirts last week at training and in the warm-up.

However it wasn't the fairytale ending the 29-year-old was hoping for, Brisbane cutting their celebrations short with a dominant 8.13 (61) to 2.4 (16) victory on Sunday.

Smith gathered 10 disposals in a tough outing but said she was enormously proud of the historic milestone.

"Yeah definitely (proud to play 50 games)," she told West Coast media.

"It was a childhood dream growing up and I'm stoked to be able to play 50 games for the club I supported and I love the girls and getting out there 50 times is something I'm pretty proud of."

The humble defender said while she doesn't typically focus on the hype surrounding her individual accolades, it was nice to share the moment with her friends and family.

"I usually make (my friends and family) sort (tickets) out themselves because I'm usually laid back with that kind of stuff but I did get them a few wrist bands so I could see them after the game, which was good," she said.

"Everyone got around the team shirts which was a bit of a shock — they're pretty funny."

Smith joined the Eagles in 2020 and has played 65 AFLW games since her career began in 2017. She played 12 matches for Fremantle before three games with Western Bulldogs in 2019.



**West Coast's Belinda Smith gathers in her milestone. Credit: Travis Hayto/AFL Photos**

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## AD SPACE AVAILABLE

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98 201 101



# Crunchy Crumbed Chicken Drumsticks

*Oven baked crunchy crumbed chicken drumsticks. Great seasoning, great crispy exterior, juicy flesh. Tastes like KFC – minus all the calories and grease!*



## Ingredients

- ◆ 8 chicken drumsticks
- ◆ 1/2 cup flour, plain/all purpose
- ◆ 3 large eggs, beaten
- ◆ 1 cup panko breadcrumbs
- ◆ Canola oil spray (or other oil)

## Seasoning:

- ◆ 1 tbsp dried oregano
- ◆ 1 tbsp dried basil
- ◆ 1 tsp garlic powder
- ◆ 1 1/2 tsp smoked paprika
- ◆ 1 1/2 tsp cayenne pepper or pure chilli powder – (omit for kid-friendly)
- ◆ 1 1/2 tsp cooking salt
- ◆ 2 tsp black pepper (reduce to 1/2 tsp for kid-friendly)

## Instructions

- 1) Preheat oven to 200°C/400°F (180°C fan). Place a rack on a foil lined tray. Spray rack with oil.
- 2) Crumbing bowls – Place the flour, whisked eggs and panko in 3 separate medium bowls (bear in mind shape to fit the drumsticks!).
- 3) Mix Seasoning in a small bowl. Put 1 tablespoon into the flour and the rest in the panko, then mix.
- 4) Crumb – Pat drumsticks dry with paper towels. Coat in flour (shake off excess), then egg (let excess drip off). Place in panko and rotate, pressing to adhere all over, including the handle.
- 5) Spray – Place drumstick on the rack. Repeat with remaining chicken. Spray very generously with oil.
- 6) Bake 25 minutes. Turn drumsticks, spray again with oil. Bake a further 20 minutes until golden brown and super crunchy!
- 7) Serve - Eat and enjoy the CRUNCH!

## Pingrup Community Groups

<b>Pingrup Community Church</b> Alison Furphy - Secretary 9820 6023	<b>Pingrup Community Resource Centre</b> Stacey Newman - Chairperson 0427 381 881
<b>Pingrup Ground Improvement Committee</b> Tim Borgward - President 0429 082 915	<b>Pingrup Lions Club</b> Doug Smith - President 0429 201 012
<b>Pingrup P&amp;C</b> Simon Thomas - President 0427 204 048    pingruppc@gmail.com	<b>Pingrup Patchwork Group</b> Helen Thomas - Co-ordinator 9820 4048
<b>Pingrup Playgroup</b> Zoey Grant-Williams - President 0427 579 949	<b>Pingrup Potters</b> Chrissy Franchi - Co-ordinator 0427 760 199
<b>Kent St John Ambulance</b> Lance Cooper - Chairperson 0428 149 982    kent.subcentre@stjohnwa.com.au	<b>Pingrup Race Club</b> Alan Smith - Secretary 0427 201 046
<b>Lake Grace-Pingrup Football Club</b> Shane Carruthers – President 0408 396 432    lgpfootball@outlook.com	<b>Lake Grace-Pingrup Junior Football Club</b> Sarah Allen - Secretary 0407 650 819    lgpjfc@gmail.com
<b>Lake Grace-Pingrup Netball Club</b> Chloe Trevenen - Secretary 0439 324 434    lgpnc@outlook.com	<b>Lake Grace-Pingrup Hockey Club</b> Lisa O'Neill - President 0427 828 357    lgphc.president@outlook.com

## Nyabing Community Groups

<b>Childcare Services</b> Ruth McGill - Manager 0429 134 569	<b>Kent Districts Pistol Club</b> Derek Stock - President
<b>Nyabing Community Church &amp; Christian Fellowship</b> Marilyn Gray 9829 1234	<b>Nyabing CWA</b> Alyson Cooper - Secretary 0427 686 729    nyabingcwaofwa@gmail.com
<b>Nyabing Golf Club</b> Ben Sutherland - President 9829 6011	<b>Nyabing Historical Society</b> Alyson Cooper - President 0427 686 729
<b>Nyabing P&amp;C</b> Elaine Hobley - President 0407 465 193	<b>Nyabing Playgroup</b> Pamela Hovell 0497 157 762
<b>Nyabing Progress Association</b> Ben Hobley - President 0409 285 054	<b>Nyabing Sports Club</b> Dick Collins - President 0428 291 171
<b>Kent St John Ambulance</b> Lance Cooper - Chairperson 0428 149 982    kent.subcentre@stjohnwa.com.au	<b>Nyabing Toy Library</b> Sonia Harris 0448 094 567

**For any changes or corrections please contact Pingrup CRC on 9820 1101 or pingruppost@gmail.com**

# Emergency Contact Numbers

<b>Emergency Services</b>	<b>000</b>	<b>000</b>
Police, Ambulance, Fire		
SES	132500	
Hospitals	Lake Grace -98 902 222	Katanning— 98 216 222
Doctors	Lake Grace - 98 651 208	Katanning – 98 212 155
Poisons Information	13 11 26	
Main Roads	13 81 38	<a href="http://www.mainroads.wa.gov.au">www.mainroads.wa.gov.au</a>
Electricity Faults	13 13 51	<a href="http://www.synergy.net.au/faults">www.synergy.net.au/faults</a>
Water Faults	13 13 75	<a href="http://www.watercorporation.com.au/faults">www.watercorporation.com.au/faults</a>
Telstra Faults	13 22 00	<a href="http://www.telstra.com.au/contact-us">www.telstra.com.au/contact-us</a>
Directory Assistance	1223	
Legal Aid	08 6166 1400	<a href="http://www.legalaid.wa.gov.au">www.legalaid.wa.gov.au</a>

## Justices of the Peace

Bruce Altham	98 201 064	<a href="mailto:bm.caaltham@gmail.com">bm.caaltham@gmail.com</a>
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## Kent Shire Office Contacts

Office – Nyabing	Ph: 98 519 780	Fax: 98 291 083	<a href="mailto:admin@kent.wa.gov.au">admin@kent.wa.gov.au</a>
Pingrup Depot	Ph: 98 201 051		
Nyabing Depot	Ph: 98 291 078		
Ranger	Ph: 98 519 780		Web Page: <a href="http://www.wacontractrangerservices.com.au">www.wacontractrangerservices.com.au</a>

## Kent Shire Councillors

President	Kate Johnston		0405 210 028	<a href="mailto:crkjohnston@kent.wa.gov.au">crkjohnston@kent.wa.gov.au</a>
Deputy	Darren Gray		0428 314 743	<a href="mailto:crdgray@kent.wa.gov.au">crdgray@kent.wa.gov.au</a>
Councillor	Sue-Maree Reid		0428 880 850	<a href="mailto:crsreid@kent.wa.gov.au">crsreid@kent.wa.gov.au</a>
Councillor	Scott Crosby		0427 291 115	<a href="mailto:crscrosby@kent.wa.gov.au">crscrosby@kent.wa.gov.au</a>
Councillor	Greg Hobleby		0428 291 093	<a href="mailto:crghobleby@kent.wa.gov.au">crghobleby@kent.wa.gov.au</a>
Councillor	Dustin Harris		0429 166 382	<a href="mailto:crdharris@ken.wa.gov.au">crdharris@ken.wa.gov.au</a>

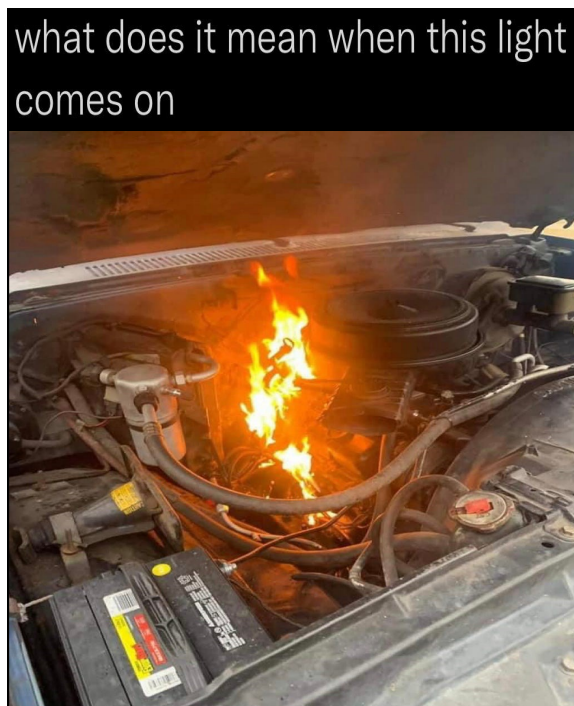


# What's Happening Around Town



## October

- Mon 7 School - Term 4 Begins
- Tue 8 CRC Committee Meeting @ 10am  
Child Health Clinic
- Wed 9 Lego Club Begins
- Thu 10 Minecraft Club Begins
- Wed 16 Kent Shire Council Meeting
- Fri 18 JCSS Migrant Workers Workshop
- Wed 23 Child Health Clinic



Did you hear about the man who lost his left side?

He's all right now.

As I handed my Dad his 50th birthday card, he looked at me with tears in his eyes and said,

"You know, one would have been enough."

## **Regular Group Times (School Term)**

- Tues 1pm - 4pm *Paint by Numbers @ CRC*
- Tues 10am - 4pm *Pingrup Potters @ Potters Shed*
- Wed 9am - 11am *Playgroup @ Burston Park*
- Thurs 10am - 4pm *Pingrup Patchwork @ Pingrup Hall*



Please contact the CRC if you would like something added to the calendar of events.