

Next Edition:

5th July 2019

In The Gnow UPDATE

Dec - Jan

Feb - Mar

April - May

June - July

Aug - Sept

Oct - Nov

In The Gnow - Update

Volume 1 Issue 11— June 2019

The Gnowangerup CRC Opening Hours

Monday to Friday 9am to 5pm

E: roundup@gnowangerupcrc.com.au

P: 98271 635

F: 98271 636



2019 Great Southern Colts Carnival



Gnowangerup boys that played in the great southern colts carnival in lake grace on weekend -
From Left to right—Lachlan Bradshaw, Shaun Hodgson, Tarkyn Ward, Connor Hawkins, Lincoln
Patterson, Lachlan Wray and Corey Colins.



Subscription Rates

Per Year-

Collected \$48.00

Posted \$98.00

Emailed \$48.00

Advertising Rates—Yearly

B/W

Colour

1/8 Page \$85.00

\$170.00

Single Insertion

B/W

Colour

1/8 Page \$8.50 \$17.00

1/4 Page \$18.50 \$37.00

1/2 Page \$32.70 \$65.40

Full Page \$60.50 \$121.00

Classifieds

\$0.75 per line minimum of \$5.00.

All for sale items under \$50 and community notices can be advertised for free in B/W

Thought of the day

You may have been broken down by adversity or rejection or stress, but you are not broken.

Marc Chernoff

Joke of the day

Fake Potato

What do you call fake potatoes?

Imitaters.

Random fact of the day

Banging your head against a wall for one hour burns 150 calories.

Alternatively, you can walk your dog for 45 minutes, which also burns 150 calories – and is much less painful.

Word of the day

Vexatious

Vexatious *adj.* 1. Full of annoyance or distress; harassed. 2. Causing or creating vexation; annoying. “Her ex-husband put her in a *vexatious* situation.”

Today is.....

It's take your dog to work day!

Disclaimer

The views expressed in articles in this newsletter are not necessarily the views of the editors or other volunteers who work to produce this newsletter. The editor has the right to withhold, edit or abbreviate items as considered necessary. No responsibility is accepted for any statement of opinion, any error or omissions. All suggestions and feedback are greatly appreciated.

Things to Gnow!



The Gnowangerup CRC is a Not-for-profit community organisation that is able to provide Services to the Gnowangerup & surrounding communities by way of funding received by

The Department of Primary Industries & Regional Development.

The funding is limited and does not cover all of the costs for providing these vital services, so we here at the CRC are trying to come up with ways to receive additional financial support to continue providing these services.

The CRC has registered with CBH to be able to receive donations. Where a grower has delivered grain & sold that grain to a marketer, they can choose a Charitable Organisation to receive some of the proceeds of the grain.

By donating to the Gnowangerup CRC your money will go towards energising the sustainability of the Annual Gnowangerup Summer Fair. This event is the one major event that is held in our community & is heavily subsidised by the Gnowangerup CRC along with funders, Shire of Gnowangerup and Lotterywest.

Any additional donations will ensure the Fair continues to grow at a sustainable rate for all to enjoy.

How to donate to your Grass Roots

LoadNet process

1. Grower who has delivered the grain to CBH logs into their LoadNet account.
2. Click on **Transactions** tab & **Load Donation** tab.
3. Select Gnowangerup CRC from the list. **Grower Number 40434383.**
4. Enter the nomination details (acquirer, payment method, destination site) & select loads & complete nomination.



WHO & WHAT IS THE GNOWANGERUP COMMUNITY RESOURCE CENTRE

The Gnowangerup Community Resource Centre (formerly known as the Gnowangerup Telecentre) is a community owned and managed, not-for-profit organisation, servicing our regional community of Gnowangerup and surrounds.

The Gnowangerup CRC is part of a network of over 100 Community Resource Centres located in small rural communities in WA. Our Network is supported and funded by the Department of Primary Industries and Regional Development for core services.

The Gnowangerup Community Resource Centre was developed in 2010. It was formerly the Gnowangerup Telecentre, then incorporated in December 1999. We are a firmly established community service provider with an excellent reputation for our focus on the community, customer service and staying connected with new and innovative ways of delivering services and training to Gnowangerup and surrounding areas.

The Gnowangerup CRC is an information hub for the community, delivering a range of services and programs including fee for service activities such as photocopying, desktop publishing, community project development and management, videoconferencing, internet/computer access, government information, referral services, tourism information and a multifunctional conference room/art gallery for hire.

Our Vision is to be a vibrant, sustainable, community hub with an excellent reputation for community focus and development, customer service and staying connected with new and innovative ways of delivering technology access and training to the people of Gnowangerup and surrounds.

“People who attend their local Centre tend to be happier, more optimistic, have increased emotional wellbeing, and are more connected. All of which makes for stronger, healthier communities”.

The Gnowangerup CRC is a friendly, informal place where community members meet for a variety of activities at minimal cost. We are open and welcoming to everyone in the community: from the very young to the most senior, those from culturally and linguistically diverse backgrounds, parents, children, people with a disability, those looking to learn new skills, or those looking for friendship and community connection.

We offer activities including workshops, adult and community education, discussions, displays and social events. The activities are as diverse as the communities needs and can include arts and crafts, health and fitness, business and finance, computing and IT, and personal development, whatever the community of Gnowangerup is looking or asking for.

The Gnowangerup CRC is much more than the building we occupy and the facilities we offer. It is a safe 'gathering' place for people to connect, learn and grow: a place where community is built.

The Gnowangerup CRC is run by a Manager, Tracey Clark and assisted by two very compassionate, competent and caring assistants, Jane Farmer and Sophie Winter. We, as your able bodied staff, are here to assist the community of Gnowangerup and surrounding areas, in any activity or event you wish to bring to our attention. We are also here to help you in any way we possibly can, including just having a chat if that is what you are in need of. The staff of the CRC are willing to listen to all ideas, complaints, compliments or suggestions anyone in the community wants to bring to us. We are here Monday through Friday 9am to 5pm and welcome all residents, visitors or just the curious to stop by and see us, after all we are here for the community, not ourselves. Stop by and see us and have a chat about what you would like to see happen here in Gnowangerup, our home, our community!

Places of Community and Friendship

Community Resource Centres across Western Australia are places of community and friendship; where people from all walks of life are welcomed and can be part of something greater than themselves.

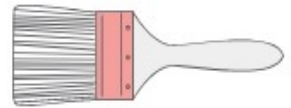




YOU ARE INVITED TO OUR



Crafted Yarn



FROM 10AM - 1ST AND 3RD FRIDAY OF THE MONTH - AT THE GNOWANGERUP
CRC

Come and join our Craft and yarn days
Bring along your craft projects and we will supply the coffee!

**Are you
interested in
singing, dancing
or playing an
instrument?**



*The Gnowangerup CRC
is starting a
Singing/Music Group!*

Contact the Gnowangerup CRC's Manager, Tracey Clark
Ph: 9827 1635
Email: manager@gnowangerupcrc.com.au

**If anyone has any old musical
instruments they wish to
donate, please contact the
Gnowangerup CRC
Thank You!**



TRANSPORT



SPREADING

- LIME & GYPSUM SPREADING
- SNAIL & MOUSE BAITING
- BULK HAULAGE & OVERSIZE
- 3M CENTRES
- VRT COMPATABLE
- 10-12M CTF

For a **compatible quote** or package deals, please call **John** on **0418 696 590**
or email christiane@sclaustralia.com.au



www.sclaustralia.com.au

2019 Great Southern Colts Carnival

The Great Southern Colts Carnival was held on the 15th & 16th June 2019 at Lake Grace with bouncdown for the first games at 9AM Saturday morning. There were eight teams competing in the carnival:



- Eastern Districts
 - Ongerup
 - Esperance
 - Peel
 - Goldfields
- Upper Great Southern
- Great Southern Storm
- Lower South West



Current Ladder

Great Southern Colts Carnival

Great Southern Storm 21.6 (132) Ongerup 5.3 (33)
 Upper Great Southern 17.14 (116) Eastern Districts 9.7 (61)
 Peel 12.7 (79) Goldfields 5.11 (41)
 Lower South West 22.12 (144) Esperance 2.6 (18)
 Great Southern Storm 11.9 (75) Upper Great Southern 9.6 (60)
 Ongerup 10.13 (73) Eastern Districts 8.4 (52)
 Lower South West 10.16 (76) Peel 4.2 (26)
 Goldfields 12.7 (79) Esperance 6.6 (42)
 Esperance 15.12 (102) Eastern Districts 9.6 (60)
 Goldfields 14.12 (96) Ongerup 2.2 (14)
 Peel 8.5 (53) Upper Great Southern 3.6 (24)
 Grand Final:
 Lower South West 7.10 (52) Great Southern Storm 8.3 (51)

POS	TEAM	P	W	L	D	B	FF	FOR	AGST	%	PTS
1	Lower South West	2	2	0	0	0	0	220	44	500.00	8
2	Great Southern Storm	2	2	0	0	0	0	207	93	222.58	8
3	Goldfields	3	2	1	0	0	0	216	135	160.00	8
4	Peel	3	2	1	0	0	0	158	141	112.06	8
5	Upper Great Southern	3	1	2	0	0	0	200	189	105.82	4
6	Esperance	3	1	2	0	0	0	162	283	57.24	4
7	Ongerup	3	1	2	0	0	0	120	280	42.86	4
8	Eastern Districts	3	0	3	0	0	0	173	291	59.45	0

Darts Competition

ONGERUP DART ASSOCIATION PREMIERSHIP LADDER 2019

15th June 2019

		Points for win	%Games
1	Gnowangerup	8	32
2	Jerry Hotel	8	29
3	Ongerup	8	23
4	Borden	2	23
5	Jerry Sport Club	2	19

Saturday the Association held their Doubles Championships followed by the Annual Memorial Handicap Singles.

16 Players started the day off with the Doubles Championships Sponsored by Jerry Hotel. Big Thanks to Greg and Chris.

WINNERS:

Dwayne Punch & Lomas Ugle (Gnowangerup)

RUNNERS-UP:

Mal Osterhage & Adam Arnold (Jerry Sports)

HIGHEST SCORE:

Mark Cruickshank 154

HIGHEST PEG:

Kerrin Felesina 71

HANDICAP SINGLES RESULTS

WINNER

Adam Arnold (Jerry Sports)

RUNNER UP

Reg Hayward (Gnowangerup)

HIGHEST SCORE:

Don Sclater 2 x 180

HIGHEST PEG:

Don Sclater 60

Big thanks to everyone involved in the day especially Nathan who made sure everyone was fed.



Community Auction

Friday 9th August

Venue to be confirmed

Nominate your items to sell NOW

Nomination Forms available from
Hassell District Traders or Foreman Rural

Due date 28th June 2019
for items to appear in the catalogue

jerramungupfuturefund@outlook.com

For more information contact

Dave Edwards 0429 100 007

Kyran Brooks 0428 351 532

Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from the Department of Human Services travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the department's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit humanservices.gov.au/mobileoffice. The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Disclaimer

This information is intended as a guide only. The information is correct as at December 2018. If you use this publication after that date, please check with us that the details are current.

01/18/18



Australian Government
Department of Human Services

humanservices.gov.au

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Monday, 24 June 2019

10 am to 4 pm

Adjacent to the Shire Office, Yougenup Road

GNOWANGERUP

For more information, go to humanservices.gov.au/mobileoffice



Australian Government
Department of Human Services

humanservices.gov.au

01/18/18

Beware tax time scams

The end of the financial year is fast approaching which means it's time to remind taxpayers to be aware of scam attempts that usually spike over the next six months.

Tax scams continue to take a large financial toll on people who are usually cold-called by criminals pretending to be from the Australian Taxation Office (ATO) and demanding a fictitious tax debt be paid immediately. In most cases, the caller threatens their victim with arrest if the payment is not made.

In the 12 months to the end of May 2019, 43 people reported to Consumer Protection losing a total of **\$205,250** to tax scams, representing a substantial increase on previous years. In most cases, the victims were asked to purchase iTunes or Google Play cards and supply the codes to the scammers.

Scammers often use the same tactics to dupe victims into this type of scam:

Creating a sense of urgency: scammers seek to put their victims under pressure with the threat of arrest unless money is paid immediately.

Tax scam victims have reported being told their fake outstanding debt needed to be paid immediately or an arrest warrant would be issued.

They "spoof" phone numbers. Caller ID spoofing allows you to display a phone number different than the actual number from which the call was placed. With caller ID spoofing, you can send and receive outgoing or incoming phone calls or texts that appear to be from any phone number of your choosing. For example, it may appear as if someone is calling from your accountant's office but in reality it's a scammer.

They may already know some of your personal or financial information, which can make them seem credible.

They ask for payment via iTunes or Google Play cards and will try to keep you on the phone while you buy the cards. They often tell victims to lie about why they are buying the cards to prevent salespeople alerting them to the fact that it may be a scam.

Consumer Protection's campaign targeting the sellers of iTunes and Google Play cards has prevented further losses to gift card scams.

Woolworths and Coles have been highly responsive to our campaign to train staff to alert any customers who intend to make large purchases of these cards, which scammers now use as their preferred currency.

Putting doubt in the mind of scam victims may trigger them to get advice before going ahead with the purchases.

We urge retailers who sell iTunes and Google Play cards to make sure their staff are aware of this issue and will question customers when they attempt to make purchases involving unusually high amounts of money.

We want to reduce the community's losses to these types of scams and the cooperation of retailers is vital.

Advice for consumers

The ATO makes thousands of outbound calls to taxpayers every week, but would never contact you about a debt in a threatening manner.

The ATO would never demand that you load money onto a prepaid card at the post office, ask you to send funds via money transfer services or pay by iTunes vouchers or Google Play cards. ATO methods of payment can be found at www.ato.gov.au/howtopay.

If the ATO does call to discuss payment of an outstanding debt, they will give you the opportunity to query the outstanding debt with your accountant, other advisers or family.

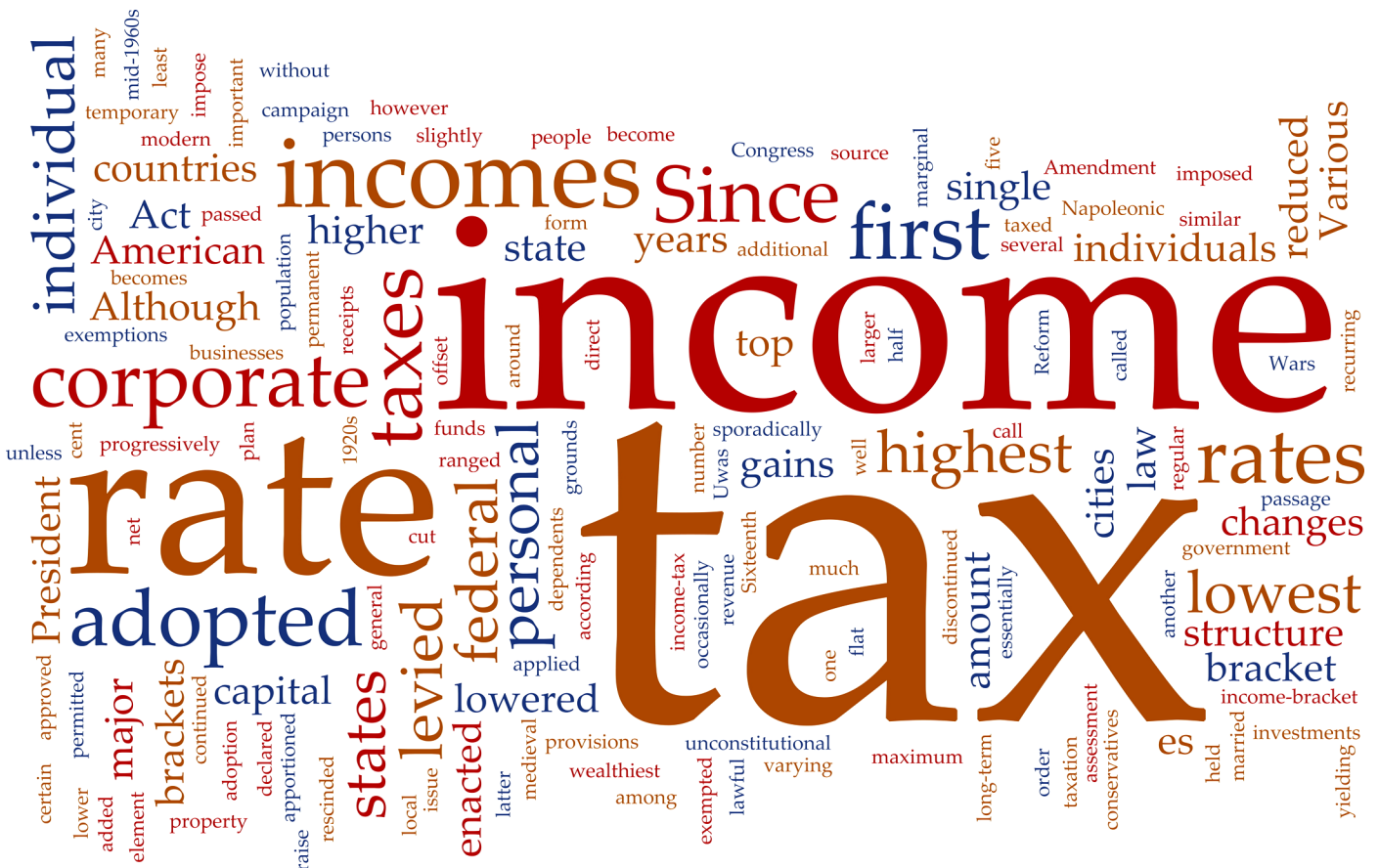
Check your myGov account which has real time tax information available, including any outstanding amounts.

If you have been contacted by the ATO and want to confirm the legitimacy of the contact, take note of the caller's name and details and then call the ATO on **1800 008 540**. Most importantly, never send money or give financial details to someone you don't know or trust.

Be careful when clicking on links, downloading files or opening attachments. Only give your personal information to people you trust, and try not to share it on social media.

Talk to your family and friends about scams - if you or someone you know has fallen victim to a tax related scam, call the ATO as soon as you can or visit ato.gov.au/scams for more information.

Information and advice on scams is available on the WA ScamNet website www.scamnet.wa.gov.au. Enquiries can be made to Consumer Protection by email consumer@dmirs.wa.gov.au or by calling 1300 30 40 54. Information and advice on scams is available on the WA ScamNet website www.scamnet.wa.gov.au. Enquiries can be made to Consumer Protection by email



Rural group fitness roadshow



Rural group fitness not for profit, Active Farmers, is excited to announce their official arrival to Western Australia, setting up in the communities of Borden, Williams and Hyden.

To celebrate the arrival to WA there will be an Active Farmers roadshow, involving a series of launch events, free group fitness classes, BBQ's and breakfasts, showcasing the benefits of social connection and exercise.

Local personal trainer, David Read, will be launching Active Farmers at Williams on Monday 24th June and Jenna Mouritz will be launching Active Farmers classes at Hyden on Tuesday 25th June. Boyd Rae commenced his Active Farmers classes at Borden in May and will be holding an Open Day on Wednesday 26th June. Borden's Open Day will follow up his free group fitness class with a mental & physical well-being workshop. Guest speakers include Ross Ditchburn, prostate cancer survivor and former Carlton AFL player, and Ginny Stevens, CEO & founder of Active Farmers, as well as Dr. Mat Coleman, a psychiatrist who specialises in addiction.

Boyd says he "started Active Farmers in Borden because I love country communities, socialising with rural families, and I feel like I am truly making a difference when I run a session out there, which is evident in how appreciative everyone is". One of Boyd's members mentioned "that for the first time in years instead of rolling out of bed, they sat up and could feel their bodies muscles in doing so". This is one of the many benefits that have become apparent, he said the other benefits are the exchanges of eggs, apples, coffee, stories, condolences and celebrations which are commonplace in the morning fitness sessions.

Active Farmers is a service that brings together farmers, and members of the community, through regular group fitness in a fun and interactive environment. Designed

especially for farmers and smaller communities with limited access to fitness expertise and equipment, Active Farmers provides motivational, challenging and fun training sessions to help promote great physical health and mental health. Active Farmers currently services over 30 small farming communities in almost every state.

CEO Ginny Stevens is delighted to welcome Williams, Hyden and Borden to the network and is looking forward to attending these events.

Roadshow details

Williams launch event

What: FREE Group fitness class, bbq dinner and information session

When: Monday 24th June 2019 at 6:00pm

Where: at the Main Hall

Who: All Williams and surrounding community residents, including families

More information: <https://www.activefarmers.com.au/williams>

Hyden launch event

What: FREE Group fitness class, dinner and information session

When: Tuesday 25th June 2019 at 6:30pm

Where: Recreational Ground

Who: All Hyden and surrounding community men

More information: <https://www.activefarmers.com.au/hyden>

Borden launch event & open day

What: FREE Group fitness class, breakfast and information session

When: Wednesday 26th June 2019 at 7:15am

Where: Borden Pavilion

Who: All Borden and surrounding community residents, including families

More information: <https://www.activefarmers.com.au/borden>

Summer Fair



INTENTION TO MAKE A VOLUNTEER BUSH FIRE BRIGADES

LOCAL LAW

It is intended to make a Volunteer Bush Fire Brigades Local Law.

The purpose of the proposed local law is to provide for the appointment or election of a captain, a first lieutenant, a second lieutenant, and such additional lieutenants as may be necessary as officers of bush fire brigades in the district, and prescribe their respective duties.

The effect is that the appointment or election of a captain, a first lieutenant, a second lieutenant, and such additional lieutenants as may be necessary as officers of bush fire brigades in the district is prescribed, as are their respective duties.

The proposed local law may be inspected at the Shire of Gnowangerup, 28 Yougenup Road Gnowangerup during normal office hours. An electronic copy can be downloaded from the Shire's website at www.gnowangerup.wa.gov.au.

Submissions may be made to the Chief Executive Officer by **4:00 pm 24th July 2019**.

SHELLEY PIKE

CHIEF EXECUTIVE OFFICER

Gnowangerup Community Church

**Alpha
runs
here.**



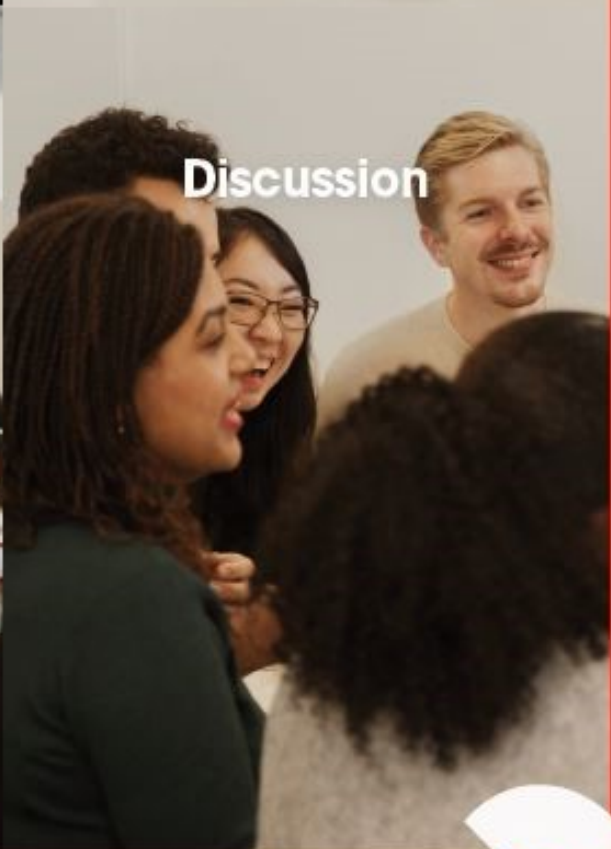
Food



Talk



Discussion



Explore faith, life and meaning.
Sunday Morning 9:30am or Wednesday night 6:00pm
Kevin: 0427271074 or Jude: 0428551651
alpha.org.au



OVER 30'S Carnival

On Sunday 16th June, Katanning Netball Association hosted the annual Over 30s Carnival. Gnowangerup this year had great representative for the ONA with Robyn Rodney, Sharon Miniter, Robyn Fuge and Renee Rumble all giving up their Sunday to take part.

Haylee Morton from Newdegate was our ONA badged umpire for the day, in which she did a fantastic job, thank you Haylee!!

Ongerup were placed in Pool A so we knew we had some tough games for the day. Having 9 players from 5 different teams, some who have never met each other before the first game, but on court you would never had thought so, we did well, but didn't quite get the win.

Our next 3 games we got into a rhythm winning them quite convincingly. Winning all 3 of those games set us up nicely on the ladder in our pool.

Finishing 2nd in our pool meant we played the ladder leaders of Pool B. Fremantle Mods were our opponents who hadn't lost a game. Unfortunately, we couldn't be the first to beat them, and went down 16-24 however Ongerup kept them to their lowest score for the day. This game saw our speedy little centre, Renee Rumble, get her first ever caution in her netball career!! Renee that's a jug you owe us!! Fremantle Mods went on to win the Grand final against a strong Bunbury team.

Overall a fabulous day and always great fun joining together and playing with new faces. A big thankyou to Joely Slinn of Lake Grace for organising the team and managing us for the day. Your knowledge of netball and all round character is one in a million!

Well done ladies - 3rd place for Ongerup Netball Association



(C) Shannon Morton (LGP) Teneeka Morgan (LGP) Robyn Rodney (GNP) Sharon Miniter (GNP)
Robyn Crabbe (GNP) Michelle Vettori (PERTH) Roberta Faulkner (ONG)
Joely Slinn (LGP) Sharon Lampard (ex LGP) Haylee Morton (NEWDY) Renee Rumble (GNP)

GNOWANGERUP HERITAGE GROUP ANNOUNCEMENT - JUNE 2019

The above committee wish to inform the public that we now have sufficient funds to commence restoration work on the Old Machinery Museum Shed / Ram Pavilion.

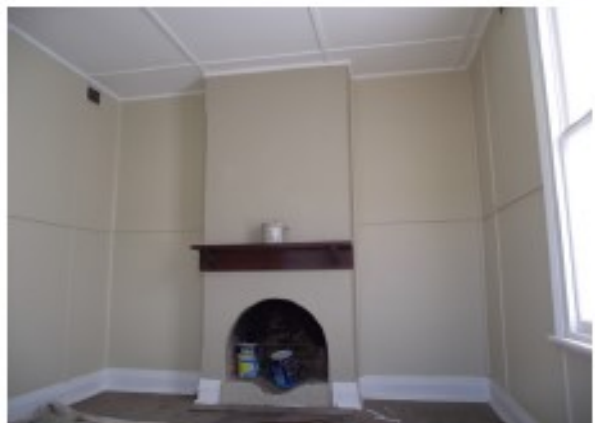
We have spent a number of years looking at ways to raise funds for this and other projects, and our only avenue of raising funds has been through supply of firewood to regular customers, whom we thank very much.

It has only been through the generosity of the Gnowangerup Progress Association (now in recess) that we have sufficient funds to commence this work. New members will be most welcome to join us and we sincerely thank those who continue to support our efforts.

PLEASE NOTE:

Since the inception of the Hidden Treasures Bloom Festival we have supported this event by conducting tours of interest around Gnowangerup, but because of lack of numbers and running at a loss, we have declined to participate in this event this year.

The following images show restoration work done to the Old Jail Cells in 2018 - but alas the vandals could not wait they managed to smash the wire reinforced windows with rocks 2 weeks after they were fitted.





REQUEST FOR DONATIONS



NAIDOC 2019 FASHION SHOW

Given our remote location and limited access, we're asking for kind donations for all ages

These donations can be: ball gowns, dresses, suit and ties, boys dress pants, shoes, accessories, etc.

Help us give an amazing first Naidoc Fashion Show in Gnowangerup and look DEADLY!

Anything helps!

IF YOU WOULD LIKE TO DONATE ANYTHING - PLEASE
SEND THEM TO
GNOWANGERUP CRC - YOUNGUP CENTRE - JANE
FARMER - 089827 1635
PO BOX 51 GNOWANGERUP, WA 6335



Aliwa Kwobardak Noongar 2019 Fashion Show



VOICE TREATY TRUTH

07 - 14
JULY 2019

Lets work together for a shared future.

WOULD YOU LIKE TO BUILD
CONFIDENCE WHILE
PARTICIPATING IN
GNOWANGERUP'S FIRST NAIDOC
WEEK FASHION SHOW?

Contact the Gnowangerup CRC to book
your place before the 29th June 2019 -
089827 1635



The Llave Family

My name is Trixie Llave, 15 years old (turning 16 this coming 1st of July). I was born in the Province of Sorsogon, Philippines. I'm a Year 10 student in GDHS. I have two siblings: one brother and sister. My dad, Roberto, has been working at Duraquip since 2012 and my mom, Tessie, is a housewife.

We migrated here in Australia for nearly four years ago now. We moved here because dad wants us all to be together. It's hard to be apart from your love ones, so I understand what dad might have felt when he was living by himself here. It was sad when every year I'm the top one of our class but dad couldn't be there to go up the stage with me to receive all my awards and medals, not even once. However, he never failed to make me feel that he's proud of me. It wasn't easy for us back in Philippines, but we are very lucky to have such a very hard-working dad. It wasn't easy for me to adjust here though, since some things were quite different from what I'm used to, like: the climate, language and culture.

I love singing and dancing. I've been dancing since I was 4 years old. My cousin (in my mother's side) taught me how to dance. I also like academics. My favourite subject at the moment is Science. I'm very interested in doing Chemistry and I want to learn more about it. I enjoy reading books and I'm currently writing a story for an online application called 'Wattpad'.

I contributed a lot in the activities of my old school. I started competing for quiz bee when I was in Year 1, but the most memorable one for me was the last quiz bee competition that I competed in when I was Year 6, because I won second place in the district quiz bee, I got to compete in a provincial quiz bee for the first time with other two students. Even though it was my first time doing a provincial competition, I won second place. It was about the history of Sorsogon City and all the towns that's part of it, so I had to memorize a lot of stuff, it was a bit hard but worth it. Then, when I was in Year 5, I participated in badminton and the year after that I participated in volleyball. I also participated in school activities like: girl scouting, dancing, and school and classroom councillor.



family
Family
family noun
1. a blessing
2. the ones you
live with, laugh
with and love

Gnowangerup CRC—New Events



SPORTS FUN INFLATABLES

act belong commit
Mentally Healthy WA

JOIN US FOR SCHOOL HOLIDAYS

FREE ENTRY

OCTOBER 2ND 9AM-3PM

Gnowangerup Sporting Complex - Strathaven Road, GNOWANGERUP Western Australia 6335

FUN FUN FUN!!

It is a fun filled day for all ages, so come head down during the school holidays on Wednesday. The event is sponsored by the Shire of Gnowangerup and the Gnowangerup Community Resource Centre the event will help promote Mental Health Week.




GNOWANGERUP CRC PRESENTS

FAMILY MOVIE NIGHT

GOLD COIN DONATION ADMISSION!
INCLUDES POPCORN & A DRINK

Friday 21st June 2019
from 5:30 - 7:30PM

Gnowangerup Lesser Hall

BYO bean bags & Blankets



Food Sensations® delivered via video conference

Come along to your local Community Resource Centre for a hands-on nutrition and cooking experience.

Over 4 sessions, you will learn a variety of nutrition topics and cook some tasty, easy recipes



HEALTHY EATING

MEAL PLANNING AND BUDGETING

SESSIONS:
All sessions held at: Gnowangerup CRC's via Video Conference - Being There

Time: 11 am - 1 pm

Dates:

- Session 1 - 09/08/2019
- Session 2 - 16/08/2019
- Session 3 - 23/08/2019
- Session 4 - 30/08/2019

4 CORE TOPICS

LABEL READING AND FOOD SELECTION

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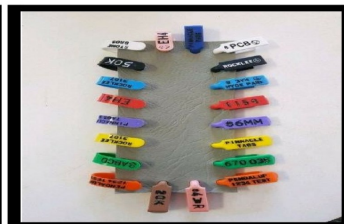
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Alpha Runs here 9:30am GNP Church						1
2	3	4 Opshop 10am	5 Gnowangerup Family Hub 3:15 –4:15	6 OpShop 10am	7 GN•YG Games Night 7-9pm Crafted Yarns	8 Gnowangeru p vs Jerramungup
9	10	11 Opshop 10am	12 Gnowangerup Family Hub 3:15 –4:15	13 Opshop 10am GNP360 Pop-up restaurant	14	15
16	17	18 Opshop 10am	19 Gnowangerup Family Hub 3:15 –4:15	20 OPshop 10am	21 GNP CRC— Movie Night 5:30—7:30pm GN•YG Lantern Stalk 7-9pm	22 Lake Grace/ Pingrup vs Gnowangerup
23	24 Human Services 10am—4pm	25 Opshop 10am	26 Gnowangerup Family Hub 3:15 –4:15	27 Opshop 10am GNP360 Pop-up restaurant	28	29 Gnowangeru p vs Boxwood Hill

Upcoming events 2019

- Busselton Advanced Training—8th July—12th July
- Food Sensation—9th August—30th August
- Sport Fun Inflatables—2nd October 2019
- - Explore Life—Alpha—Community church—03rd July 2019