

PINGRUP
IT'S WHERE WE WANT TO BE

PINGRUP POST

Issue 6

Thursday 14 April 2022

Price \$1.20



ANZAC DAY *Service*

Monday 25th April 2022

From 9:00am

Lest we forget

Pingrup ANZAC Memorial

Please bring a plate to share
tea and coffee supplied

Families are welcome to lay a wreath

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
Fax: 08 9820 1102
Email: pingrupcrc@gmail.com
Email: pingruppost@gmail.com
Web: pingrupcrc.com.au

Opening hours:
Tuesday to Friday 9am - 4pm.
Closed for lunch 12-12.30

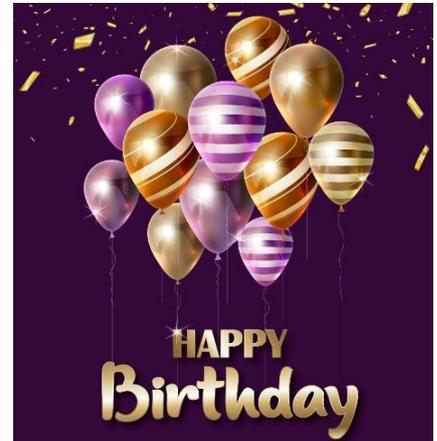
Our supporters



Department of
**Primary Industries and
 Regional Development**

APRIL BIRTHDAYS

- 4 Sally Bock
- 6 Lucy Bull
- 10 Louis Stanich
- 14 Zoe Thomas
- 23 Stacey Newman
- 26 Paul Shiner
- 30 Cooper Grant-Williams



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

pingruppost@gmail.com

Deadline: **Tuesday** 26 April 2022
Next Issue: **Thursday** 28 April 2022

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



Easter Craft and Egg Hunt

We had 25 kids enjoy our Easter craft day held on Tuesday. The kids first had to decorate egg shaped decorations and then went out to the bush to find an interesting stick to hang their decorations from. This is a traditional Danish easter decoration. The second project was to make easter egg baskets ready for the hunt. The Egg hunt was a great success with all going away with a good haul of chocolate. Thanks to all the adult helpers and “Bunny” Rosi and “Bilby” Helen for your help on the day.



Funded and supported by



Paint by Numbers

The paint by numbers finally arrived in the mail and our group were able to start, several weeks late. Two sessions have been completed and everyone is enjoying their peace and quite while painting. There will be more sessions next term starting Tuesday 26th April at 1pm.



We are considering doing another order of paintings so keep an eye out if you would like to join our painting group. Please call 9820 1101 or email pingrupevents@gmail.com



"Every parent should know about this!"



FREE BRAIN-BASED PARENT WEBINAR VIA ZOOM

A BRAIN-BASED HOLISTIC APPROACH TO WELL-BEING & LEARNING STARTS IN THE HOME!

Learn how to help your child realise & reach their incredible true potential – to be happy, healthy, successful and satisfied!

PRESENTED BY:

Tammy-Anne Caldwell BA, Gdip
- Teacher, International Presenter, Social Emotional Trainer, Educational Neuroscience Specialist & 2005 Dux of ASHS.

Todd Budden
- International Presenter, First Aid Education Officer, Audio Engineer, Sound & Mindfulness Specialist.

"Completely brilliant!"
"Excellent. It opens the mind, challenges the way you may have thought about things."
"I wish I could put in words how good Tammy-Anne is!"
"Ground-breaking and the future!"
"So valuable, relatable, relevant."
"Amazing, really useful, easy changes which will have big effects!"

PARENT WORKSHOP:

This workshop is perfect for parents of children aged 5 to 18, as well as carers & grandparents.

All based on cutting edge Neuroscience and Psychology, this workshop gives you the practical skills, knowledge & confidence to nurture the well-being & development of your children.

We take a complex topic & make it easy to understand, in an entertaining fashion, with inspiring, memorable true stories.

This highly engaging, practical workshop will be presented via Zoom and parents will be sent a Zoom link so they can log in from home.

IN THIS WORKSHOP, PARENTS WILL LEARN:

- How your child's Mind & Brain works, learns and grows best
- The brain link between Well-Being & Learning
- Practical tools & techniques to boost Well-Being & Learning
- How to help your child Manage Emotions, Anxiety & Stress
- How to boost your child's Good Behaviour
- How to improve your child's Emotional Self-Regulation
- How to improve their Perseverance & Growth Mindset
- Strategies to help your child build Resilience & Confidence
- How to boost your child's Self-Acceptance & Compassion
- Why a Brain-Based Holistic Approach is essential
- How to help your child improve their Focus, Effort, Memory, Attention & Academic Achievements

Limited spaces! 27th April, 2nd & 5th May. To secure your spot go to:
www.abovebeyondeducation.com/greatsouthernparents




123 Magic and Emotion Coaching

A FREE THREE SESSION PARENTING PROGRAM FOR PARENTS AND CARERS OF YOUNG CHILDREN 3 TO 10 YEARS

- Learn how to manage your child's difficult behaviours by using less talk, less emotion, and the importance of sorting behaviours so you can pick your battles.
- Help your child to develop the ability to manage their emotional reactions and develop emotional intelligence.

Where: Pingrup Community Resource Centre
 When: Expressions of Interest for May or June
 Time: 10.30am – 12.30pm
 Facilitator: Margot Morgan (Wanslea)
 Phone: Pingrup CRC to register 08 9820 1101 or email pingrupevents@gmail.com

Supported by
 Government of Western Australia
 Department of Communities

Delivered by
 Wanslea
 with families, for children's lives

COUNTRY FAMILIES @ NGALA

Support to families with children from birth to 8 years living in regional, rural and remote Western Australia



Ngala have partnered with WA Country Health Service (WACHS) to provide free child health parenting information and support to families living in regional, rural or remote WA.

Facebook Group

Join a community of other country families to access parenting information, resources & program updates. Search: CountryFamilies@Ngala.

Tutorials and Facebook Live Sessions

See recorded and live videos with information for parents with children aged 0 – 8 years.

Online 'Live Chat'

Chat with a Ngala Child Health Nurse via Facebook. Please check website for session times.

Individual Consultations

30 minute video or phone consults with a Ngala Child Health Nurse for child development information and parenting support.

Country Dads' SMS Service

Receive information and resources via SMS or Email.

Call: 9368 9342

Email: CountryFamilies@ngala.com.au



Supported by the WA Country Health Service #HealthyCountryKids



To find out more visit
www.ngala.com.au/program/country-services



EXPRESSIONS OF INTEREST



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www.alia.org.au/nss #NSS2022 #1MillionKidsReading

FAMILY TREE

Josh Pyke Ronojoy Ghosh



Save the date
Wednesday
25 May 2022

 Pingrup
Community
Resource
Centre
Your local connection

Eulogy for Shirley Keturah Altham (nee Smith)

I am Allan Marshall and am honoured to be asked to present this eulogy to celebrate the life of Shirley Keturah Altham. I hope that I can do it justice.

Shirley was born on the 9th of October 1929 at the Australian Inland Mission hospital at Lake Grace to parents Colin and Keturah (Kitty) Smith of 'Northfield Farm' North Lake Grace.

Shirley was the youngest born to the Smith family: Kathleen, Horrace, Jack, Dorothy, Eva, then Shirley

Shirley attended the North Lake Grace school as did all of her older siblings. They had to walk around the east side of Lake Evelyn to get to school, some 2 kilometers. There used to be a story told that the Marshall's had sheep before the Smith's so when Jack Marshall was going to kill a wether the kids were told to tell the Smith kids to call by the Marshall house on the way home from school to take a sheep's head home for the brains and tongue etc. A gift from grandad Jack to his sister Kitty. However when I had left school Jack Smith had insisted that the heads were dumped around the lake on the way home as Jack Marshall was so mean that he could not send a roast as well. Consequently, I went looking for the said skulls one day but found no evidence that the heads were dumped. So much for family rumours.

When Shirley left school she attended Perth Girls School in Perth but then had to come back home to the farm after six months due to the outbreak of polio in Perth.

Shirley met the love of her life, Evan Altham when Evan came to the Marshall farm shearing sheep then to the Smith farm for shearing their sheep.

The romance blossomed and Shirley and Evan were married at the Methodist Church at Lake Grace on the 12th of July 1951.

Shirley then went to live at Evans' farm at north Pingrup and raised a family of 6 children: Ron, Kevin, Barry, Jim, Nick and Keturah.

Shirley was a very keen hockey player for Pingrup and she and Evan were instrumental in the formation of the Ongerup Hockey Association and donated a perpetual trophy 'the EF & SK Altham' annual OHA premiership trophy which still exists today and is a permanent memorial to their efforts with the formation of that competition. Shirley continued to play hockey until she was 49 years of age. She was also awarded a life membership of the Pingrup Hockey Club along with Wendy Solly.

Another role that Shirley performed was the operation of the North Pingrup party line telephone exchange for some 20 years until the automated exchange was installed. A role that her parents performed at North Lake Grace when she lived there.

Shirley and her family's life was upended in December 1974 when Evan died as a result of an accident on the farm. Evan's death had a huge impact on the family and the community which I remember vividly due to the family connection with Shirley.

Five years later Shirley started a new life in Lake Grace with a new house at Waratah Avenue in December 1979 along with daughter Keturah.

At about the same time, my wife Rita's parents, Hank and Connie Doelman who owned the bakery moved into a new house opposite Shirley. They became good friends and Shirley was offered a job at the bakery preparing the lamingtons and slicing the bread etc. Shirley worked there for some years and then worked for the new owners when the Doelman's retired and sold the business.

Shirley had a passion for lawn bowls and started playing at Lake Grace whilst still living in Pingrup and

then continued after moving to Lake Grace. By all accounts she enjoyed very good skills with the bowls having won 2 championship trophies in 1988 and 1993. She was also successful in 3 mixed pairs championships with various partners and a team member of various pairs, triple and fours championships.

Shirley's contribution to the Lake Grace associates bowling club didn't end there as she held the position of captain from 1988 to 1996 and then from 2001 until 2003. Shirley also held the position of treasurer from 1982 until 1985. Shirley obviously enjoyed her time with the bowls club and Tooy even ventured to describe Shirley as fanatical.

Shirley was unfortunate to be diagnosed with bowel cancer about 14 years ago but fortunately made a full recovery.

Then about 4 years ago Shirley moved to a unit at the Lakes Village due to looking after the house proving to be too much of a chore. As her health failed she needed to move to a care facility and spent a month at the Kondinin Hospital as there were no places available at Lake Grace. Then a space became available and Shirley moved to the Lake Grace Hospital for the 2 years until she passed away on the 11th of March 2022 aged 92 years.

During my preparation for this address, I contacted Eunice Heath, a lifelong friend of Shirley. Eunice recounted a story about she and Shirley competing against each other at the annual school sports running races (Shirley from North Lake Grace School and Eunice from Lake Grace School) where Shirley would consistently beat Eunice but the last time that they met Eunice beat Shirley much to her satisfaction.

Unfortunately Eunice could not be with us today and she sends her heartfelt sympathy and love to all of the Altham family. Eunice expressed to me that Shirley adored all of her children, her 18 grandchildren and 19 great grand children.

I also contacted my aunty Eileen who lives at Augusta and is Shirley's' last surviving first cousin to ask her about their life as children together. Eileen also can't be here today and she sends her love and best wishes to the family.

Christmas lights were always a feature at Shirley's house at Lake Grace, courtesy of son Nick who came every year to light up the house and as the house was adjacent to the highway no doubt it gave many passersby some Christmas cheer. I know that we always looked forward to the lights every year.

It is time to say goodbye now Shirley, to go and catch up with Evan.
A life well lived.



PINGRUP WORLD WAR ONE SOLDIERS.

SERGEANT REGINALD HARRY MAYER. Service No. 939

MAYER: REGINALD HARRY was born at Alsager, Cheshire, England, on October 2, 1878, and enlisted in the Australian Imperial Force, on July, 30, 1915 at Blackboy Hill. He took the Oath of Allegiance next day. He was married, and aged 35 years and 8 months. He gave his wife, Gladys Emilie Mayer as next of kin, and their address was Lake Pingarnup, Nyabing, WA, and later changed to Hyde Street, Perth. He was 5 feet 11½ inches tall, (181 cms.), and weighed 155 lbs. (70.45 kgs). He was of fresh complexion with grey eyes and brown hair, and he was of the Wesleyan faith. His rank was Private and he lodged at Depot 19 while at Blackboy Hill, until October 23. It was also reported locally, that while at Blackboy Hill he was hospitalized with bronchitis and malaria, and progressing favourably.

On his enlistment he reported that he had served 13 years and 14 days in the 1st and 2nd South Wales Borderers. The Borderers consisted of regiments of Infantry of the British Army, dating from age old times, and recruited from the border countries of Wales, Monmouthshire, Herefordshire and Brecknockshire. They were called the South Wales Borderers and he "followed the footsteps of his father," who served many years as a Borderer too. He was a Boer War veteran, posted to South Africa October 1900. He was a member of the mounted Infantry and saw service in Johannesburg, Cape Colony and Orange Free State. He was promoted to Corporal in 1902, to Sergeant May 1903. In October 1905 Reginald transferred to the 1st Battalion then stationed in India as a Colour Sergeant and married Gladys Emilie Morgan in Bombay on 14 October 1907. Private Mayer's previous military experience then fitted him for the role that was to be bestowed upon him.

Private Mayer was issued with a Certificate from the Commanding Officer which reads:

"I certify that this Attestation of the above named person is correct and that the required forms have been complied with. I accordingly approve, and appoint him to Western Australian Section, New Guinea Guard." Dated 23/10/1915, Blackboy Hill. The actions brought about after this appointment, which appears to be a peace keeping force, follows.

It was the first significant Australian action of World War One as the Australian Naval and Military Expeditionary Force's landing on Rabaul, took possession of German New Guinea at Toma, and of the neighbouring islands of the Bismarck Archipelago in 1914. Enlistment in the Australian Naval and Military Expeditionary Force began on August 11, 1914. Their mission was the capture and administration of the German possessions in the southern pacific. Within a month they had taken possession of Rabaul, and shortly after, the British flag was raised; German resistance had ceased shortly thereafter. An Australian presence was maintained until 1921, when the League of Nations confirmed an Australian mandate to govern certain confiscated German colonies in the South Pacific.

Private Reginald Mayer took up his appointment with the New Guinea Guard on October 23, 1915, and embarked at Sydney, on the S.S. *TE - ANAU*, November 20, 1915. His unit was called "F" Company 4th Tropical Force. Having arrived from Australia to Rabaul, he was taken on the strength of the Battalion, and on 3/1/16, proceeded to Bokopo for duty and was struck off strength of the Battalion. A month later February 1, 1916 he was transferred to Moorobo for duty. On May 4, 1916 he was promoted to Sergeant Reginald Mayer.

On April 5, 1917 he returned to Australia on the S.S. *Marsina* for his furlough, embarking at Sydney, and his return to Rabaul was on April 20, 1917.

About 12 months later, April 11, 1918, Sergeant Reginald Mayer again departed for Australia, per the SS *Morinia*, and on this occasion was struck off strength with his Force. This would indicate that his service was likely to terminate. On July 24, 1918, discharge came for Sergeant Reginald Harry Mayer. He was granted the British War Medal, and was not eligible for the Victory medal.

On May 20, 1912, Reginald Mayer and his wife Gladys Emilie, and one year old daughter Madaleine, arrived at Fremantle on the *Seydlitz* to take up their life in Australia. He gave his occupation as "farm

PINGRUP WORLD WAR ONE SOLDIERS.

SERGEANT REGINALD HARRY MAYER. Service No. 939 cont.

hand" however, before going to the war, Reg Mayer had taken up land, Kent location 389 in the Lake Pingarnup District, which is south of where Pingrup was pegged to be at railways end in 1914. He took it up May 27, 1912, and forfeited it on May 5, 1920. After the war, Reginald Mayer gave his address as Tarin Rock, where he again had taken up land, and requested that his medals (he only got one), be sent to him at that address.

Further to that, in 1930, Reg Mayer and his wife Gladys who had taken up several locations of land about 8 miles south of the Moulyinning district put them up for tender. They were Williams locations 8334, 8511, and 9708. Location 9709 was in his wife's name and in total, put up for tender was 2,311 acres.

Reg and Gladys had 2 children, Gladys Madeline born 1911-1973, and Private Reginald Charles (Rex), 1917-1941, killed 20 May 1941, age 23, at World War Two, buried Crete. Reg's death is registered as Reginald Henry Mayer, of Chidlows, on 26/06/1958, aged 80 years. His wife Gladys, predeceased him on 23/12/1937, aged 49 years, while they were living at Beverly, and they are both buried in the Wesleyan section of Karrakatta cemetery.

Pingrup Centennial - call for family stories

As part of Pingrup Centennial which is due in October 2023 all Pingrup residents, past and present, are invited to submit a short story about their family history.

The plan is to collect these family notes during 2022. It is envisaged these stories will be published on the Pingrup Community Resource Centre website after we celebrate our centennial in 2023.

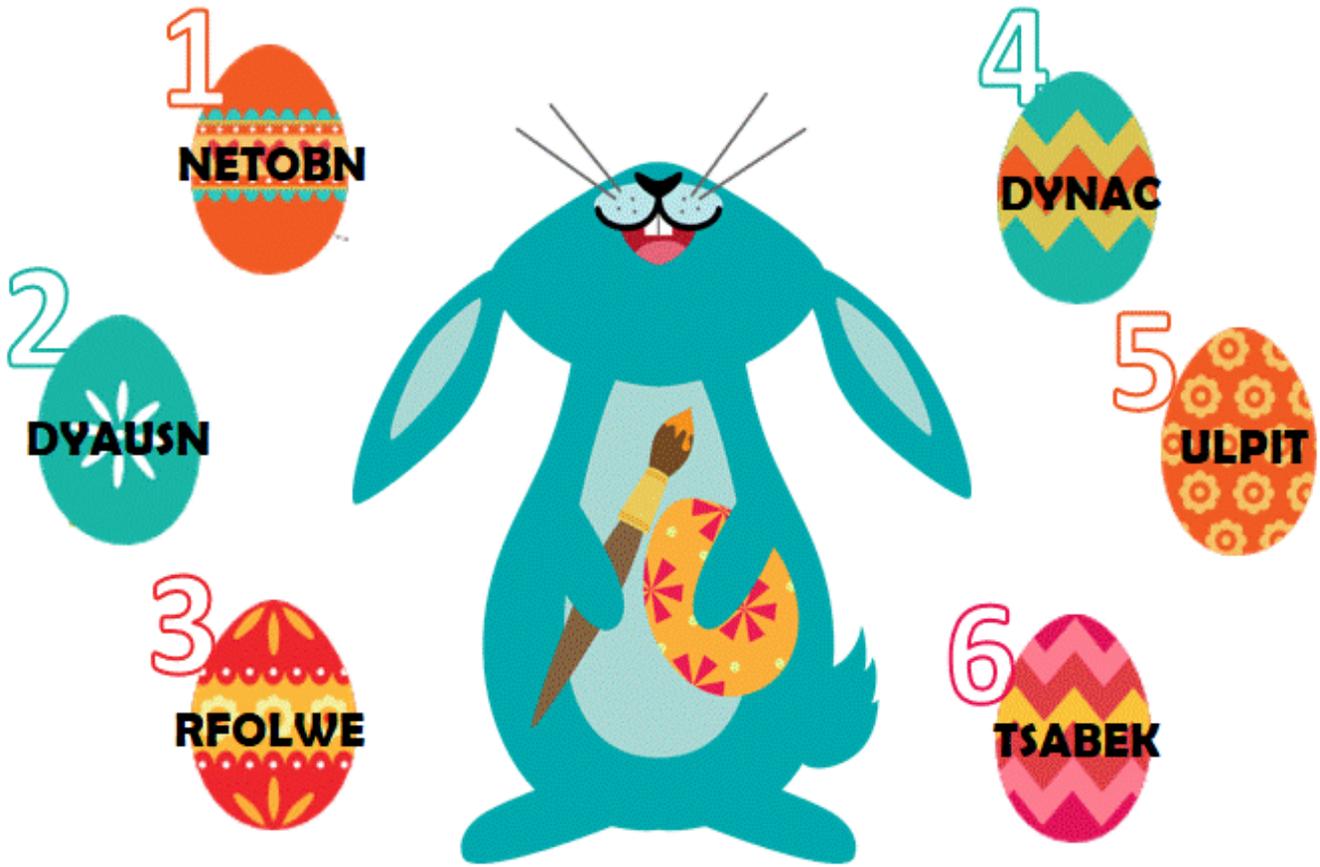
The information we are after for each family story is the surname, what year the family first came to Pingrup, family member details, who was involved in the business, involvement in sport, the purchasing of any farm or business, shire councilor terms, president or secretary jobs, life membership, new land farming experience, biggest number of sheep, hectares of land, whether any family members are still there or, if not, what year your family left, and so on.

Please keep your story and photos to two or three pages using a template on page 10 or by emailing the CRC. Keith Devenish has kindly offered his services to assist in writing and formatting the stories.

A committee to decide on the type of event and a date still needs to be formed so volunteers are still needed. All ideas and helpers are welcome. A template to record family details is available and stories can be emailed to pingrupcrc@gmail.com or to kdevenish@westnet.com.au

Happy Easter Word Scramble

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. _ _ _ 1 2 _ _ _

2. _ _ 3 4 _ _ 5

3. 6 _ _ _ _ _

4. _ _ _ 7 _ _ 8

5. _ 9 _ _ _

6. 10 11 _ _ _ _

What do you call a rabbit who tells good jokes?

11 6 3 2 7 8 10 9 1 4 5

Easter word search

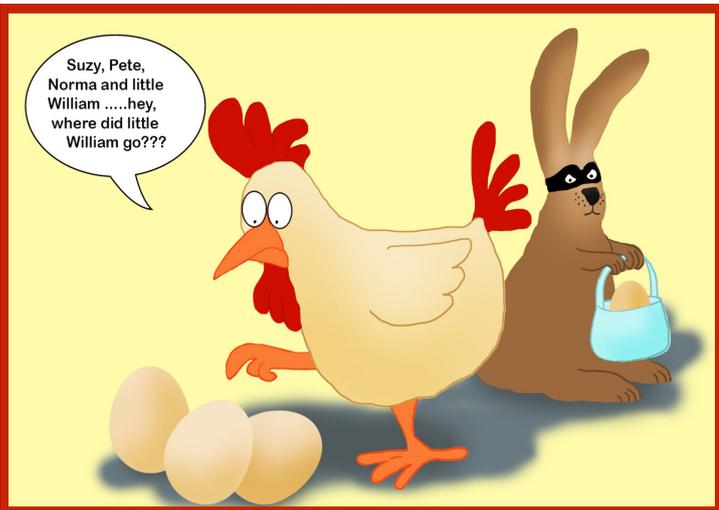
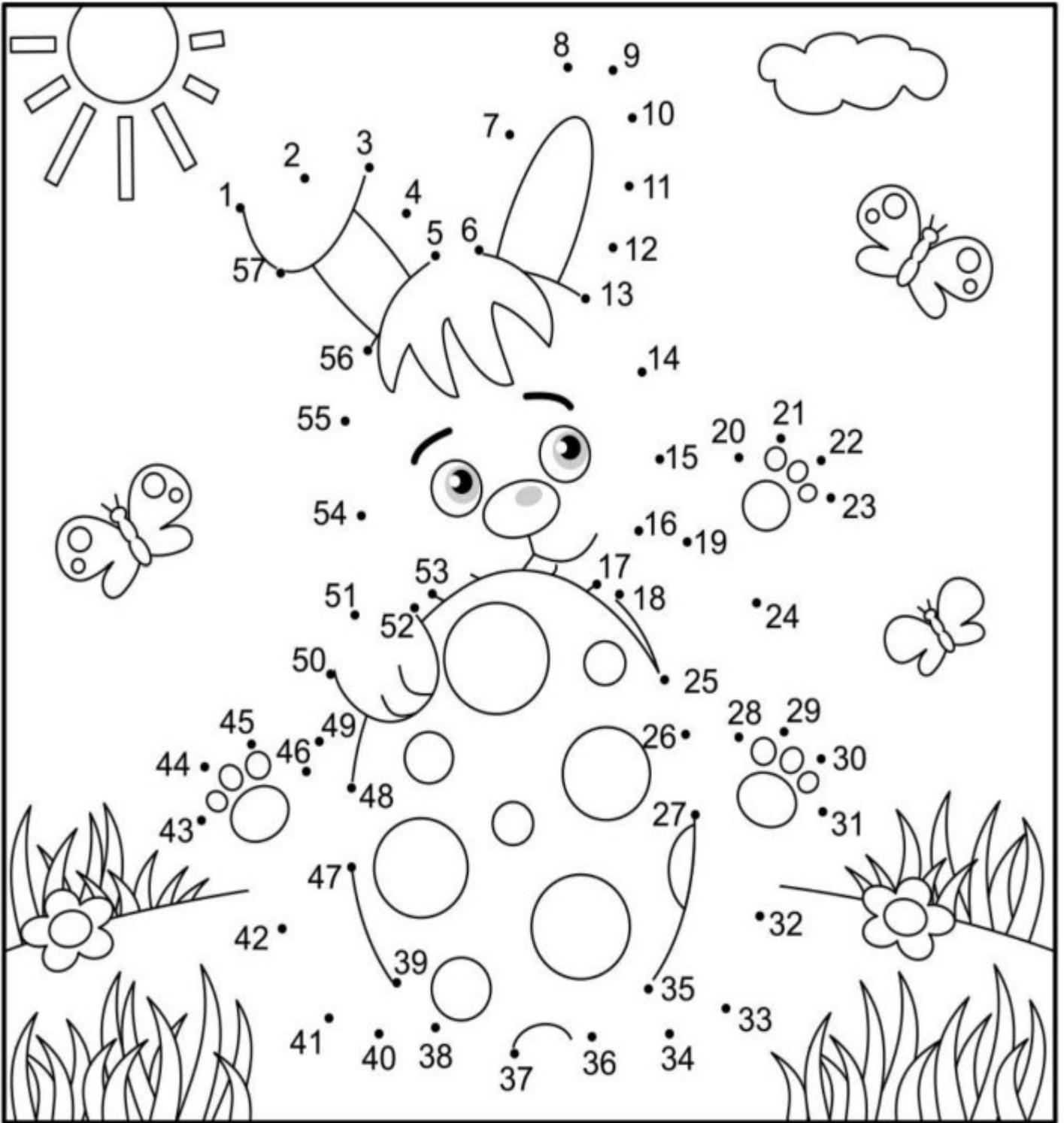


Words to find



- | | | |
|----------|------------|--------------|
| APRIL | CHOCOLATE | MARSHMALLOWS |
| BASKET | EASTER | PASTEL |
| BLOOMING | EGGS | SPRING |
| BONNET | FLOWERS | SUNDAY |
| BUNNY | HOLIDAY | SUNSHINE |
| CANDY | JELLYBEANS | TULIPS |
| CHICK | MARCH | |

THANKSGIVING & CO.







NOTICE OF MEETING

2022 Annual Electors Meeting

In accordance with the provisions of the *Local Government Act 1995*, the Shire of Kent's Annual Meeting of Electors will be held **Wednesday 20 April 2022**.

The meeting will commence at 6.30pm at the Council Chambers, Richmond Street, Nyabing.

The purpose of the meeting is to:

1. Receive the 2020/2021 Annual Report
2. General Business

An electronic version of the 2020/2021 Annual Report can be downloaded from www.kent.wa.gov.au

If you require a hard copy of the report please email admin@kent.wa.gov.au or contact the Shire Office on 9829 1051.

Adam Majid
CHIEF EXECUTIVE OFFICER

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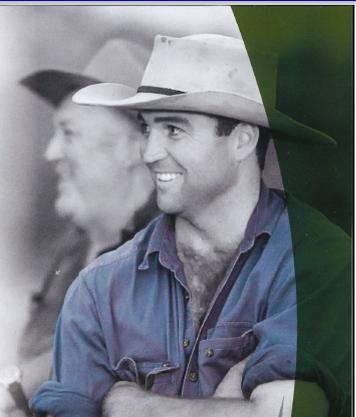


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Rural Aid is committed to providing support to farmers and rural communities.

Whether you're coping with or recovering from a serious event, or preparing for future challenges... we're here and ready to help.

REGISTER NOW
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ruralaid.org.au
1300 327 624



News From The *Hangar*



THE LAKE GRACE PINGRUP WINTER SPORTS

Jumper Presentation for the 2022 Season,

Thursday 21st April.

Come and watch the teams train from 6 pm, then join us for tea and at the Pavilion.

First game is on Saturday 23rd of April at Boxwood Hill.

Football: Reserves at 11.15am

Juniors at 12.45pm

Auskick at 1.30pm

League at 2.15pm

Netball: B Grade at 11.00am

A Grade at 12.30pm

Juniors at 2.30pm

Hockey: Juniors at 11.00am

Minkey at 12.00pm

A Grade at 2.10pm

**SUPPORT YOUR COMMUNITY SPORTS AND KEEP IT ACTIVE FOR THE KIDS
AND GRANDKIDS OF THE FUTURE.**



Chocolate crackle eggs



11 Ingredients

3 Method Steps

- ⊕ 4 cups (140g) rice bubbles
- ⊕ 2/3 cup (110g) icing sugar mixture
- ⊕ 1 cup (80g) desiccated coconut
- ⊕ 150g butter, chopped
- ⊕ 100g white chocolate
- ⊕ 100g **dark chocolate**, melted
- ⊕ Coles Rainbow Pearls, to decorate
- ⊕ Gold Sugar Stars, to decorate
- ⊕ Funny Face Icing Figurines, to decorate
- ⊕ Dr Oetker Polka Dots, to decorate
- ⊕ Coloured writing icing, to decorate

Step 1

Grease and line a 20cm x 30cm lamington pan with baking paper, allowing the 2 long sides to overhang.

Step 2

Combine the rice bubbles, icing sugar and coconut in a large bowl. Place butter and white chocolate in a small saucepan over medium heat and stir until just melted. Pour over the rice bubble mixture and stir well to combine. Press mixture into prepared pan. Place in fridge for 2 hours or until firm.

Step 3

Remove slice from the pan. Use a 5cm egg-shaped cutter to cut egg shapes from pan. Use melted dark chocolate to attach decorations and decorate using writing icing.

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Brett Coxon, Area Manager - Lake Grace

Mobile: 0427 766 506

Email: bcoxon@summitfertz.com.au



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Defibrillator Locations

PINGRUP	
Pingrup Ambulance Sub Centre	24hrs
Pingrup Pavilion	
D & K Smith House	24hrs
NYABING	
Nyabing Ambulance Sub Centre	24hrs
Kent Shire Office	24hrs
Nyabing Pavilion	24 hrs
Nyabing Store	24 hrs

Counselling- What is Counselling?

Counselling is when two people come together in a safe confidential space and set aside some time, usually an hour, to explore a person's difficulties. These difficulties can include stressful and emotional feelings a person wants to understand better. This also could be just wanting to get something off your chest .

So what does a counsellor actually do? A counsellor will help a person see their situation from a different viewpoint, more clearly and that the person does have the ability themselves to get back on track.

A counsellor will also ensure that what is discussed between themselves, and a person remains confidential. This will entail agreeing to a confidentiality agreement at the beginning of a counselling agreement. A counsellor does hold an obligation by law to report when a person is at immediate life-threatening risk themselves or is posing a risk to others.

Counselling is also known as talk therapy. A counsellor is not there to diagnose you or to judge you. A counsellor is not going to tell you what to do. Often there is a myth when a person who seeks counselling will leave been given directions of what to do to make their situation better. This is not the case. A trained counsellor knows that the person best placed to make a decision on how they wish to move forward is the individual talking with them.

In Australia there is no law that requires a person to have formal training to be a counsellor but having a registered trained counsellor has it benefits.

A trained counsellor has the knowledge and has been trained in different modalities of counselling methods. This does not mean when you are counselled you will always be following a certain staged process. Most times you will not know that a counsellor is using a certain method to keep you moving forward it will usually be a part of your discussion. Some counsellors do only use a certain method of counselling they prefer. Myself I like to use a mixture of therapeutic methods that I can then suit to the person I am assisting. These various methods can be adapted as is suitable to help the person being counselled to make more informed choices for themselves and better understand themselves

A trained counsellor has usually had 3-5 years formal training at a diploma or university level and have a knowledge of the various methods and streams of therapy. The counsellor may have a psychology degree, a social work degree or a counselling degree but all will have had to complete a certain number of counselling units.

Rural Aid's counsellors are required to be registered with the Australian Counselling Association (ACA). Being a part of the ACA requires the counsellor to have a diploma or higher qualification. Also the ACA requires counsellors to have ongoing training called professional development and a certain minimum number of counselling sessions themselves called supervision. This ensures that as a qualified and trained counsellor the required professional standards are maintained. Another professional association is the Psychotherapy and Counselling Association of Australia (PACFA)

Counselling is not: giving advice, being judgemental, there to sort out a person's problems, will not expect a certain type of behaviour from a person, get emotionally involved with a person or have an expectation that a person will adopt the Counsellors own views and values.

A Counsellor is guided by what you want to achieve from the process, a counsellor does not lead you. Sometimes when we are stuck in life, we just need that person who we can discuss our situation with who will not judge, will not tell others, will listen, will respect our views and allow us to be ourselves.

Counselling can be a short once off counselling session or can be over years. It is the individual who will guide this. The exception is where the agency the counsellor is employed with has a certain limit on the number of sessions a person can have. This is a part of that agencies 'service boundaries' Rural Aid has no limitations on the number of sessions but does have the requirement that the person seeking counselling is a primary producer, family, employee or associated industry such as a shearer as our service boundary. Rural Aid is a fully funded free service.

For more information on what is entailed in accessing Rural Aid counselling feel free to contact me and have a no obligation chat. Ph.1300 327 624



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- Test alternators and batteries
- Fit dual battery/solar systems to cars, caravans and camper trailers
- Fit/Supply trailer brake systems
- Supply/Fit camera kits eg. Reverse, Truck trailer or chaser bin auger
- Supply/Fit spotlights or worklights for cars, tractors, headers etc.
- Manufacture wiring harnesses
- Install 4x4 accessories eg. LED lights, power sockets, winches
- Any other electrical repairs to automotive systems.

For any questions or queries please ring Aaron Carruthers on 0429905452

RTA NO: AU42693

LIC NO: L121418

NEATCARE TREE SERVICES



TREE LOPPING & PRUNING

Email: sales@neatcare.com.au
www.neatcaretreeservices.com.au

 Neatcare Tree Services

CALL 0409 782 628



Central Great Southern

WHERE TO GET HELP

If you need support to self-isolate due to COVID-19, contact the services below. They may be able to help you or refer you to someone who can.

COVID-19 information

- Call 13 COVID (13 26843)
- Download the Service WA app
- Visit: <http://www.wa.gov.au>

Health services

Ask for phone/ video-call appointment options

- GS Aboriginal Health Service: 9821 6370
- Palmerston Katanning: 9821 8306
- South West Aboriginal Medical Service Katanning: 9837 2600

After hours/emergency

- HealthDirect: 1800 022 222
- Emergency: 000

GPs

- St Luke's Family Practice Katanning: 9821 2155
- The Katanning Surgery: 9821 8955
- St Luke's Family Practice Kojonup: 9831 0622
- Gnowangerup Shire Medical Practice: 9827 1116

Pharmacies

Ask for home delivery or postal options

- Katanning Pharmacy: 9821 1677
- Kojonup Pharmacy: 9831 1035
- Great Southern Community Chemist: 9821 8016
- Gnowangerup Pharmacy: 9827 1046

Food relief

- Katanning Community Harvest (Centrelink payment recipients or those in financial hardship only): 9821 4433

Food orders and delivery

Direct to boot: order online or direct to the store and get a friend or family member to collect it and deliver it to your door.

- Woolworths Katanning (direct to boot only)
Order online: www.woolworths.com.au
- Katanning Regional Retailers (IGA) (direct to boot only): 9821 2211
- Kojonup IGA (direct to boot only- minimum 6 hours' notice): 9831 1002
- Gnowangerup IGA (delivery in the Gnowangerup townsite only): 9827 1109 or igagnowangerup@gmail.com

Financial support

- Services Australia: 18 022 66
- (COVID-19 crisis payments)
- WA Department of Communities: 6154 0508
(COVID-19 test isolation payment)

Other support

- Department of Communities: 6277 4100 (family and housing support)
- PIVOT: 9842 9699 (emergency relief items, housing support)
- Southern Aboriginal Corporation: 9842 7777 (housing support)
- Southern AgCare: 9827 1552
- Anglicare: 9821 9661 (family support)
- Wanslea: 9843 0077 (family support)
- Elder Abuse Helpline: 1300 724 679
- Alcohol & Drug Support: 1800 198 024
- Sexual, Domestic & Family Violence Support: 1800 737 732
- Child Protection & Family Support Crisis Care: 1800 199 008

MENTAL

- Lifeline: 13 11 14

HEALTH

- Beyond Blue: 1300 224 636

HELPLINES

- Rural Link: 1800 552 002

- Kids Helpline: 1800 551 800

- MensLine: 1300 789 978

- Perinatal Anxiety & Depression (PANDA): 1300 726 306

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CALL: 1800 654 089
www.whitfert.com.au



PINGRUP TRADERS

Agents for:

Agmaster

Castrol

AC Delco

Rapid Plastics

See Tim or Taryn for all
your requirements

8 SANDERSON STREET, PINGRUP

Ph (08) 9820 1049

Fax (08) 9820 1058



PINGRUP
TRADERS



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



centrelink

medicare

child support



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

- Caravan Park Bookings
- General information enquiries
- History Display

Community Services

- Publish the fortnightly Pingrup Post newsletter
- Pingrup Pavilion Bookings
- 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

Call for Family Stories

Please record your family notes for 2023 centenary stories and photos by writing up to two or three pages using this template below with text being Aerial- font 10. The aim is to place these stories onto the CRC website where everyone can read them. You can also handwrite these and send to the CRC to type up. pingruppost@gmail.com

The information we are after in each family story is what year your family first came to Pingrup, your family member details, who was involved in the business, involvement in sport, the purchasing of any farm or business (date and previous owner), shire council terms, president/ secretary jobs, life membership, new land farming experience, biggest number of sheep mob, area of land, whether any family members are still there or what year your family left, and so on.

FAMILY SURNAME - (in bold, size 14, in capitals e.g. SMITH, ALTHAM) then add your names below

(eg Notes provided by Peter and Mary)

Years covered:

(Once you have started writing your story then delete the text above the family surname)

Start writing your story on this line in this font. Don't forget some photos.



2022 Council Meeting Dates

The Ordinary Meetings of the full Council are held at the Council Chambers, Nyabing at 5.30pm on the third Wednesday of every month, with the exception of January.

Members of the public are always welcome, and have the opportunity through Public Question Time to ask questions of Council.

Persons and organisations that wish to have a matter considered by Council should have all requests for consideration with the Chief Executive Officer at least 1 week prior to the meeting.

Wednesday 9 February 2022

Wednesday 16 March 2022

Wednesday 20 April 2022

Wednesday 18 May 2022

Wednesday 15 June 2022

Wednesday 20 July 2022

Wednesday 17 August 2022

Wednesday 21 September 2022

Wednesday 19 October 2022

Wednesday 16 November 2022

Wednesday 21 December 2022

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 Assoc	CRC Staff	98201101
Portable Speaker	PGIC	CRC Staff	98201101
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



SHIRE OF KENT PAVILIONS AND TOWN HALLS

A reminder to the community that bookings must be made to use the Pavilions or Town Halls prior to the date of your event.

This will not only ensure that there are no other bookings at the same time, but provides notice for our cleaners to ensure that buildings are cleaned and ready for use.

Bookings can be made through the Pingrup CRC on 9820 1101 or the Nyabing Administration Office on 9829 1051. Completed forms can be emailed to admin@kent.wa.gov.au and keys collected during office hours. Please contact the CRC or admin office to arrange for their collection.

If you have any queries please contact the Shire office, 9829 1051.



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





Pingrup Community Groups

<p>Pingrup Community Church Alison Furphy - Secretary 9820 6023</p>	<p>Pingrup Community Resource Centre Stacey Newman - Chairperson 0427 381 881</p>
<p>Pingrup Ground Improvement Committee Tim Borgward - President 0429 082 915</p>	<p>Pingrup Lions Club Doug Smith - President 0429 201 012</p>
<p>Pingrup P&C Taryn Borgward - President 0429 205 267</p>	<p>Pingrup Patchwork Group Helen Thomas - Co-ordinator 9820 4048</p>
<p>Pingrup Playgroup Zoey Grant-Williams - President 0427 579 949</p>	<p>Pingrup Potters Chrissy Franchi - Co-ordinator 0427 760 199</p>
<p>Pingrup St John Ambulance Donna Skerris - Chairperson 0429 197 806 pingrup@stjohnwa.com.au</p>	<p>Pingrup Race Club Alan Smith - Secretary 0427 201 046</p>
<p>Lake Grace-Pingrup Football Club Shane Carruthers – President 0408 396 432 lgpfootball@outlook.com</p>	<p>Lake Grace-Pingrup Junior Football Club Jeff McKenzie - President 0458 693 014 lgpjfc@gmail.com</p>
<p>Lake Grace-Pingrup Netball Club Chloe McDougall - Secretary 0458 656 791 lgpnc@outlook.com</p>	<p>Lake Grace-Pingrup Hockey Club Lisa O'Neill - President 0427 828 357 lgphc.president@outlook.com</p>

Nyabing Community Groups

<p>Joey's Occasional Childcare Services Ruth McGill - Manager 0429 134 569</p>	<p>Kent Districts Pistol Club Derek Stock - President</p>
<p>Nyabing Community Church & Christian Fellowship Marilyn Gray 9829 1234</p>	<p>Nyabing CWA Alyson Cooper - Secretary 0427 686 729 nyabingcwaofwa@gmail.com</p>
<p>Nyabing Golf Club Ben Sutherland - President 9829 6011</p>	<p>Nyabing Historical Society Alyson Cooper - President 0427 686 729</p>
<p>Nyabing P&C Christie Smith - President 0427 362 438</p>	<p>Nyabing Playgroup Tash Harris - President 0439 310 389</p>
<p>Nyabing Progress Association Christie Smith - President 0427 362 438</p>	<p>Nyabing Sports Club Dick Collins - President 0428 291 171</p>
<p>Nyabing St John Ambulance Nina Harris– Secretary 0447 954 884 nyabing@stjohnwa.com.au</p>	<p>Nyabing Toy Library Anna Hobley & Tash Harris 0402 420 476 0439 310 389</p>

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

Emergency Contact Numbers

Emergency Services	000	000
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	www.mainroads.wa.gov.au
Electricity Faults	13 13 51	www.synergy.net.au/faults
Water Faults	13 13 75	www.watercorporation.com.au/faults
Telstra Faults	13 22 00	www.telstra.com.au/contact-us
Directory Assistance	1223	

Justices of the Peace

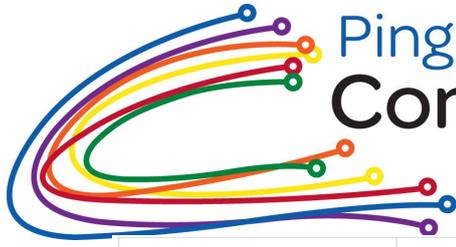
Bruce Altham	98 201 064	bm.caaltham@gmail.com

Kent Shire Office Contacts

Office – Nyabing	Ph:98 291 051	Fax: 98 291 083	admin@kent.wa.gov.au
Pingrup Depot	Ph: 98 201 051	Fax: 98 201 083	
Nyabing Depot	Ph: 98 291 078		
Ranger	Ph: 98 291 051		Web Page: www.wacontractrangerservices.com.au

Kent Shire Councillors

President	Scott Crosby	98 291 216	0427 291 115	smcrosby@bigpond.com
Deputy	Kate Johnston	98 296 068	0405 210 028	bradenkate@bigpond.com
Councillor	Tim Borgward	98 201 152	0429 082 915	tim@pingruptraders.com
Councillor	Renaee Jury		0427 426 782	joshandrenae@gmail.com
Councillor	Justin Germain		0458 908 212	justing_nyabingag@bigpond.com
Councillor	Darren Gray		0428 314 743	dazpgray@hotmail.com
Councillor	Greg Hobley		0428 291 093	Greg.hobley@icloud.com
Councillor	Wayne Tapscott		0488 204 030	wtappy1@gmail.com



Pingrup

Community Resource Centre

What's Happening

April 2022

MON	TUE	WED	THU	FRI	SAT	SUN
28 9am Pingrup CRC Closed	29 1pm Paint by Numbers	30	31 Pingrup Post	Apr 1	2	3
4 9am Pingrup CRC Closed	5 1pm Paint by Numbers	6 Self Determination Day (Cocos and Keeling I)	7	8	9	10
11 9am Pingrup CRC Closed	12 10am Easter Art and Hunt	13	14 Pingrup Post	15 Good Friday (Victoria)	16 Holy Saturday (regional holiday)	17 Easter Sunday (regional holiday)
18 Easter Monday 9am Pingrup CRC Closed	19 Easter Tuesday (Tasmania)	20	21	22	23	24
25 ANZAC Day ANZAC Day Observed (Victoria) 9am Pingrup CRC Closed	26	27	28 Pingrup Post	29	30	May 1