



IN THIS ISSUE

Shire Notes, Community Land Care News, Community Activities, Notices, Birthdays and Upcoming Events All supplies and materials are kindly donated by the Shire of Woodanilling.





RURAL FIRE AWARENESS

DESCRIPTION: This course covers the knowledge required for personnel to provide incident support at bushfires including bushfire response strategies.

- WA fire agencies and bushfire response
- Bushfire characteristics and behaviour
- Bushfire safety and survival procedures
- Strategies to support bushfire response

TARGET AUDIENCE:

- Farmers/Pastoralists
- Rural Landowners/Managers
- Seasonal Farm Workers

ENTRY REQUIREMENTS:

Nil

WHEN: Tuesday 6 September

TIME: 8.30am - 1pm (Morning tea and lunch provided)

WHERE: Community Room – old Shire of Katanning Office Building Austral Tce

NOMINATIONS: Contact Community Emergency Services Manager Cindy Pearce on Mobile - 0417 071 567 or email cindy.pearce@dfes.wa.gov.au

CLOSING DATE: 31 August









Shire of Woodanilling

SHIRE NOTES

WORDS FROM THE CEO

With winter well set in the shire has been busy with assisting Main Roads with trees down over roads. I wish to acknowledge the Works Crew for taking the extra time to assist outside of normal hours in such emergencies. I would also like to continue to encourage the community to advise the Shire of any maintenance issues of trees over roads, water over roads or "wash away" areas that can occur at times, during these winter months.

The Works Crew have been working the areas of the following:

- Culvert works on Onslow Road
- Oxley Road (further works to occur in the coming months)
- Grading of Roads Ball, Sand Plain, Paterson and Ballaying Roads

FREE MULCH – The Shire was in receipt of mulch from Main Roads and this is available free from the Shire. Please make contact with the Administration Staff to make arrangements.

The 2022/2023 Annual Budget is currently in final preparation and is to be adopted in the month of August. With this will come the opportunity for the community to see a number of infrastructure and community programs to be activated. Look out in the mail for the Rates as they will be posted out early September.

The Council has successfully endorsed the 2020/2021 Annual Report and the Annual Electors Meeting will be held on the 23rd August 2022, at 6pm. The Shire President and Council would most welcome any members of the public to attend of the district.

The Shire has been actively with the grants that the Local Roads Community Infrastructure Program with phases 1 & 2. The shire has just recently been successful in Phase 3 of the program so watch this space for things to come for Woody.

SHIRE NOTES

Within Phase 1 & 2 the Shire added in new CCTV camera systems and a new access ramp has been added to the side of the Town Hall with the Mens Shed assisting in the final railing to match the front of the Town Hall.



The gazebo within the Railway area has now also be finalised with the seating and railing finally complete. Along with the picnic table and drinking fountains.







SHIRE NOTES

The banner poles and entry statements have also given the town some colour and recognition to the Shire and its name.







I wish to thank the community member, Mrs. Penny Shackley who assisted with an emergency in the town. I wish to personally thank Penny for stopping and helping out, in what I only could call great Woody Community spirit.

Stay safe and warm

Shire of Woodanilling

SHIRE NOTES

BETTER BEGINNINGS PACKS

In partnership with public libraries, Better Beginnings provides reading packs for every pre-school aged child in Western Australia. The program is supported by the State Government and Rio Tinto.

Local Governments contribute \$5.50 per child born in their area. For this contribution, each child receives a yellow reading pack when they are a baby and a green reading pack when they are in Kindergarten.

Please call into the Shire Library to collect your free pack if you have had a baby within the last 12 months.

BONESEED

If you have this plant on your land can you please notify Gen Harvey Wagin Woodanilling Landcare on 0428 231 506 or come and see her at the Woodanilling office on Wednesdays. Representatives from the Department of Primary Industries and Regional **Development** (DPIRD) and Commonwealth Scientific and Industrial Research (CSIRO) will be to Woodanilling coming September, they will be investigating any spread of the plant and looking at removing them all before they go to seed. The plant will be in flower at this time and easily identified.

More on Page:



APPLY FOR PENSIONER RATES CONCESSIONS

Eligible pensioners or seniors may qualify for a concession from Council Rates and the Emergency Services Levy. For the 2022/23 financial year, the pensioner rates capped amount is remaining at \$750. Seniors will have their rebates capped at a maximum amount of \$100.

To register for a concession, please visit the Water Corporation's rates concession page. This application will register you the Water with Corporation and the Shire Woodanilling via the one alternatively you could also call 85.

Once it is approved by the Water Corporation it will be forwarded to the Shire of Woodanilling to process on the rates.

SHIRE NOTES

ARE YOUR CHIMNEYS CLEAN?

Clean Chimney and Flues, Each winter firefighters attend many house fires due to ash, soot and combustion residue that has built up inside your chimney flue. In high risk cases this residue can ignite causing a fire. In most cases you will hear loud roaring noise and see fire shooting out of your chimney. House fires can cause extensive property loss and damage, most of these are accidental and preventable. Fires can start from:

- Embers escaping through cracks in damaged brick or metal work
- A build-up of soot and flammable material from previous winters.

All fireplaces should:

- Meet approved standards
- Be installed and maintained by a reputable business or tradesperson When using your fireplace, it is important to:
- Avoid using combustible liquids to light open fires use firelighters instead.
- Keep all items at least one metre away from the fireplace.
- Always use a fire screen in front of open fireplaces.

Stay safe this winter and keep warm. For further information visit www.dfes.wa.gov.au – we also recommend downloading the Home Heating Safety factsheet.



WINTER WEATHER WARNING

We encourage members of the Woodanilling community to make sure you remain prepared for any situation involving wet weather. Do a maintenance check on your vehicles if not completed already - Check your tyres, lights, window wipers and internal workings to ensure safety when on the road.

- Drive with your headlights on so you are visible to other drivers
- Slow down especially when unsure, its a great idea to slow down and take it easy so you don't become a risk to yourself or others given the wetter setting.

With that we also encourage you to clean your gutters to prevent leaks, floods or overflow on your property.

SHIRE OPENING HOURS

Office Hours - 9:00am to 4:30pm Monday through to Friday **Receipting Hours** - 9:00am to 4:00pm Monday through to Friday



Tip Hours - Thursday 9am - 1pm, Saturday 12pm - 5pm, Sunday 2pm - 5pm



WAGIN/WQQDANIHLING LANDCAREZONE

Boneseed



You will find within this edition of the Wongi a detailed information sheet about boneseed, a prolific weed that is currently under management in the Shire of Woodanilling.

We are working with CSIRO and the Department of Primary Industry and Regional Development to ensure that the existing populations of this highly invasive species are correctly mapped. In doing so, we will be conducting a field survey through the townsite areas of Woodanilling to check for any plants. So you may see some strangers wandering around the town in September.





Please have a look at the information sheet and check your yards for any boneseed plants. If you have any, please contact either Gen at WWLZ or Sue at the Shire office so we can organise removal of the plants.

Email: wwlandcare@westnet.com.au | Phone: 986

Phone: 9861 2222 | Mob: 0428 231 506



WAGIN/WQQDANIHING LANDCAREZONE

Cape Tulip

Now is the time you want to be treating your cape tulip infestations. (If we get a break in the rain that is!)

Cape tulip is a bulb so can create a huge number of offspring by splitting off and developing parts of its corm (bulb)

It is very important if spraying them that you get them as the original corm is dying off, but before they have fully developed the new corm growths, which you can tell by digging up one and having a look. At any point where the corms are fully growth and healthy, spraying them will have little effect.

You can treat fairly easily with glyphosate or metsulphuron, you will just have to be consistent for a number of years to eradicate the remaining plant growth. Contact Gen at the office if you want detailed rates or alternative methods of eradication.



New corms (bulbs) developed from one original corm, as you can see, thousands of plants can infest fairly quickly without control measures. Treatment should occur around this stage of plant development, slightly earlier may be even better. Usually this occurs prior to flowering.

Easiest way to prevent spread is to quickly remove individual plants when spotted if an isolated one. (do not pull leaves directly unless soil is very soft, usually leaves will break off and corm remains in the soil), remove with a screwdriver or hand trowel.

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Email: wwlandcare@westnet.com.au

Phone: 9861 2222 | Mob: 0428 231 506



Carlton Street, Woodanilling WA 6316 | PHONE 08 9823 2600 EMAIL Woodanilling.PS@education.wa.edu.au

29th July 2022

From the Principal

Welcome back to Term 3! We hope that everyone had a refreshing break over the holidays and feel ready for an exciting term.

COVID & RAT Kits

Recently, a note was sent home to families regarding COVID-19.

The COVID-19 reinfection period has changed from 12 weeks to 4 weeks, so students and staff are strongly encouraged to wear masks indoors. The department has also advised us that an additional 20 RAT kits per student will be delivered to the school.

Families will be notified once this additional allocation is available for collection. However, we still have some RATs in the office from the last delivery, so if you would like to collect some then please get in touch.

We are unable to send them home with children.

COVID-19 remains an ever-evolving issue, but we will ensure that we promptly communicate with families if there are further developments or measures put in place.

120 YEAR ANNIVERSARY

This term, we are celebrating 120 years of Woodanilling Primary School!

Please mark Friday, September 16 in your calendar, and the calendars of all your friends and family.

The committee and the school are hard at work to ensure that it will be a wonderful day, celebrating the long and rich history of a very special place.

Please keep an eye on the school newsletter and Facebook page in the coming weeks for more information.

SPORTING SCHOOLS

Recently, the students have been learning how to play golf, with thanks to Megan Henry and the Sporting Schools program.

It has been fantastic to see the students discover that they are indeed very handy golfers! Myself, not so much.

TERM 3 HIGHLIGHTS COMING UP

In addition to our golf coaching, this term we are also looking forward to National Science Week, Book Week, the athletics carnival at Broomehill Primary School, and an incursion with Musica Viva.

I have no doubt that more valuable experiences will evolve over the term, and we feel very fortunate to be presented with so many great opportunities for the students.

Kelly Hogg Principal

Important Dates

Term 3 2022Monday 18th July – Friday 23rd September

School Development Day Friday 19th August

Sports Carnival
Friday 2nd September at Broomehill

120 Year Anniversay of Woodanilling PSFriday 16th September

School News

VOLUNTARY CONTRIBUTIONS

As you would be aware, government schools do not have school fees. What we have instead is a system called Voluntary School Contributions.

At Woodanilling PS, this is set to \$45.00 a year for each student.

We use these funds to supplement a range of resources and consumables for students such as: cooking and science ingredients, art and craft materials and teaching aids to support learning across the curriculum.

To pay your contribution, you can either pay online via direct debit to:

Account Name: Woodanilling Primary School

BSB: 066 040

Account Number: 1990 0217

If paying via direct debit, please include the child's family name in the description. If you would like to pay via cash or cheque, please come to the front office where Tracey will be able to assist you.

Thank you for your support.

P & C News

NEXT MEETING

Monday 8th August, 4:00pm in the School Library. Please come along, our meetings include uniform, Principal and staff updates, finances, fundraising activities and any General Business. Call me on 0476 601 399 anytime for P&C business.

Danielle Perrie **P&C** President

CBH REGISTERED CHARITY



Woodanilling PS P&C is now a CBH CBHGROUP registered charity. This means, when farmers are processing their grain on

LoadNet, they are now able to nominate the P&C via our Grower Number: 40550436 to receive a grain donation. If you are unsure or require any assistance, please call the Grower Service Centre on 1800 199 083. Please spread the word!

CONTAINERS FOR CHANGE

The P&C is now registered for the Containers for Change program. Containers for Change is a recycling program which rewards the collection of eligible containers with a refund of 10c per item. Items can be collected and delivered to a refund point in Katanning or Wagin, at which you can nominate the P&C as your donation recipient using our Scheme ID: C10326397

Chaplain's Chat

Chappy's Chat......Forgiveness

This is a powerful piece of art work from Burning

It is two adults who have had a disagreement and have turned away from each other in pain and stubborness. Yet the inner child in both of them is longing for connection and restoration.

It is easy to blame the other person and think they need to make the first move, be the one to turn around, apologise or change.

But when both parties think like that true reconciliation, growth and healing don't happen.

Often resentment, score keeping and retaliation fester beneath the surface and will always (at some stage) erupt and be exposed.

It is the strongest person who is the one that seeks reconciliation. It means swallowing pride, being vulnerable and being willing to give and receive forgiveness.

Often children need guidance in doing this, but when we practice it in our daily lives they will also see and begin to copy the healing power of forgiveness. May you all have a wonderful week.



Blessings to all, Chappy

School Council

Your Woodanilling Primary School Council currently consists of 8 members who represent the Parents. Staff and P&C. All members are available should you have any concerns, questions or ideas about Woodanilling PS.

Our next meeting is scheduled for Wednesday 10th August, at 4:00pm.

Feel free to contact me at any time on bindimurray@gmail.com. We are here for you, your children and our community.

Bindi Murray **School Council Chair**

School Nurse

Dental health - Keep your child's teeth healthy

Teeth are important possessions. Here are some tips for keeping them healthy.

- Clean teeth, gums and tongue at least twice a day with a soft toothbrush. Parents should supervise tooth brushing until children are 8 or 9 years old as children do not have the dexterity to brush the molars properly until then.
- Adults and children should use a pea-sized amount of fluoride toothpaste. Toothpaste should be spat out
 after brushing and never eaten or swallowed. Do not rinse your mouth out with water after brushing your
 teeth.
- Rinse your toothbrush thoroughly after brushing and store it hygienically. Replace your toothbrush regularly.
- Older children and adults should floss their teeth daily.
- Eating and drinking healthily is important for keeping your teeth healthy try to keep away from too much sugar, especially between meals.

For more dental health information, go to http://www.dental.wa.gov.au/
The School Dental Service provides free general dental care to school children throughout Western Australia, from pre-primary through to Year 11 (or 17th birthday). Contact your closest School Dental Therapy Centre or Dental Health Services on 9313 0555 for further information. If you require Interpreter Services, please refer to the Dental Health Services Interpreter Service information.

Classroom Update

Welcome back to term 2. This term we get to learn how to play golf as well as practice our skills for the upcoming athletics carnival.

We are also enjoying playing vets and caring for sick animals in our home corner.

We are learning about the colour wheel in art. How to mix colours together to make new ones, how to gently blend colours together when we are using chalk pastels. We will be exploring a range of textures and colours to create amazing scenes with ocean animals.

In Kindergarten to Year 1 we are learning the structure of a sentence, what it starts and ends with, finger spaces and to make sure it makes sense.

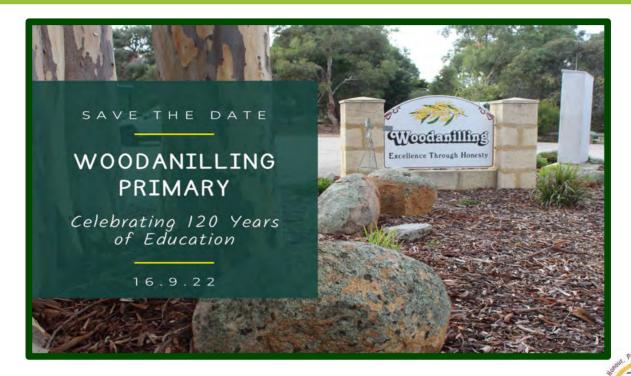
In years 2-3 we are learning what a fragment and a predicate is and how to improve our writing of sentences.

In maths we continue to use manipulatives and games to learn new concepts.

Look out for pictures of our class engaged in learning appearing on seesaw.



Community Notices



STEPPING STONES TRIPLE P FOR PARENTS OF A CHILD WITH A DISABILITY. IS THIS YOU?

You have a child with disability, and life seems incredibly tough. Your child may seem unwilling or unable to follow instructions or master new skills. Perhaps they have terrible tantrums or emotional meltdowns. Maybe they can't make friends or play with their siblings.

As for you, stress is a constant. Holding down a job may be too difficult. You may feel isolated from your friends, your community - perhaps even from your partner or your other children. You possibly feel guilty and don't know how to tackle your child's problem behaviour. If the pressure of raising a child with a special need is straining your family life, Stepping Stones Triple P may help.

WHAT IS STEPPING STONES TRIPLE P?

Stepping Stones is based on Triple P's positive parenting strategies. It helps you manage problem behaviour and developmental issues common in children with disability.

It also helps to encourage behaviour you like, cope with stress, develop a close relationship with your child and teach your child new skills.

There are three seminars in the series (The seminars are standalone sessions, so you don't need to attend all three)

- 1. Positive Parenting for Children with a Disability
- 2. Helping your Child Reach their Potential
- 3. Changing Problem Behaviour into Positive Behaviour.

Seminar 1 Positive Parenting for Children with a Disability

Date: Friday 22 July, Friday 29th July and Friday 5th August

Venue: Braeside Primary School Time: 9.00am to 11.00am Creche can be provided if you let us know at the time of booking.



If you would like to attend, please contact Nerida Campbell at Braeside Primary School on 9821 3500





Equipment supplied. For further information please contact Steph at The Katanning Leisure Centre on 9821 4399 or stephanie.green@katanning.wa.gov.au



SHIRE OF KATANNING

MIXED SOCIAL VOLLEY BALL

ENTRY FEES

Child \$4.50 Adult \$5.60 Senior \$3.40 Spectator \$2.00

TEAM NOMINATION DEADLINE: 25 JULY 2022 AT 5:00 PM

8 players per team
Registration Fee: \$25.00 per team
Game starts at 6:00 & 7:00
Commencing 1 August 2022
Concluding 19 September 2022
Uniform Requirements: Matching
coloured tops
Toregister contact Steph on
98214399 or email
stephanie.green@katanning.wa.gov.au





KATANNING LEISURE CENTRE

Group Fitness Timetable - Term 3

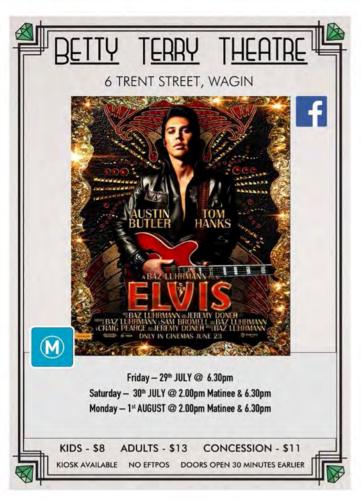
25 July 2022

TIME	MON	TUE	WED	THU	FRI	
9.30AM		LADIES CIRCUIT 60 mins (Creche Available)		LADIES CIRCUIT 60 mins (Creche Available)		
1.30PM		SENIORS GYM		SENIORS GYM		
6.00PM	HIIT STEP 30 mins	6.15pm - 6.45pm METAPWR 30 mins	CARDIO BOX 45 mins			
CLASS	DURATION	DESCRIPTION				
HIIT STEP	30 mins	An innovative 30 minute HIIT exercise class using only body and a STEP to improve your power, speed, coordination, ag and endurance.				
LADIES CIRCUIT	60 mins	Based in the gym utilizing weight machines, body eight exerci free weights, cardio machines. This class is a great way to bec familiar with machines in a group setting with a motivating instructor.			to become	
METAPWR 30 mins		MetaPWR is a resistance workout combining bodyweight and weight compound exercises with little rest to maximise calorie burn and increase metabolic rate during and after the workout.				
SENIORS GYM OVER 55'S A gym-based workout with a fitness leader to help you strength and stamina. Personalised programs and group to keep you motivated and fit!						
CARDIO BO	X 45 mins	Combination of boxing and cardio stations to smash your goals, release built up tension, all while building self-cont and lowering overall stress levels. This workout is low im joints but high intensity.		nfidence		
A. Carrie		joints but nigh inte		ambars - Fras	_	



Non-Members - \$11.50/hr class OR \$6.00/half hour class.

Health & Fitness Class Tickets Available Express Fitness Class Tickets Available Bookings are essential for all classes. To book call us on 9821 4399, Please note NO entry to classes 5 minutes after they have commenced.







ATHLETICS WEST



WOODANILLING CWA



I hope you are all keeping warm and well this winter - The CWA celebrates its 100th birthday this year and it would be wonderful to catch up with past and present members to share some memories. We would love to hear from any past members, office bearers, anyone with ideas to celebrate 100 years of CWA. Watch this space for news of the when and where. The next time you drive past our cottage and you notice the doors open do drop in and say hello. We will be open for book borrowing, tea or coffee, recipe swap and of course a chat. Kids are welcome too - there will be kids books and some toys. We're beginning on a Wednesday afternoon for a few hours so see you next Wednesday!

next meeting will be Monday 15th August at 10.00 a.m. All welcome.

Woodanilling CWA is a proud and active women's organization working to improve the welfare and wellbeing of people.

CWA is open for women of all ages and provides friendship, fun, support, community service and personal development.

We would love more of the local young women of Woodanilling to join us, you are the future.

Please contact **Pauline on 0439 922 311** or **Barb on 0417 180 361** for more information on how to join.



The Woodanilling Men Shed



We are always on the lookout for new members. Yearly membership is only \$40.00 It is used mostly to cover our insurance premiums to ensure we are all covered for any unforeseen circumstances. We are open and welcome new members Tuesday and Wednesday mornings from about 8.30am till noon, although finish time is flexible according to the weather and how we are feeling. We would like to thank again Woodanilling Sport and Recreation Association and CBH for their recent kind grants hat have enabled us to purchase much needed equipment and fittings..

You can contact us at the Shed or by phone

President: Brian Paddon 0407 338 7010

Vice President: Steve Fitzpatrick 0410 393 296

Secretary: Rod Marshall 0437 014 941 (leave a message)



U.G.S.H.A WOMENS B GRADE

TEAMS	WINS	DRAWS	LOSSES	POINTS
1. Williams	10	1	0	31
2. Warriors	5	3	2	18
3. Wagin	5	3	3	18
4. Woodanilling	5	3	3	18
5. Brookton	4	3	4	15
6. All Blacks	3	3	5	12
7. Pingelly	1	3	6	6
8. Robins	0	1	10	1

U.G.S.H.A J 11

TEAMS	WINS	DRAWS	LOSSES	POINTS
1. Brookton	8	2	0	26
2. Stingrays	7	1	2	22
3. Williams	6	1	2	19
4. Dingoes	5	1	4	16
5. Devils	3	3	4	12
6. Woodanilling	3	2	4	11
7. Bulldogs	3	1	5	10
8. Lakers	2	1	6	7
10. Wickepin	0	0	10	0

We cater for all different age groups and abilities with four different junior teams as well as Women's B grade and Men's B grade.

Junior Competitions include: J7 - School years 2 and 3 J11 - School years 4, 5, 6 Middle School - Years 7, 8, 9 Upper School - Years 10, 11, 12

U.G.S.H.A MENS B GRADE

TEAMS	WINS	DRAWS	LOSSES	POINTS
1. Warriors	10	1	2	31
2. Woodanilling	10	0	3	30
3. Dumbleyung	9	0	5	27
4. Williams	9	0	4	27
5. Pingelly	8	1	4	25
6. Wagin	6	0	6	18
7. Olympics	2	1	10	7
8. Riffs	1	2	11	5
9. All Blacks	1	1	11	4

U.G.S.H.A UPPER SCHOOL

TEAMS	WINS	DRAWS	LOSSES	POINTS
1. Ag Rangers	6	1	3	19
2. Eagles	5	3	3	18
3. Woodanilling	4	1	4	13
4. Collegians	3	2	5	11
5. Vultures	3	1	6	10

U.G.S.H.A MIDDLE SCHOOL

TEAMS	WINS	DRAWS	LOSSES	POINTS
1. Pumas	9	1	1	28
2. Woodanilling	5	2	3	17
3. Cougars	5	1	4	16
4. Lions	3	2	5	11
5. Tigers	1	0	10	3

as at 09/08/2022



Junior training is every Monday at 3:30pm at the Woodanilling Oval and the Senior training is every Tuesday at 6:30pm also at the Woodanilling Oval.

If you would like any more information, or if you or your child are interested in playing in any of these teams, then please feel free to contact

Junior to contact - Penny Shackley on 0428 228 065 Adult to contact - Rick Wise on 0458 231 534

WOODANILLING PLAY GROUP

Playgroup meetings are held every Thursday at the Woodanilling Pavilion 9:30am. We currently have a Facebook messenger group for existing members to stay connected and a WHATS App Group. If you would like to enquire or join please contact Kahlia 0439 754 391 or Brooke 0437 313 060.

Alternatively visit the public Facebook page called Woodanilling Playgroup.

WOODANILLING COMMUNITY CHURCH

For the people who would love to come to church, but love their Sunday morning sleep in. We are now having a church service at 3pm on the 3rd Sunday of every month.

Come and give praise to God and feel the holy spirit uplift your soul and take way your fears. There is magic happening in this church. We invite you to come and be apart of it.

More info contact- Marion Taylor 0422 447 857

SHORT MAT BOWLS

Carpet Bowls has had a topsy turvy term with irregular attendance due to various reasons BUT that has not stopped the stalwarts enjoying themselves - becoming more of a social gathering than serious bowls! Couldn't be serious anyway - my bowling is tragic if inconsistent!!! So anyone can join - 2.00 p.m. on Monday afternoons at the Recreation Centre. We stay for a cuppa and a chat!! - **Pauline Edgcumbe**

Come and give it a go!!

Games will start at 2.00pm

Cost is \$3.00 per head which includes tea and biscuits!

Games are played over 9 weeks followed by the finals.

You will be made most welcome

For more detail please contact -

ROD MARSHALL ON 0437014941



SUPPORT OUR LOCAL WOODANILLING BUSINESS



THE WOODANILLING TAVERN

We will open Monday, Tuesday & Wednesday for group bookings only
Thursday & Friday- 4pm to late
Saturday & Sunday- 12pm to late
Remember to always book due to restrictions- 9823 1508 or 0427 479 423.

WHEN YOU ARE SUPPORTING A SMALL BUSINESS YOU ARE SUPPORTING A DREAM

THE WOODANILLING GENERAL STORE

Monday, Tuesday, Thursday & Friday 7.30am to 3pm Wednesday 7.30am to 12.00pm

JUSTICE OF THE PEACE

Did you know that we have 4 JP's in Woodanilling? Well we have and they are:

Ray Baxter - 9823 1546 Russel Thomson- 0419 950 217 Peter Bartholomeusz- 0447 771 511 Stephen Jefferies- 9823 1508





KATANNING LEISURE CENTRE

Timetable - Term 3

LADIES CIRCUIT

60 mins (Creche Available)

SENIORS GYM

METAPWR

and endurance.

DURATION DESCRIPTION

CARDIO

BOX

An innovative 30 minute HIIT exercise class using only bodyweight

and a STEP to improve your power, speed, coordination, agility

Group Fitness

HIIT STEP

30 mins

TIME

9.30AN

1.30PM

6.00PM

HIT STEP

CLASS

25 July

LADIES CIRCUIT

60 mins (Creche Available)

SENIORS GYM

2022







BOOT SCOOTIN' FOOD VANS

Mucky Duck Bush Band

















FREE EVENT FOR AGES 11 -17 YEARS

DINNER PROVIDED



YOUTH POOL WILL **RETURN AFTER** SCHOOL HOLIDAYS Friday-22nd July Friday-29th July Friday-5th August Friday-12th August

Katanning & Districts

CORNER OF ANNIE STREET AND AMHERST STREET KATANNING

JOIN COEY AND THE TEAM FROM KATANNING AND DISTRICT POOL ASSOCIATION FOR A GAME.

> ALL SKILL LEVELS WELCOME FOR MORE INFO CALL KATANNING HUB CRC 0477 493 141















Katanning Leisure Centre 6pm - 7.30pm

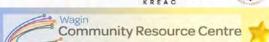


12 August 26 August



For more information contact Steph at The Katanning **Leisure Centre on** 9821 4399





Science week **Rocket Launch**

Join us here at the Wagin CRC to view the LIVE show online while we build and launch rockets

- · Forces & Flight LIVE Show
- Rocket Building Workshop
- REAL Scientists demonstrating REAL **Rocket Science**

Friday August 12th At the Wagin CRC 3:30-5:30pm **Gold Coin Donation**

> **Bookings** essential admin@wagincrc.net.au 98611644



ALL AGES SOCIAL

KATANNING LEISURE CENTRE **FRIDAY EVENINGS** 6:00PM - 7:00PM **5 AUGUST 19 AUGUST** 2 SEPTEMBER **16 SEPTEMBER**



PRICES:

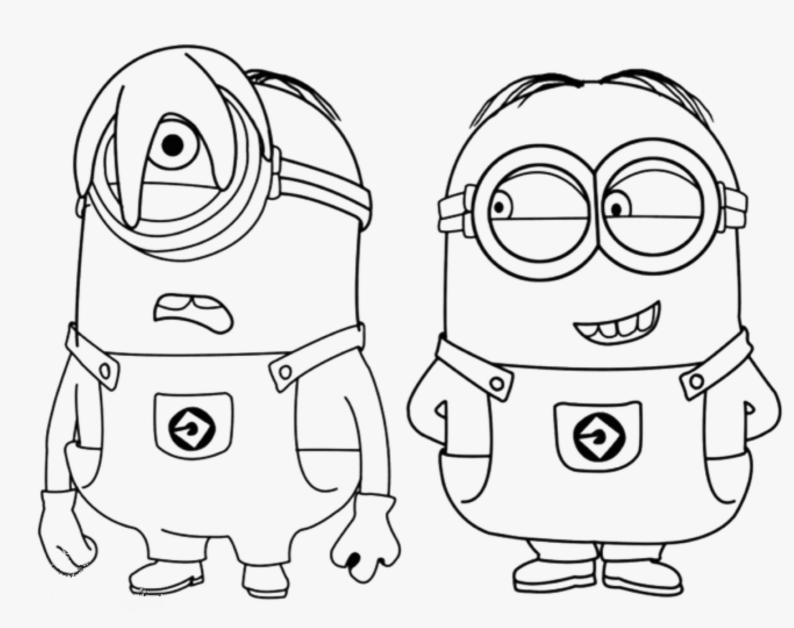
Child \$4.50 Adult \$5.60 Senior \$3.40 Spectator \$2.00



Equipment supplied. For further information please contact Steph at The Katanning Leisure Centre on 9821 4399 or stephanie.green@katanning.wa.gov.au







INGREDIENTS

150g sliced pepperoni
1 tbsp extra virgin olive oil
1 red onion, halved, thinly sliced
200g small button mushrooms, halved
1 green capsicum, finely chopped
1 tbsp pizza sauce
11/2 cups tomato passata
410g can crushed tomato
2 cups Chicken Style Liquid Stock
200g small pasta shells
2 tbsp finely chopped fresh oregano
11/2 cups grated pizza cheese





Step 1

Reserve 10 pepperoni slices. Cut the remaining pepperoni slices in half.

Step 2

Heat oil in a large deep frying pan over high heat. Add onion, mushroom, capsicum and halved pepperoni. Cook, stirring occasionally, for 5 to 7 minutes or until vegetables start to brown. Add pizza sauce. Stir to combine. Add passata, crushed tomato and stock. Bring to a simmer. Stir in pasta and oregano. Season with salt and pepper. Cover. Reduce heat to medium-low. Cook, stirring every 5 minutes, for 15 minutes or until pasta is almost tender. Uncover. Cook for a further 4 to 5 minutes or until mixture thickens and pasta is tender.

Step 3

Preheat grill on high. Level top of pasta mixture. Sprinkle with pizza cheese. Top with reserved pepperoni. Grill for 2 to 3 minutes or until cheese is golden. Sprinkle with extra oregano. Serve.



GLUTEN FREE APPLE AND RUHBARB CRUMBLE

Step 1

Preheat oven to 180C/160C fan forced. Place the apple, rhubarb, sugar and lemon juice in a saucepan over low heat. Cook, stirring occasionally, for 2 minutes or until sugar dissolves. Cover and cook, stirring occasionally, for 8 minutes or until apple is starting to soften. Transfer to a 1L (4 cup) baking dish. Set aside to cool for 5 minutes.

Step 2

Meanwhile, for the crumble mixture, combine the coconut sugar, almond meal, shredded coconut, rice flour, buckwheat flour and mixed spice in a small bowl. Add the coconut oil and use your fingertips to rub into the coconut mixture until mixture resembles coarse breadcrumbs. Stir in the flaked almonds. Sprinkle crumble over the apple mixture. Bake for 20–25 minutes or until golden.

Step 3

Cool for 10 minutes. Top with a dollop of yoghurt and drizzle with honey.

INGREDIENTS

2 large (about 400g) Granny Smith apples, peeled, cut into 2cm pieces 200g rhubarb, coarsely chopped 1 tbsp coconut sugar 1 tbsp lemon juice No-fat Greek yoghurt, to serve Honey, to serve

Crumble mixture

2 tbsp coconut sugar
2 tbsp almond meal
2 tbsp shredded coconut
1 tbsp brown rice flour
1 tbsp buckwheat flour
1/2 tsp mixed spice
5 tsp solid coconut oil
2 tbsp flaked almonds





AUGUST BIRTHDAYS

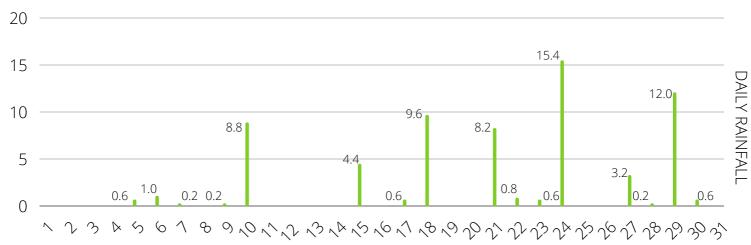
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4th Jilly Crossley	12th Amanda Mader	20th Sandy Shackley
5th Tom Patterson	15th Braden Crosby	22nd Peter Morrell
9th Derek Hughes	17th Alethea Ball	24th Damien Shackley
10th Michael Midgley	17th Shane Wilhelm	28th Marlene Shackley
11th Mick Doak	18th Marueen Haven	29th Harrison Wilcox
12th Louise Hook	20th Betty Cooper	

EVENT CALENDAR

23rd August	Ordinary Council Meeting

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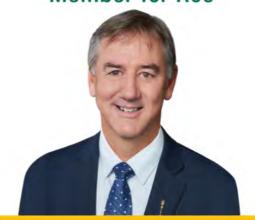
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WONGI CONTRIBUTORS

All contributions are to be sent to the new Wongi email or to the volunteers listed below; or may be left at the Woodanilling Store in a box provided or handed into the Shire office. Any queries, comments or complaints are to be directed to the Wongi Volunteer.



Ciara Whitmore 3316 Robinson Rd WOODANILLING WA 6316

Phone: 9823 1506

NEW IDEAS ENCOURAGED!!

We would love to see new suggestions and ideas for the Wongi.

By chance do you know someone with upcoming births, marriages, milestones, new locals to have their birthdays added or ad put into the Wongi. Any comments in passing, interesting activities happening in Woody?

Email- woody.wongi2020@gmail.com with your comments, suggestions and updates

NEXT WONGI - 9th September 2022 Deadline for Articles - 29th August 2022

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