



LOCALLY SPEAKING

LOWER KING & BAYONET HEAD PROGRESS ASSOCIATION
NEWSLETTER: MARCH 2017

LAST MEETING HIGHLIGHTS

- Guest speaker Iris Thomas from consumer affairs gave a most informative talk, her department is a great resource for advice on many consumer concerns including scams.
- Councilors report covering many matters of interest to local residents.
- Local concerns and questions covered.

NEXT MEETING:

MONDAY 20th March 2017 Gomm Park Hall. Lower Kind. Guest Speaker 6.30. General 7.00 pm

ARE YOU MISSING OUT? We have excellent guest speakers programmed at each meeting, and best of all the service is free.

GUEST SPEAKER FOR MARCH:

Is **Peter Ghal of Terry White chemist, Bayonet Head**, who will speak on Arthritis and pain relief.

- Pain management and efficient use of pain relievers.
- The role of supplements such as fish oil and how they can be used with other medications.
- Peter is happy to answer your questions on these or other health related questions in his role as a chemist.

ALL WELCOME TO THIS PRESENTATION

WERE YOU AWARE?

- In 2015 Bayonet Head was the second worst suburb for burglaries latest stats show an amazing reduction of 76% in these crimes.
Reasons, any ideas? Let us know at our meeting.
- Woolworths BH now have a red bin to recycle plastic bags They also have a click and collect service where you can buy online and collect at front desk, a great time saver, and a delivery service to our area for online shoppers, for a small fee – particularly useful if you have problems getting out to the shops yourself.
- The Senior Citizens Centre is seeking 2-3 community minded people, young or old, to join their management committee, with a commitment of 3-4 hours a month. The centre is an imperative service for the elderly in our city, providing many services, including 'Meals on Wheels', and we don't want to lose it. If you can help please **contact Taryn on 98412168**

ALBANY 30-YEAR STRATEGIC PLAN:

- The Albany community will be able to have a say in the future of its city by joining the City of Albany in reviewing the Community Strategic Plan. The Plan will assist the City to plan ahead to 2030, and we are all invited to assist in the review. For more information, see: <https://www.youtube.com/watch?v=IFJVqiOJUHQ&feature=youtu.be> and then...
- Have your say about your cities future through City of Albany Community Strategic Plan at <https://www.surveymonkey.com/r/AlbanyHaveYourSay>

LIBRARY:

Big changes at the library, with work on the new 'Tourism and Information Hub' due to start shortly. This is going onto the York Street end of the existing library building. Upstairs meeting rooms will be unavailable until further notice, and much re-arranging has to be done to allow for the reduced library area. Information sessions are being held in the second week of March, please ring the library on **6820 3600** for details.

COMMUNITY FUNDING

Does your organisation have a project or event you are seeking support for?

The City of Albany is now accepting applications for Community Funding for activities and events taking place from 1st July 2017 to 30th June 2018.

Grants from \$1,000 to \$5,000 are available to eligible organisations. For more information, including Guidelines and Application Form, please see the City of Albany website:

<http://albany.wa.gov.au/residents/community/community-funding-sponsorship>

Applications close 4pm on 31 March 2017.

LOCAL BUSINESS PROFILE:

ROCHELLES POP-UP COFFEE SHOP, BAYONET HEAD SHOPPING CENTRE

Rochelle opened in January. Besides coffee and cakes, she offers alternative teas and coffees, and gluten-free cakes. She bakes her cakes and cookies locally, and uses local coffee beans. Rochelle is also starting a coffee van, "Beck and call", which will operate from the Collie Street farmers markets on Saturdays. Rochelle has 18 years experience in her trade and has taught Barista courses at TAFE.

BE SURE TO COME AND MEET ROCHELLE, AND TAKE A BREAK AT HER SHOP.



MEMBERSHIP SUBSCRIPTION FORM

Name _____ Single \$10 () Family \$15 ()

Address _____

Ph _____ email _____ Signed _____

Post to: Lower King & Bayonet Head P/A c/o Post Office Lower King. Please make cheques payable to the LK&BHPA.

To pay online: **BSB 633 108 A/c 1303 60837** or website: **www.lowerkingbayonethead.weebly.com**

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