



LOCALLY SPEAKING

LOWER KING & BAYONET HEAD PROGRESS ASSOCIATION
NEWSLETTER: AUGUST 2019

<https://lowerkingbayonethead.weebly.com/>

<https://www.facebook.com/LKBHPA/>

LAST MEETING HIGHLIGHTS:

We held our first swap meet on Saturday 13th of July which turned out to be a very successful event with all available items successfully swapped and with good support from local people as well as some of the Denmark group that also attended this initial event. The attendees indicated they would like to see this event held regularly and this concept was taken up by your Committee.

NEXT MEETING:

Our next community sponsored event will be on 7 September at Gomm Park Hall. This will be a Swap Meet, starting at 2 PM – see flier attached.

SWAP MEET - Saturday 7th September , Gomm Park Hall commencing 2 PM.

This is a new initiative by the Association to sponsor a community event, using the Hall as a hub for community activities. The **Swap Meet** idea is for people to bring something to swap, e.g. fruit, vegetables, plants, cuttings, preserves, books, magazines, or any other item that is likely to be an attractive swap. This is a swap only, no buying or selling.

The simple rules are: to participate, you need to bring something to swap, and a gold coin donation.

Everything will be set out on tables for inspection at 2pm, and at 2:30 PM swap commences.

You can walk around before 2.30, and look at what's on offer and decide what you would like to swap for. Anything that you bring that is not swapped must be taken home by the person who brought it.

This idea is patterned after the very successful and well attended regular swap meets at Denmark.

The other benefit is that people can socialise and get to meet one another, as well as being a means of communication with your Association.



For our 2nd swap meet we are asking for a gold coin donation for participants as your Association does not make any funds from holding these events but we need to hire the Gomm Park Hall on each occasion, the idea of the gold coin donation is just to offset the cost of the Hall hire.

Additional future swap meetings will be held for the balance of this year on the following dates

Saturday 5th of October, Saturday 2nd of November, and Saturday 7th December.

MEMBER SURVEY: results of the survey mailed out earlier in the year resulted in low numbers for all the suggested events however we have had some input from the OUTLOOK complex in Elizabeth Street through our committee member Simon Bairstow who is the manager at that facility. Many of the requested activities by individuals who returned the survey are held at THE OUTLOOK, Simon has raised the possibility of our members who are interested in the particular activity also being able to participate. We will notify interested members of events that are being held at the outlook when we are informed.

Long live you program

The City Of Albany together with Denmark and Mount Barker has initiated a tremendous program for seniors aged 60 or over. In Albany they have thrown open the entire facilities of the aquatics and leisure centre for all residents over 60, all at no cost. This means free use of their gym, with supervision if required, as well as many other activities including the pool and specialised classes: two examples are Fit Ball and Zumba.

Anyone who is not aware of this great initiative just needs to register at ALAC and you will be given a tag that you can use as often as you like, the program runs all of August till the end of September and then a further discounted offer will be made to those who wish to continue with some or all of the activities at the centre. This is a great initiative by the council to help senior citizens to exercise have fun and meet new people, to give some idea of the value a full year's membership with access to all the facilities at a current discounted pension rate is valued at \$750 per year.



Zumba class at ALAC

FOGO: the Albany Ratepayers & Residents Association is sponsoring an information evening at the CWA Hall, Serpentine Road, on Monday 2nd of September at 7:30 PM. This is to explain the new waste disposal system that will be introduced in 2020. Representatives from the city of Albany and Cleanaway will be in attendance to explain the new system and to answer questions.

Please see <https://www.facebook.com/groups/AlbanyRatepayers/>

LKBHPA FACEBOOK PAGE:

The Association has our own Facebook page, so we can all post relevant and interesting local information as it happens. All details of meeting dates etc are here, and a link to the LKBHPA website. Search for [Lower King & Bayonet Head Progress Association](#) on Facebook, @LKBHPA, and be sure that you 'Like Page' to keep yourself informed, and 'Share' the page with your local contacts.

NEWSLETTER DISTRIBUTION: a reminder that we are striving to increase our circulation of this newsletter **by e-mail**. Please e-mail us at LKBHPA@yahoo.com to be added to our e-mail distribution list.

Lower King & Bayonet Head Progress Association Member survey 2019

As part of the change of focus to local community events to promote local facilities and provide an opportunity for community members to get together, please complete the survey and return to:

Lower King & Bayonet Head Progress Association
C/o Post Office
Lower King 6330

Or email to LKBHPA@yahoo.com

I would be interested in participating in this activity (please tick) ✓

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Art group, eg. Painting and drawing |
| <input type="checkbox"/> | Craft group |
| <input type="checkbox"/> | Music, eg. Folk music performances, singing group |
| <input type="checkbox"/> | Social bring and share meals |
| <input type="checkbox"/> | Swap meets, swap only - no cash sales. Produce, books, etc. |
| <input type="checkbox"/> | Quiz nights - charity fund raisers |
| <input type="checkbox"/> | Fitness classes, yoga |
| <input type="checkbox"/> | Board games, cards |
| <input type="checkbox"/> | Other |

REMINDER: ANNUAL MEMBERSHIP RENEWALS ARE NOW DUE

Membership runs to the end of June each year, so please contact Richard if you need to renew.

MEMBERSHIP SUBSCRIPTION FORM

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

Address _____

email _____ Ph _____

Signed _____

Drop off or post to: Lower King & Bayonet Head P/A, c/o Post Office, Lower King
(cheques made payable to the LK&BHPA please).

To pay online: BSB 633 108 A/c 1303 60837 (use your Surname as reference, and new members should also complete a membership form with your contact details please)

or through website/pay online: www.lowerkingbayonethead.weebly.com

COMMUNITY SWAP MEET!

Gomm Park - Saturday 7th September

Lower King & Bayonet Head Progress Association are sponsoring a new Community Event.

WHAT.....? a COMMUNITY SWAP MEET:

patterned after the Denmark Garden Group's very popular and successful Produce Exchange.
Fruit, veggies, plants, cuttings, preserves, books, bric-a-brac... bring whatever you have in excess.

WHEN AND WHERE.....?

Saturday 7th SEPTEMBER, 2pm – and then:

Saturday 5th OCTOBER, 2pm

Saturday 2nd NOVEMBER, 2pm

Saturday 7th DECEMBER, 2pm

Gomm Park Hall, Lower King (Croquet Club entrance, opposite LK Store)

2pm: SWAP MEET STARTS

arrival and setting out of your items begins at 2pm, giving you half an hour to catch up with friends and to inspect the other offerings available to be swapped.

2:30pm: SWAP BEGINS...

HOW DOES IT WORK?

There are just two simple rules:

1/ TO PARTICIPATE, YOU NEED TO BRING SOMETHING TO SWAP.

There is no buying or selling - only straight swapping.

You bring something to swap, and then pick something you want to swap your items for.

2/ SURPLUS ITEMS left after the swap **MUST** be taken home by the person bringing that item.

- The Swap Meet is a great opportunity to meet local people, to socialise, and to make suggestions for further Community activities to your LKBHPA Committee.

For further information, please ring Richard: 0428 411 688