

LAKE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
School Place

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24th May 2018

\$1.20 inc GST

Vol 24 Issue 10

Big Freeze = Big Returns

Tor & Brenden Desmond. Photos Suzanne Reeves.



Volunteering to go down the slide for a good cause were...

Back Row: Umpire Billy Smallwood, Justin Carruthers, LGP Football Club President John O'Neill, Boxwood Hill Football Club President Daniel Smart, Michael Swarbrick, Alistair Hunt, Brett Crabtree, Allan Marshall, Alex Duckworth, Ian Lloyd and Rob Wright.

Front Row: Darcy Townsend, Rohan Vaux, Lauren Duckworth, Karissa Pelham, Beau Vaux.

Missing from main photo: Harry Creigh

What an unbelievably successful and wonderful day the Big Freeze for Fight MND in Lake Grace was! The tally is still rising but we know we have raised over \$55,000! The thought of trying to match last years \$45,000 from the Boxwood Hills Big Freeze was unimaginable, now we have surpassed this it is just incredible! We can't thank all the people involved enough!

The weather was lovely on Saturday enticing even more people out to watch winter sports. It was right after the League football game that things really got rolling for the Big Freeze for Fight MND with the icy cold slide! With 17 people all dressed up ready to get wet we got started, from Bananas to our very own Kachie! At this point we had nearly \$15,000 in our everyday hero account.

After the slide we went inside for the raffle draw and dinner, and we can't thank



Commentator for the Big Freeze Daniel Hanning with Harry Creigh.

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Insert (d/s)	\$33.00	\$33.00	\$44.00
Thank You's	FREE	FREE	FREE
Editorial	FREE	FREE	FREE
Colour	\$165.00	\$165.00	\$200.00

Conditions do apply.

CRC Opening Hours

9:00am - 5pm

Closed from midday to
1pm for lunch when short staffed.

Deadlines & Editions

All articles, news & advertisements are to be submitted to the Lake Grace Community Resource Centre by 3pm on Monday of paper week.

Next Deadline

Friday 1st June

Next Edition

Thursday 7th June



To the **very** dedicated team who volunteered their time to this edition of the Lakes Link News.

Elsie Bishop

Dick Phillips

Gwen Oliver

Thank you also to our many contributors of articles.

DISCLAIMER

- 1) No liability shall be incurred by the Lakes Link News by reason of any amendments to, or error or inaccuracy in, or the partial or total omission of an advertisement or by reason of delay or default or from any other cause whatsoever. If in the opinion of Lakes Link News the error clearly reduces the value of the advertisement and the advertiser notifies it to Lakes Link News within seven days of the publication date, then one correct insertion will be made without charge.
- 2) While the Lakes Link News aims to publish all material submitted, Lakes Link News reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.
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- 4) Lakes Link News reserves the right to shorten or otherwise amend any contribution other than advertisements.
- 5) The opinions, views and beliefs expressed in articles and other submissions to the Lakes Link News do not necessarily reflect the opinions, views or beliefs of the CRC staff or Committee.

310 copies printed and sold each fortnight

Editorial

- We have returned our response to the Department of Primary Industries and Regional Development in relation to the funding cuts that are on the table for CRC's. What are some of our concerns in relation to the cuts?
 - Opportunity for growth has been taken away and future sustainability is in doubt
 - Shaky sustainability will impact future partnership and grant funding opportunities
 - Services that the community has come to rely on will be taken away
 - Division into tiers will divide the network
 - Reduction in opening hours. This in turn brought up other concerns:
 - Staffing. If we can't offer staff suitable hours they will look for other opportunities, these may involve them relocating.
 - Instability amongst clients. Are they open or not?
 - No clear picture on the future of traineeships
 - Loss of community identity and history. CRC produces local newspaper, the only print medium that is recording what is happening within our town.
 - Less funding will equate to less time being spent on community projects
 - Current pricing schedule supports our non profit organisations with reduced rates, this will come under the microscope
- On a positive note what a fantastic effort from everyone who contributed to the **Big Freeze MND Fundraiser**. A massive operation to get everything right for the day; from the slide (there was a whisper that it had to be widened??), through to the catering (let's just whip up 40 lasagnes and 50 salads shall we), the auction, the raffles and the merchandise. A huge effort, this is why regional communities are great!
- If you are **sending advertising in** for the Links can you please make sure it is one up to the right size. If you want a ½ page please don't send in a full page format as we can't really do a lot with it. If you're not sure what you want then send in the text and we can suggest a size that would be right for you in relation to the amount of text and if you have any pictures to include.
- On another note **when emailing the CRC** please make sure you send through to lakegracecrc@westnet.com.au This is a central email that everyone can access and it is checked every day regardless of who is working.
- Dates have now been set for our **mental health and suicide prevention workshops** (see right). We welcome anyone registering now as numbers are limited. Mental health is an important part of community well being and will no doubt become an integral part of occupational health and safety. As an employer it would be advantageous to be

proactive rather than reactive, encourage your employees to attend and take advantage of these free workshops.

- **Crochet** has started and will be running every Friday morning from 10am to midday. We are always looking for donations of yarn (or money to buy yarn), if you have some yarn (or money) just laying around that you're not likely to use we would love to have it. Everyone is welcome to attend.
- We're edging closer to 500 likes on the CRC Facebook page, keep sharing our posts!
- Do you have any great **seeding photos**?? We would love to do a page of pics in the next Lakes Link. If you have any that you would like to share please send through to the CRC.
- We finally have the **Licensing computer** working to full capacity with the Hazard Perception Test (HPT) now available once again in Lake Grace. Sorry about the wait.

Suzanne Reeves

What's Happening at the Lake Grace CRC...

Johnine Barlow - A meditation and emotion empowerment workshop. Looking for EOI, need 8 people for this to go ahead. Thursday 31st May, TBC. \$150 pp.

safeTALK - Newdegate, 19th July; Lake King, 8th August; Lake Grace, 22nd August. Free. For more information please contact as per below.

ASIST - Newdegate, 18th & 19th September. Lake Grace 16th & 17th October. Free. For more information please contact as per below.

Media Workshop - Want to write media releases or articles? This would be the workshop for you. Free for anyone who contributes to the Lakes Link. There will be a small charge for anyone else. Date TBC.

Microsoft Office - One-on-one lessons available. \$15 per hour or \$30 for up to 3 hours (subsidised). Can train in Word, Excel, Publisher and Outlook. Please ring to organise a date and time.

iPad/iPhone/Samsung Phone - One-on-one assistance available. \$15 per hour (subsidised). Please ring to organise a date and time.

If you are interested in any of the above please phone the Lake Grace Community Resource Centre on 9865 1470 or email lakegracecrc@westnet.com.au

What's Happening?

- The CRC has taken delivery of the RAC produced children's book, "My Family, The Elephant & Me." This free book relates to the Elephant in the Wheatbelt sculpture. We have a few copies left so if you would like one, please drop in to the CRC.

Thankyou

To Mrs Elizabeth Carruthers for her tireless efforts in keeping our town litter-free. Mrs Carruthers is often seen out and about with a bag picking up litter as she takes her daily walk.



Happy Birthday



26th May	Bailey McGlinn
28th May	Lee Duckworth
29th May	Anton Kuchling
30th May	Paul Wheeler
	Maddison Wheeler
31st May	Chase Kuchling
1st June	Michael Naisbitt
	Dale Gooch
2nd June	Meagan Zweck
4th June	Rohan Trevenen
7th June	Anke Stoffberg

Anniversaries



29th May Rachel & Ron Pelham

Below: The catering crew from CWA, Margaret Carruthers, Esme Lane, Annie Slarke, Joan Fisher, Mary Nasibitt, Irene McGlinn and Elsie Bishop cooked up a storm for the Mens Shed. See article on page 5



LAKE GRACE COMMUNITY LIBRARY

**ONE 4 ONE
PUZZLE
SWAP**



*Thank
you*



The Sportsman's Club would like to sincerely thank the support from the local businesses, sponsors and the community for our recent Quiz Night. It was a fun night had by all and we thank you for attending.

Men's Shed - Working with Warriors

Arthur Slarke

A gathering of some 20 local Mens Shedders listened intently to Regional Men's Health Officer **Brenden Nicholls**, address the group at the Mens Shed on the morning of May 8th.

Although many of us had heard the men's health and well being story on previous occasions, Brenden's knowledge and fluent delivery provided a clear and fresh tone in his message.

Using the format of booklet No 1 of **Wellbeing Tips**, based on the Wheatbelt Men's Health *FAST TRACK Pit Stop*, Brenden managed to illustrate the importance of looking after the body and mind akin to the care and servicing of a motor vehicle.

Running through a whole range of dot point items, and quoting startling statistics, such as 3 out of 4 suicides are from male members of the population, should have given everyone reason to stop and think.

The reason for this alarming situation is often largely due to the fact, **men tend to hold everything in - be the hero, don't show weakness or emotion.**

Stress can then lead to **distress** and that's when bigger problems develop. Women are less prone to this type of behaviour as they talk more, letting their problems out thus releasing the pressure valve of stress or discontent.

Following the talk, those attending adjourned to the CWA centre where the ladies served a three course meal to 22 appreciative diners.

Acknowledgement must go to Philip Clarke of the Men's Shed and the LG Shire for bringing these important messages to our community from the Rural Health & Well being Project.

Right: Regional Men's Health Officer Brenden Nicholls with Lake Grace Men's Shed President Phil Clarke.

Below: Participants looking forward to a lunch catered for by the Lake Grace CWA ladies.





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New Children's Corner at Sportsman's Club

Claire Pelham

Lake Grace Sportsman's Club would like to welcome and invite its members and families to come and make use of the newly designed 'Kids Corner'. Management and committee have put together an area full of toys, games, puzzles and a DVD player to help you and your family better relax and enjoy your time at your club. If anyone would like to further contribute or donate any items to this area or have any feedback regarding such, please let one of us know.



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Suicide Prevention Training for Lake Grace Area

Suzanne Reeves

A Mental Health Commission grant of \$19,910 that was obtained by the Lake Grace Community Resource Centre will be used to provide free suicide prevention training throughout the Shire of Lake Grace.

The workshops have the potential to deliver training to over 80 participants and will be held in Lake King, Newdegate and Lake Grace from July through to October. Three levels of training will be provided, safeTALK, ASIST and Gatekeeper.

The following is a synopsis of each of these workshops.

safeTALK (15+)

safeTALK is a half-day (3 to 4 hours) training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone aged 15 or older who wants to make a difference can learn the safeTALK steps.

Most people with thoughts of suicide don't want to die—instead, they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life. safeTALK teaches participants to recognize these invitations, engage with the person

with thoughts of suicide, and connect them with resources to help them be safer from suicide. These resources could include health care professionals, first responders, or crisis line workers—among many others who have suicide intervention training.

safeTALK helps participants become alert to suicide. Suicide-alert people are better prepared to connect persons with thoughts of suicide with life-affirming help. Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts may be present,
- Recognize that invitations for help are often overlooked,
- Move beyond the common tendency to miss, dismiss, and avoid suicide,
- Apply the TALK steps: Tell, Ask, Listen, Keep Safe, and
- Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.

SafeTALK workshops will be held in Newdegate (July 19th), Lake King (August 8th) and Lake Grace (August 22nd).

ASIST (Applied Suicide Intervention Skills Training) (16+)

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone. ASIST is a resource for the whole community. It helps people apply suicide first-aid in many settings: with family, friends, co-workers, and teammates, as well as formal caregiving roles. Many organizations have incorporated ASIST into professional development for their employees. Its widespread use in various communities creates a common language to understand suicide safety issues and communicate across different organizational backgrounds.

In the course of the two-day workshop, ASIST participants learn to:

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide

W · I · F · E

WOMEN IN FARMING ENTERPRISES

LAKES

All women in the Lakes district, both Members and Non-Members are invited to attend the next Lakes WIFE meeting:

When: Wednesday 6th of June at 9am

Where: Lake Grace CRC

Topic: Succession Planning

Guest Speaker: Rosemary Bartel, Head of Succession Planning for Rabobank

RSVP essential to:

Claire Gray 0427 015 721

Yvette Downey 0428 993 293

lakeswife@outlook.com

WIFE is a not-for-profit group of like-minded women committed to improving their knowledge, decision-making skills and management of their complex farm businesses.

Suicide Prevention Training for Lake Grace (cont.)

safety plan and the actions required to implement it

- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

ASIST workshops will be held in Newdegate (September 18th & 19th) and Lake Grace (October 16th & 17th).

Gatekeeper Suicide Prevention Training (18+)

Gatekeeper Suicide Prevention is a two-day workshop designed for professionals and para-professionals whose roles bring them into regular contact with people at risk of suicide. This workshop aims to help participants:

- Gain an understanding of the problem of suicide
- Identify suicide risk
- Provide a framework for risk assessment and intervention

- Develop appropriate intervention skills
- Understand the limits to confidentiality
- Understand the importance of consultation
- Gain an understanding of self-harming behaviour
- Gain an understanding of the link between mental disorders and suicidal behaviours
- Understand the importance of postvention (an intervention conducted after suicide which is support for the bereaved)

A Gatekeeper workshop will be held on 27th & 28th September in Lake Grace.

If you would like more information or would like to book into one of these workshops please don't hesitate to call the Lake Grace CRC on 9865 1470.



Lunch @ The Vineyard

Sunday May 27th

Buffet Lunch 12 noon & 1pm

3 Course - \$35.00

Soup

Roast Pork & Ginger Silverside

Roast Potato

Cauli & Broccoli Cheese

Roast honey carrots

Beans 'n' Bacon

Dessert

Bookings essential

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What's Happening at the Pingrup CRC...

Mind-Body Wellness Day: Yoga with Tara Cook and guest speaker from beyondblue – Tuesday 29th May, 9:30am-12:30pm, Nyabing Pavilion.

Photography Workshop with Dan Paris: Sunday 24th June, 11am-3pm, Pingrup CRC.

Agrimaster Workshop with Julie Ramm: Wednesday 27th June, 9:30am – 11:30am, Pingrup CRC.

Grant Writing Workshop with Michelle Slarke: Thursday 28th June, 9am – 12pm, Pingrup CRC.

If you are interested in any of the above please phone the Pingrup Community Resource Centre on 9820 1101

What's Happening at the Newdegate CRC...

MoveSmart - Every Thursday at 9am.

Join us for an hour long Pilates based exercise class. Come along for a cuppa and some morning tea to support this wonderful cause.

Rhyme Time - Wednesday 6th June at 9:30am
Come along for a boogie and sing-along.

Mums & Bubs Walk - 13th June at 10am
A walk around the town followed by a chat with the local Child Health Nurse.

Succession Planning Workshop - Wednesday 20th June

Cuppa with a Coppia - Monday 25th June 10-11am
General drop in session with the Lake Grace Police Dept.

HR/HC & MC Licensing - 13th-17th August

For more information please call 9871 1791

Lake Grace Weather



Date	Min	Max	Rain
9/5	7.5	20.2	
10/5	11.2	19.7	
11/5	10.1	24.5	
12/5	12.7	28.1	
13/5	11.3	25.4	
14/5	12.2	21.9	
15/5	10.2	22.4	
16/5	5.8	23.2	
17/5	5.4	22.5	
18/5	6.7	21.4	
19/5	7.7	20.6	
20/5	4.1	22.4	
21/5	4.4	21.8	
22/5	4.8	23.7	

South of Kalbarri & Kalgoorlie Watering Days

Last digit of your lot or house number	Your 2 scheme watering days are:
1	Wednesday and Saturday
2	Thursday and Sunday
3	Friday and Monday
4	Saturday and Tuesday
5	Sunday and Wednesday
6	Monday and Thursday
7	Tuesday and Friday
8	Wednesday and Saturday
9	Thursday and Sunday
0	Friday and Monday

You may water only once each day either before

Loose Ends Comes to Lake Grace

Cheryl Chappell

The first of two Shows on the Go performances for 2018, 'Loose Ends' was performed Wednesday 9 May to a happy and enthusiastic crowd of 70 youth and 47 adults at the Lake Grace Shire Hall.

Jens and the crew Chris and Dylan spent the morning at Lake Grace District High School conducting 2 workshops with 2 classes. They then went to every class to promote the show.

The theatrical, created by Jens Altheimer, combined wacky and impressive custom-built contraptions, puppetry, circus, shadow projection and music. The story was of a man who struggles to cope with the world outside his door. In his secluded universe, he creates a friend, when he finds himself quickly mixed up in the emotions of friendship, betrayal, loyalty and jealousy. He finally faces his fears to make meaningful connections and create genuine friendship.

The stage, built from rubbish and op-shop treasures by Jens who has worked on some contraptions for two years is a celebration of the unpredictable and full of



Above: Ayden Jackson and Shelby Newton on the friend maker.

unexpected situations, set in a whimsical world of half-mechanised thingamabobs and puppets. Jen was interactive with the children all the time and they responded to his unorthodox storytelling at all different levels no matter of their age. They watched as household items were transformed and given new uses and contexts, offering an enchanting, fresh look at everyday objects.

When the show finished Jens answered questions from the audience. The Lake Grace Artists Group had cooked sausage sizzles which were available while Jens, Chris and Dylan chatted and packed the stage equipment. Thank you to those who came, the crowd was fantastic. The Lake Grace Artists Group and the Shire will continue to bring theatre through Shows on the Go for as long as they are supported.

Country Arts WA Shows on the Go offer professional productions to regional and remote WA with support from Department of Local Government, Sport and Cultural Industries, Lotterywest, Art Belong Commit, Healthway and GWN7.



**Above left : Jens and helper Jet Chappell
Above right: Jens with his friend**



Above: Badges and fridge magnets for sale.



Above: the sausage sizzle line after the show, provided by the Lake Grace Artists Group.

Consumer Rights Apply to NDIS Purchases

Media Release

We all have rights under the under the Australian Consumer Law including customers who purchase goods and services as a participant in the National Disability Insurance Scheme (NDIS).

While there are some protections provided within the NDIS, if you have a problem with a disability related product or service you have paid for, then you can use your rights under the Australian Consumer Law (ACL) to get the problem fixed.

The ACL provides protection when you buy goods like food, electrical items or clothing. It also extends to products and services that help to manage a disability such as internet plans, cooking services or meal supplies, physical therapy and vehicle or home modifications.

It makes no difference whether you paid for the goods or services yourself, or as a NDIS participant, or through your disability support system - your consumer rights still apply. These rights also apply regardless of whether you buy something in-store, online, over the telephone or even from a door-to-door salesperson.

When you buy products, the business must guarantee that the products are safe, work correctly and meet promises made about their condition, performance and quality. It's similar when you pay for services, including those that are provided in-house. The business must guarantee they will provide their services with acceptable care and skill and give the results as agreed.

They must also carry out the service within a reasonable time even if it requires specialised equipment to install or supply it. If you pay for something and it doesn't meet one of these consumer guarantees, you have the right to ask for a repair, replacement or refund.

When choosing a product or service, you have the right to:

- take your time and ask for what you want;
- ask for a better price;
- say no if you don't want the goods or services

offered;

- be treated fairly;
- be given all the important, correct information - businesses must not mislead you.

Sometimes a business may offer you an extended warranty to protect you against faults with goods. In many cases, extended warranties don't provide you with any more protection than you already get for free under the consumer law. Do your research and be sure that you are getting an extra benefit if you do decide to pay for an extended warranty.

When you have a problem with a product or service, you should first contact the business you bought it from. If they do not help, contact us at Consumer Protection on 1300 304 054 or email consumer@dmirs.wa.gov.au. Further information for consumers with a disability is also available on our website at www.consumerprotection.wa.gov.au.

If you are a NDIS participant, a representative can help you through the process of buying products and services with your NDIS funding. Contact the NDIS on 1800 800 110 or visit www.ndis.gov.au for more information.

L A B E L S

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Resource Centre, ring on 9865 1470 or
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Crochet Workshops

From 10am to midday

Every Friday - starting Friday 4th May

Lake Grace Community Resource Centre

Learners welcome, some hooks available for purchase with a small range of wool to practise on.

Experienced crocheters can select from range of projects or work on Wheelchairs for Kids blankets (yarn supplied).

Call 9865 1470 to book in.

If you prefer to work on your own project that is okay. Everyone welcome.

Biggest Morning Tea 2018

Helen Bennett

Friday 18th May an enjoyable Biggest Morning Tea was held on a lovely sunny morning on the lawn area at the Lake Grace Visitor Centre to raise funds for The Cancer Foundation with \$913.95 as the total raised.

Tea, coffee with scones jam and cream were on offer as morning tea. A stall of homemade delicious produce, plants, herbs and a raffle were on sale. A big thank you to all who provided for the stall, raffle and helped on the day. The Raffle was won by Elsie Bishop.

THANK YOU TO MARY NAISBITT

During the morning a presentation was made to Mary Naisbitt for her outstanding contribution to tourism in the shire and region.

Mary is stepping away from the Lake Grace Visitor Centre Committee.

Tourism has been a passion for Mary for over 40 years and her contribution to it on many levels is outstanding whether as a shire councillor, tourism delegate or community member.

A few of the tourism projects that Mary has been involved in is tourist promotion, townscape planning, AIM Hospital being added to the heritage list and volunteers acting as tour guides, revamp of brochures for the shire, restoration of the station master's house and then campaigning for it to become the Lake Grace Visitor Centre and the Lake Grace Development Association which has been a driving force behind tourism for the shire.

As part of her acceptance and in Mary's words "I may be leaving the Lake Grace Visitor Centre but I will still be keeping an eye on you."



Above: Jo Morgan with Visitor Centre Chairperson Stephanie Clarke-Lloyd and Mary Naisbitt.

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Scams Awareness Week – Stop and Check: Is This For Real?

Media Release

Western Australians are being urged to be on the lookout for threat-based impersonation scams by taking a moment to 'Stop and check: is this for real?'

This is the theme for this year's Scams Awareness Week, which runs from 21–25 May 2018.

Commissioner for Consumer Protection David Hillyard said scammers might call or email you and pretend to be from a government agency or well-known, trusted business.

"They then use threats to pressure or scare you into giving them your money or personal information," he said.

"When scammers impersonate government officials, they may say that you owe a tax debt or there are problems with your government benefits, immigration forms or visa status and that you must pay the debt or other fees to fix the issues or you'll be arrested or deported.

"Scammers also pretend to be from organisations like Telstra, Australia Post or the police. They may ask for remote access to your computer to fix a problem or track down hackers or they may email you fake bills or fines, then threaten to cancel your service or charge

you fees if you don't do what they ask."

Scams Awareness Week is an initiative of the Scams Awareness Network, a group of Australian and New Zealand government agencies with responsibility for consumer protection and policing in scams, cyber safety and fraud. Consumer Protection in WA is a proud member of this network.

"Network members want to raise awareness about these scams as the scammers and their threats can seem genuine and frightening. They make you feel as if you've done something wrong or that there's some urgency and you must act immediately or suffer the consequences," Mr Hillyard said.

If anyone receives an unexpected and threatening call or email that seems to be from a government agency or trusted business, they are urged to follow these tips to 'Stop and check: is this for real?':

- Always ask yourself whether the person or business that's contacted you out of the blue is who they say they are.
- Verify the identity of the contact through an independent source, such as a phone book or



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Scams Awareness Week (cont.)

Media Release

online search, then get in touch with them to ask if they contacted you. Don't use the contact details provided by the caller or in the message sent to you.

- Never send money, give your banking or credit card details or other personal information to anyone you don't know or trust, and never by email or over the phone.

- Know that a government agency or trusted business will never ask you to pay them with gift or store cards, iTunes cards, wire transfers or bitcoin.
- Never give anyone remote access to your computer if they've contacted you out of the blue – whether through a phone call, pop up window or email.
- 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.

Stay On Your Feet

Free Seniors Program

Tuesday
10:00 AM
At the
Shire Hall



lake grace engineering

*Hydraulic Hose Crimping & Fittings

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*General Steel Repairs & Fabrication

*Stainless Steel Fabrication

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*Sandblasting & Spray Painting

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Email: adminlge@bigpond.com

Progression Planning (Succession) – Relationships First

Warriors WellBeing - Owen and the Team 08 9690 2277 menshealth@4blokes.com.au

Progression Planning is about retaining family relationships in the progression/succession process by looking at the **people issues before** dealing with the financial and business aspects. It is often the unspoken expectations of family members that can lead to the difficulties experienced. If farming families looked at the relationship aspects and **people issues** of their business as part of the progression plan there would be less stress and misunderstanding.

Why Progression? Mixed messages are received and given using the word "succession". For most it means "the king is dead" - who is the next king? Progression is not just a business transaction, it is primarily about **relationships**. One of the greatest risks to a farming family's viability, in the long term, is about relationships and we often don't see it coming. Progression shifts the focus to how we move the family owned business (especially farming) into the next era or generation and how the older generation can successfully make the transition to the next phase of their lives. "Progression" encapsulates these options.

Effective communication allows for awareness, understanding and a basis to reach agreement on issues. Communication must be maintained to both reduce distress and for our positive wellbeing. In fact, many people don't talk about progression until it's too late and/or put it off because it is too difficult. The following key topics in progression planning need to be canvassed in detail:

- Family communication. It all starts here;
- What is the farm business? Allows understanding of the business family is involved in;
- Stakeholders. Who's involved? It is important to empower all parties to have a role in the progression planning process;
- What do stakeholders want? Questions to ask our spouse/partner and children about progression and/or retirement and business development;
- Transition period. You must establish an agreement

that is suitable to your requirements. It's not going to happen overnight.

We need to make Progression Planning discussions part of normal conversation in our business. Only the minority, amongst family owned businesses, have any documentation around farm and/or business succession. Families must lead the way and own the process, no one can do it for us. Some simple rules that influence good progression planning are:

1. Sort the relationships first;
2. Debate the issues openly and with those that matter;
3. Start planning early, when your kids leave school the plan should be in place and understood;
4. When children come to work on the farm and/or in the business, be clear on where it is going (sell the business not the land or building);
5. Seek outside help for more than financial and legal matters (involve more than just the farm consultant, accountant and/or lawyer);
6. Have a handover strategy and stick to it.

Remember not all businesses will be able to have a successful progression/succession outcome, for a variety of reasons. Maintain those relationships first, to give it the best shot. *"Don't do what others say, just listen to them, and do what you feel good with"* a quote from Warren Buffett that fits in well with progression/succession matters.



Katanning Vet Clinic



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Fax: 08 9821 1473

A/H Emergencies: 0427 017 462

3/114 Clive Street

PO Box 841

Katanning WA 6317

www.kojonupvethospital.com.au

kvc@kojonupvethospital.com.au



Do you have a special tree in your life? Does it grow within the Lake Grace town boundary?

Lake Grace LCDC (Land Conservation District Committee) is wanting to find that special dozen. Maybe it's the last of a few locals, perhaps it's a rather special 'newcomer', maybe it gave you shelter while you waited for a friend, it could be pretty....

Email the location of your special tree and why it is special to lakegracecrc@westnet.com.au



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providing 24 hour Emergency Health Care Services
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Telephone: **9890 2222** Fax: **9890 2202**

HACC & MPS Activity Programs

4th Friday Activity Day

Friday 25th May 2018

10.00am - 1.30pm

Lakes Village Hall

Activities / Games / Trivia

RSVP by 22nd May for catering



Bus Outing

Friday 8th June

Call the hospital if you would like to join this morning outing

Ph: 9890 2222

SwimAbility

Hydrotherapy sessions at Narrogin

Leisure Centre each fortnight

Monday 11th June

Leaving 8.30am from Village Hall

Call the hospital to book



Chair Aerobics

Every Tuesday @ 10.30am

At the Lakes Village Hall



Wednesday Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am - 11.30am

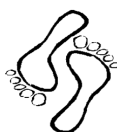
Foot Clinic

Tuesday 12th June

9.00 - 12 noon

Lakes Village Hall

NB: please supply your own manicure set



Flu Season will soon be upon us again!

Influenza, commonly known as flu, is a contagious disease easily spread by touching contaminated surfaces and then touching your mouth or nose.

Flu is much more severe in pregnant women, infants, the elderly and people with certain health conditions. However even healthy people can get the flu and experience severe illness.

The best time for vaccination is late May to June (ie right now!) so that you get maximum protection during the flu season.

Talk to your doctor or child health nurse for more information and to arrange for vaccination if you fall into these categories:

- People aged 65 years and older
- Pregnant women (any trimester)
- Children aged 6 months to < 5 years
- Aboriginal people aged 6 months and older
- People aged 6 months and older who have medical conditions that place them at risk for complications

Child Health Clinic

For all child health or immunisation enquiries please call Di Poultney at the Lake Grace Clinic on
ph: 9890 2246



Aged Care Services

Home Care / Community Home Support Packages

If you need to find out more about Aged Care Services, please have a look at the website **"www.myagedcare"**

- For people without a home computer, the Lake Grace Community Resource Centre has a Government Access Computer (available free of charge)
- There is also a phone contact that you can use: 1800 200 422

Physiotherapist

Visiting Lake Grace every 3 weeks

Call Primary Health in Narrogin to make appointments

ph: 9881 0385



McCarthy Review Into Live Trade

Media Release - Rick Wilson

Member for O'Connor Rick Wilson MP says the Federal Government's response to the McCarthy Review into the live sheep trade will deliver higher standards to animal welfare while preserving the future of the industry.

Minister for Agriculture David Littleproud has confirmed the Government will adopt all 23 recommendations of the McCarthy Review.

The live sheep trade will shift to an allometric stocking density system, which accounts for animal weight and size. Sheep will get up to 39% more space and stocking densities will be reduced by up to 28%.

The change will affect shipments during the Middle Eastern summer this year.

Additionally, the reportable mortality level will be halved from 2% to 1%, which ensures that if more than 1% of sheep die on any shipment it must be reported immediately and investigated.

Mr Wilson said implementing the recommendations would require the industry to adhere much stricter standards of animal welfare while ensuring farmers in O'Connor retained access to important markets in the Middle East.

"I think we all need to acknowledge the industry must

ensure we don't see a repeat of the terrible events we witnessed on the Awassi Express, but I'm pleased that the Minister has been measured and pragmatic in his response," he said.

"Maintaining the future of the live export trade is extremely important for my electorate, because any shutdown of the trade would have profound consequences for farmers in O'Connor.

"The most important thing was ensuring that we didn't rush to a decision that would cause significant damage to our local economy, and I'm fully supportive of the Minister's position.

"We've seen the average mortality rate for live exports fall over the last couple of decades from 1.9% to 0.7%, so the majority of the industry is already meeting what will become the new standard.

"However, it means the exporters who do see high mortality incidents will be held to a higher standard of accountability."

The Minister will also introduce legislation increasing penalties and creating a new offence of profiting from poor animal welfare outcomes."

For the full report and response to the recommendations, visit agriculture.gov.au/LAE.



*The Sound Alternative for the Southern Wheatbelt
and Great Southern*

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Letter to the Editor

Thank you Lake Grace!

On behalf of the Leukaemia Foundation, I would like to extend our sincere thanks and gratitude to Lake Grace readers for their incredible support of this years' 20th World's Greatest Shave.

The extraordinary people who shaved, cut or coloured their hair plus all their generous sponsors have now raised an incredible \$1,693,488 in WA alone. This will help the Leukaemia Foundation continue to provide its vital services that will make a genuine difference to local families facing blood cancer.

These services include free accommodation, transport, emotional support and disease specific education to Australians and their families as they find their way through some of the darkest days of their lives.

Plus, funds raised also contributes to Australian researchers who are working tirelessly to discover safer and more effective treatments. Although their critical research is improving survival rates, sadly 35 Australians are diagnosed with a blood cancer every single day.

Approximately 20,000 people have taken part in this year's milestone campaign and have shaved or cut away an estimated 7,000 kilograms of hair, helping to

create wigs for cancer patients. Thanks to our partners at Sustainable Salons Australia, for the first time shorter hair will now also be used to create 'hair booms' which will be used to soak up potential oil spills at sea.

Thank you for your support. We are well on our way to reaching our goal of \$1,775,000 in Western Australia. There is still time for people to sign up or make a donation at www.worldsgreatestshave.com.au. Thanks to you, the Leukaemia Foundation will be able to help more Australians with leukaemia, lymphoma, myeloma and related blood disorders survive and live a better quality of life.

Yours sincerely,

Bill Petch

CEO - Leukaemia Foundation



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Email: shire@lakegrace.wa.gov.au



CEO's Corner

Flooding Event

The contractors are estimated to have completed 38% of outstanding works.

There are a number of roads that the remediation works have now completed, if you have any concerns with the completed works please let us know and the quality of work can be inspected and repaired if required.

As this work is being carried out, the Shire would like to remind road users to be courteous and slow down within the areas crews are working, this will allow them to do their job in a safe manner and complete it sooner. Unfortunately we continue to have a number of reports of vehicles speeding through road works.

For current road closures please refer to the Shire's website www.lakegrace.wa.gov.au or Facebook page for a list of roads that are closed within the Shire.

Poor Behaviour

In the past weeks we have had a couple of instances of poor behaviour. Firstly, at a recent home game fixture involving our local towns, faeces were smeared in the ladies toilets, the mess had to be cleaned by our local cleaner. No one should have to do these types of cleaning duties.

Another incident being rubbish bins knocked over on the Lake Grace Dumbleyung Road after they had been put out for collection on the Sunday night. This is an inconvenience to all involved, let alone the rubbish that would have blown away with the wind.

As a community we all need to be reminded that we don't just accept poor behaviour, if we see it happening, address the issue at hand if possible or report the matter so that it can be followed up. Sometimes we just need to remind others of our community standards.

4WDL Meeting – Tuesday 8 May 2018

On Tuesday 8 May 2018, I attended a 4WDL CEOs Meeting in Wagin. The key topics of discussion were:

- Exploring opportunities for internet connectivity improvements across our six regional shires. We are exploring the possibility of undertaking a feasibility study or review of our current digital infrastructure.
- Astro-Tourism Presentation – The Stargazers Club WA is looking to establish Astro-Tourism Towns. The Perth domestic market seeks dark night skies in places that are safe and close to Perth, this

includes Astronomical Societies, Clubs, Astrophotography/Photography Group. Science based activities are attractive for local Perth families due to their educational nature. This may be an opportunity to build on our community's economy and diversify our tourism options.

'Future of CRCs' Meeting – Monday 14 May 2018

A number of CRC Managers and Shire representatives met again in Narembeen on Monday 14 May to workshop opportunities that may be presented to the State Government to assist with their budget reform agenda.

The key points from the meeting were;

- CRCs deliver far more services in communities than what the funding contract stipulates
- The criteria for funding/tiers identified by the State Government need to be clear and transparent
- CRCs want to be involved in the review and the development of alternative revenue streams.

Road Works

The Construction Crew and General Maintenance Staff have been working on:

Lake Grace:

- Kuender Bends – North Lake Grace/Karlgarin Road
- Maintenance on plant

Lake Grace Maintenance Grader has carried out work on:

- Biddy-Camm Road – Grading
- Hilton Road – Grading
- Pot hole repairs in Laneway between Carruthers Street & Bishop Street
- Pot hole repairs in Laneway between Carruthers Street & McMahon Street

The Lake King Maintenance Grader:

- No grading work has been carried out in the Lake King area in the past fortnight due to dry weather conditions. The Grader should be back in action next week.

The Newdegate Maintenance Grader has carried out work on:

- Buniche North Road, between Lake Grace-Newdegate Road and Biddy Camm Road - Backslopes in the process of being cleared
- Mount Sheridan Road, between Newdegate North Road and Tonkin Road

Shire of Lake Grace Community News *Cont.*CEO Corner *Cont.*

- Biddy Camm Road, between Mission Road and Holt Rock South Road – Including some off shoots

Parks and Gardens

The Town Maintenance Crew have carried out work at:

- Lake Grace Football Oval – General maintenance and removal of trees
- Lake Grace Railway Station - Mowing of lawn area, Mulching and weeding
- Lake Grace Town Hall - Mowing of lawn area
- Lake Grace Town Street – General maintenance and cleaning of garden island beds
- Lake Grace Doctors House – Gardening
- Lake Grace Townsite – Whipper-snipping, slashing and cleaning up of tree branches
- Lake Grace Old Tennis Courts – Whipper-Snipping
- Tool Maintenance

Building & Maintenance

The Building and Maintenance team has carried out work at:

- Western Power metre counts for Shire properties within the entire Shire
- Continuation of building inspections throughout the Shire
- Lake King Pavilion – Completion of ceiling and painting
- Lake King Public Toilets – Installation of new toilet roll holders
- Lake King Emergency Services Building – Replacement of damaged ceiling panels



KidSport enables eligible Western Australian children aged 5 to 18 years to participate in community sport and recreation by offering them financial assistance of up to \$150 per calendar year towards club fees.

Who is eligible for KidSport?

All Western Australian children aged 5 to 18 with a valid Health Care Card or Pensioner Concession Card are eligible for KidSport. Find your nearest club through <https://www.dsr.wa.gov.au/portal/find-a-club>.

How does KidSport work?

You can apply for KidSport online or by using a hard copy application form.

KidSport applications are assessed by the local government in which the child resides or by the KidSport team at Sport and Recreation (WA). If an application is approved, the KidSport team will email you a voucher code (unique to the child). The code needs to be provided to the club when registering so that the approved amount can be deducted from the registration or membership fees. For further information: <https://www.dsr.wa.gov.au/funding/individuals/kidsport>

- Varley Public Toilets – Installation of new toilet roll holders
- Lake King Public Toilets – Installation of new toilet roll holders
- 6 Banksia Place, Lake Grace – Continuation of upgrade works
- 36 Bennett Street, Lake Grace – Housing maintenance
- Shire of Lake Grace Office – Assembly and installation of office furniture
- Shire of Lake Grace Depot – Gutters
- Lake Grace Airstrip building – Installation of new door and repairs to gate
- Newdegate Public Toilets – Installation of new toilet roll holders
- Newdegate Fire Shed – Installation of coded door locks

Denise Gobbart
Chief Executive Officer

Pension and Senior Card Advice

Under the Rates and Charges (Rebates and Deferments) Act 1992, the Local Governments are required to periodically review all pensioners.

If any of the details checked do not match, the claim may be rejected and concessions may be amended or cancelled.

Therefore, some things that pensioners and seniors may need to consider and advise the Shire about are:

- Do I hold a Commonwealth Seniors Health Card as well as a Seniors Card and am I only registered at the Shire with my Seniors Card?
- Has my partner also now received a card and we have not completed a joint application yet?
- As I am now not working more than 25 hours per week and am over 60, have I applied for a Seniors Card?
- Has the ownership of my property changed recently?
- Have I moved from one property to another and not made a new application for concessions with Water Corporation yet?
- Has my spouse ceased occupation of the property and I have not completed a new application?

If you work more than 25 hours per week, you are no longer eligible to have the Seniors Card and must return the card to Department of Community Services with a note advising them of your situation.

Unfortunately if concessions are cancelled, pensioners/seniors do not get their rebates again until new applications are made.

Shire of Lake Grace Community News *Cont.*

Office Opening Hours

Monday - Tuesday - Wednesday - Friday
8.30am - 4.30pm

Thursday 8.30am- 4.00pm
Staff can be contacted by phone between 8am - 5pm.

Transport & Licensing

All licensing payments are to be made in person at the Shire of Lake Grace Administration building.

Monday, Tuesday and Wednesday 8.30am - 4.15pm
Thursday and Friday 8.30am - 4.00pm

As an agency we process the majority of transactions, including; renewals, transfers, number plate orders, boat registration renewals and new license applications.

Please ensure you arrive at the counter with sufficient time for your transaction to be completed by closing time, this is because it is necessary for staff to reconcile Department of Transport transactions each day. Please keep in mind that farm equipment and Learners Permit transactions can take up to 45 minutes or more.

Driving Assessor

The Practical Driving Assessor (PDA) will be at the Shire of Lake Grace Office on:

Friday - 8 June 2018
Friday - 6 July 2018 (to be confirmed)

Bookings are essential for all Practical Driver's Licence Assessments and we advise that there is a waiting list, so booking in advance is highly recommended. Lake Grace has one assessment day each month held on the first Friday of the month. For more information visit www.transport.wa.gov.au.

Firearm Licence

All firearm licensing including the payment of licence renewals is now done at the Lake Grace Post Office.

Building Surveyor

Shire Building Surveyor, Josiah Farrell will be available at the Shire Office on the following dates:

Tuesday 29 May 2018
Tuesday 12 June 2018

For an appointment contact Josiah on 0438 811 944.

Environmental Health Officer

For an appointment with the Shire's Environmental Health Officer, Will Pearce, please contact the Shire on 9890 2500 or email shire@lakegrace.wa.gov.au.

Tip Open Hours

Lake Grace

Monday & Wednesday 9am - 2pm
Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm
Saturday 9am - 1pm

Lake King & Varley

Open Every Day

Waste & Recycle Pickup

Household Waste Collection is a weekly service and collected each Monday for Lake Grace, Newdegate, Lake King & Varley.

Recycling is a fortnightly service and alternates between Lake Grace & Newdegate. See below for the upcoming recycling collection dates.

Lake Grace	Newdegate
28 May	4 June
11 June	18 June

Please Note: There is no kerbside recycling collection service in Lake King or Varley. For more information on Waste Management visit the Shire's website.

Office Opening Hours

Lake Grace Public Library School Place Absolon St
Monday - Thursday 9am - 5pm
Closed for lunch 12.30 - 1pm

School Holidays

Tuesday & Thursday 9am - 5pm
Lunch 12.30 - 1pm

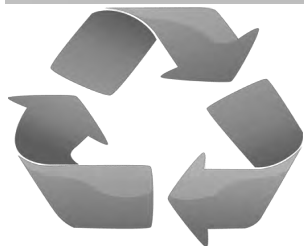
Newdegate Public Library Collier St
Monday - Thursday 8.30am - 4.30pm
Closed for lunch 12noon - 1pm
Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd
Tuesday and Thursday 8.30am - 3.30pm

Everyone welcome



Check out our Facebook page www.facebook.com/ShireofLakeGrace

Shire of Lake Grace Community News *Cont.*

What's Recyclable What's Not!



What's Not:



- * Plastic wrap
- * Plastic bags
- * Styrofoam (including disposable coffee cups)
- * Paper towels, napkins, tissue paper
- * Paper plates, soiled paper
- * Fast food wrappers
- * Food waste
- * Cups, plates, wine and drinking glasses
- * Light bulbs
- * Batteries
- * Green Waste

What's Recyclable:



- * Plastic bottles
- * Newspaper
- * Cardboard (clean)
- * Paper Grocery bags
- * Egg Cartons
- * Magazines, junk mail, stationery and envelopes
- * Glass bottles and jars
- * Milk & Juice cartons
- * Aluminium/tin cans, foil, trays
- * All plastic food containers
- * Empty aluminium aerosol cans

Recycling Services

Recycling bins are collected by Warren Blackwood Waste and transported to a recycling facility.

If items which are not recyclable are found the content can't be recycled and the load will be directed to landfill.

If an item is covered in food, it is not recyclable. Food is one of the worst contaminants in the recycling process.

Please remember to rinse out cups, cans, jars etc. before throwing them in the bin.

By using the yellow top recycling bin correctly you are contributing, in a combined community effort, to reduce the amount of rubbish that is directed to landfill facilities each year.



Heywire

The ABC has run the annual regional youth project in partnership with the Australian Government since 1998.

Heywire puts young Australians at the centre of the conversations that shape their communities.

The annual Heywire cycle begins with a storytelling competition - open to people aged 16-22, living in

regional or rural Australia. Heywire encourages young people to tell stories about their life outside the major cities in text, photo, video or audio format. Over the past 17 years more than 9,000 young Australians have taken part.

Entries open in February 2018! When your story is ready, submit it by filling in our simple online entry form by September 16, 2018 to be in the running to win. Go to: <http://www.abc.net.au/heywire/competition/>

Newdegate's Public Silo Trail

Media Release

Western Australian artist Brenton See has been selected to paint the fifth mural in FORM and CBH Group's PUBLIC Silo Trail at Newdegate this May.

Over the past three years the PUBLIC Silo Trail has put country towns on the cultural map, bringing world-class murals to CBH Group grain silos, public walls and Western Power transformer boxes across the state, with silo artwork so far from Phlegm, HENSE, Amok Island, Kyle Hughes-Odgers and Yok & Sheryo.

See, a muralist and canvas artist with a graphic design background, is characterised in his work by his bright colour palette, geometric shapes and penchant for painting realistic animals and wildlife.

FORM's Executive Director Lynda Dorrington said feedback from the community across the course of the project had revealed a preference for the mural to be created in the realistic style.

"Brenton See's work is unique and tends to be highly specific to its location," Ms Dorrington said. "He also works in an innovative, realist style using animals and objects to express himself and the stories he wants to share about the unique community and environment he is painting in."

As with every mural in the PUBLIC Silo Trail, the design for the Newdegate silo mural will remain under wraps until the mural itself is complete. Trail goers are invited to come and watch the artwork unfold in Newdegate.

"Guessing, wondering and watching the mural take form lends a magic to the experience," Ms Dorrington said.

"We're excited to be bringing the PUBLIC Silo Trail to Newdegate to celebrate the town's unique character and highly motivated community - both through the artwork and through our social documentary project Homegrown Stories."

As part of the PUBLIC Silo Trail, Homegrown Stories will continue to capture the evocative personal narratives and remarkable histories of the men and women growers, regional workers and local community champions in each of the towns on the trail. These stories will be presented on completion of the trail, shining a light on the people who make these regional towns what they are.

Brenton See will begin painting the Newdegate silos on Tuesday, 29th May. The mural is expected to take around two weeks to complete.

This iteration of the PUBLIC Silo Trail is a partnership between FORM and CBH Group and is supported by a grant from the Australian Government through the Building Better Regions Fund and Lotterywest. This project is also supported through the Newdegate Machinery Field Days and the Newdegate Community Cropping Group.

Cloned Accounts Used in 'Facebook Lottery' Scams

Fake 'Facebook lottery' scams are doing the rounds with reports of losses totalling more than \$34,000 received so far this year.

Victims often first get a message via Facebook, supposedly from a friend, telling them they have won a large amount of money.

They are directed to confirm their name is on a winners list either through a website or by contacting another Facebook profile.

What to do

Be wary of anyone offering unexpected prizes or money, and verify with friends using a phone call or email that any suspicious messages have actually come from them.

Do not reply or follow any links, just hit delete and block the sender – there are no Facebook lotteries.

Read more about this scam and our tips on <http://www.scamnet.wa.gov.au/>



Lake Grace Playgroup invites you to a seminar with

The Gentle Sleep Specialist

Morning Tea
provided

Friday 8 June 2018

9:30 - 11.30

Lake Grave Pavilion, Bishop St, Lake Grace

Babysitting \$10 per
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\$10 Entry Fee

Cash only, no EFTPOS

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- Frequent night waking
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- Milestones and sleep
- Sleep regressions
- Self settling
- Newborns
- Creating healthy sleep habits
- The best sleep environments
- The importance of sleep
- Toddler sleep
- Keeping toddlers in their beds.
- Top to do's and not to do's
- Sickness and sleep
- Transitions - un swaddling, moving from cot to a bed etc.

This event is subsidised thanks to the support from Lake Grace Shire.

**Babysitting for \$10 at the Lake Grace Playgroup Building,
next to Daycare on Absolon St**

Please book by Monday 2 June to Kiah King 0447 040 794

The Gentle Sleep Specialist on is on Facebook if you would like to know more about Tara Mitchell

*Please contact Kiah King on 0447 040 794 to book your place
or if you have any further questions*

**Lake Grace
Playgroup Inc**



Getting To Know...

By Rosie Timperley

1. **Name:** Desmond Pelham
2. **Occupation:** Tarping contractor
3. **What is one of your hobbies?** Playing bowls.
4. **What is something that really annoys you?** Listening to out of tune radios (Tinnitus in my head)
5. **What is one thing you can't do no matter how hard you try?** Teach Claire to cook as well as me. *(Claire would like to interrupt at this point and tell us this isn't true.)*
6. **What is one thing about you that people would never guess?** My intelligence.
7. **Where do you recommend as a dream holiday destination?** Noosa Head / Queensland
8. **Which actor or character would play you in a movie?** Jason Bourne - but I wouldn't stuff up like him.
9. **Is Claire always right or are you?** Me of course!
10. **Who do you think will be in the AFL Grandfinal this year?** It will be a Derby Grandfinal!



Above: Des on the left with his dad Ron.

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Peter.rundle@mp.wa.gov.au

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THE NATIONALS
for Regional WA

Say No to Plastic Bags

Suzanne Reeves

As you would have seen from previous editorial and on our social media page, the Lake Grace CRC received \$1500 in funding from Lotterywest to purchase two sewing machines plus other equipment to go with the machines such as travel bags, bobbins, needles and scissors.

The funding application was for a 'bag making project' that was aligned with the banning of single use plastic bags from 1st July 2018. This project will run for the remainder of the year and the machines will be available for a small hire charge for other projects or even private use.

The CRC has partnered with the CWA who will be providing some much needed expertise, the Shire of Lake Grace who will help fund fabric and also Living Communities who will also fund fabric. Some fabric has already been purchased in readiness for our workshops that will start in June, we are also happy to take donations.

Volunteers will make the bags, which will then be sold for a token amount with funds being put back into buying more fabric and cotton. The bags will also include a sewn on patch that highlights Lake Grace and that we are caring for our environment.

Although we are only a small community there is an

estimated use of 520,000 single use plastic bags within our town. This project will give everyone a local alternative; bags made from washable, durable fabric that will take us one-step closer to a sustainable future.

If you don't know how to sew don't panic, we will teach you. We also need people to measure, cut out and pin. If you would like to be involved, please don't hesitate to contact the CRC. We will workshop on Wednesday afternoon of non Lakes Link weeks and Thursday mornings otherwise.



The new Elna and Brother sewing machines and some of the fabric.



REPORT WILD DOG SIGHTINGS AND ATTACKS

Please report any wild dog sightings, signs or tracks and any stock attacks to the EWBG Executive Officer. Your input will ensure a coordinated control across the Eastern Wheatbelt.

Lisa O'Neill
Executive Officer
0455 724 848
ewbg@outlook.com

Puzzles & Stuff

Some words from the 10th May edition of Boggle

Answers to 10/05/2018 Sudoku

Carpentry
Encrypt
Partner
Prancer
Artery
Canter
Carpet
Crater
Entrap
Errant
Nectar
Parent
Prayer
Recant
Trance
Caper
Carer
Crane
Crate
Crept
Cryer
Enact
Entry
Pecan
Racer
React

Recap
Repay
Reran
Retry
Taper
Tear
Terra
Trace
Yearn
Acre
Ante
Cane
Cape
Care
Earn
Nape
Near
Neat
Pane
Pare
Pear
Rate
Tyre
Type
Year

1	6	5	4	8	9	7	3	2
7	9	2	6	1	3	5	4	8
4	8	3	2	5	7	6	1	9
3	7	6	8	4	2	9	5	1
5	2	1	7	9	6	3	8	4
8	4	9	1	3	5	2	7	6
2	3	4	9	7	8	1	6	5
9	5	8	3	6	1	4	2	7
6	1	7	5	2	4	8	9	3

1	3	4	5	7	6	2	9	8
5	9	6	2	4	8	7	1	3
7	2	8	1	3	9	6	4	5
4	8	5	3	2	1	9	6	7
3	6	2	7	9	4	5	8	1
9	1	7	8	6	5	4	3	2
6	5	1	4	8	2	3	7	9
8	7	9	6	5	3	1	2	4
2	4	3	9	1	7	8	5	6

H	S	W
A	O	E
E	D	Y

This week's Boggle

Trivia Questions

See next weeks edition for the answers



- What is the name for the offspring of a male lion and a female tiger?
- Who won more Academy Awards in his lifetime than any other person?
- Which wedding anniversary is traditionally referred to as the golden wedding anniversary?
- Florence Nightingale aided the sick and wounded during which war?
- What does HTTP stand for in a website address?
- What famous female singer died of alcohol poisoning in 2011 at the age of 27?
- In what country would you find the Yellow River?
- What 2013 science fiction blockbuster starred Sandra Bullock and George Clooney?
- Which 3 countries do not use the metric system?
- What Harvard dropout co-founded Microsoft?

Answers from 10/05/18

- Cologne
- Alarm clock
- 1939
- Adid Ababa
- 1885
- Sumo wrestling
- Dalmatian
- 12
- Greenlandic
- Carbon

Men's Shed Battery Drive

The Lake Grace Community Men's Shed is continuing with their battery drive. This is an ongoing revenue raising project which will contribute to the running of the Shed.

Batteries can be left at Phil Clarke's shed or you can contact Phil on 0427 651 155 or Allan Duckworth on 0427 651 567 if you require them to be picked up. Thank you for your ongoing support.

Tarin Rock Book Update

Jolanda Keeble

I have been to Tarin Rock this weekend to continue with the research for my book. It has been a very dry couple of months and I noticed that the further autumn moves on, the less flowering shrubs I find, compared to the bounty after the late summer rain.

It is common that people think the bush to be dry and devoid of flowers over the colder months. However, this is not the case. There are lots of Banksia/Dryandra shrubs that start to flower at this time of the year and also the Acacias are just starting to flower.

There is always something in flower as the time of flowering has co-evolved with the needs of their pollinators. This is not a hard rule as most shrubs also flower after rain when it arrives.

I found 20 flowering plants over the three days that I travelled through the reserve. It is not a large number and was sometimes hard work (due to either the flowers being deep within the foliage, or eight metres up in a tree, or my camera starting to play up).

I am looking forward to visiting the reserve again in June and hope that the biting insects have lessened a bit. I had applied for a grant to cover for my travel and living expenses out here, but was not successful so I

am still looking for support from the community. If you want to assist or be involved in this project, please email me at tarinrockbook@gmail.com.



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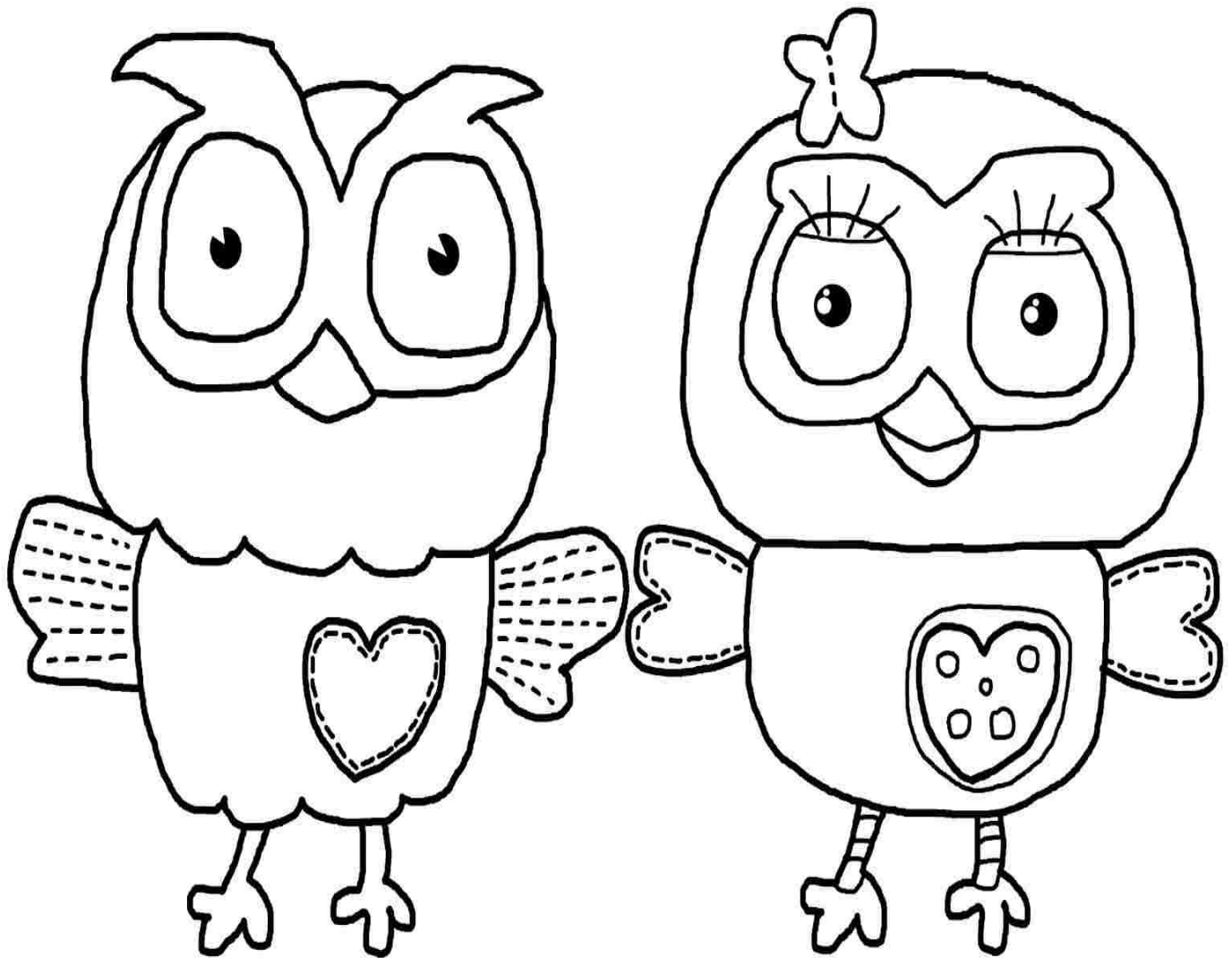
Phone

David 9865 1129

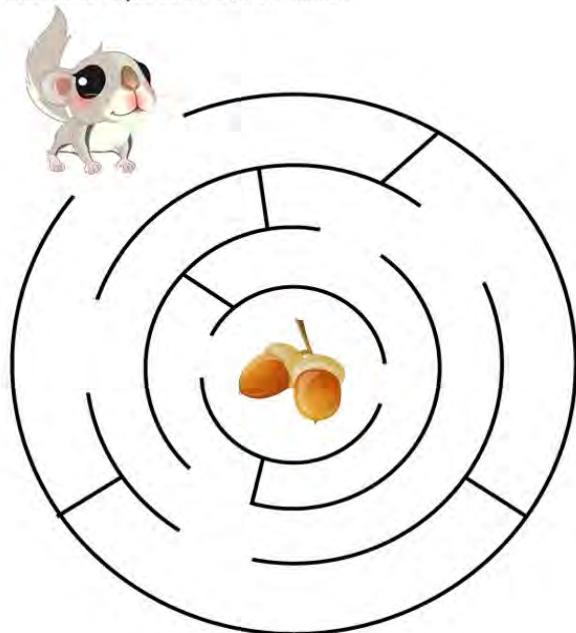
Liam 0417 915 314



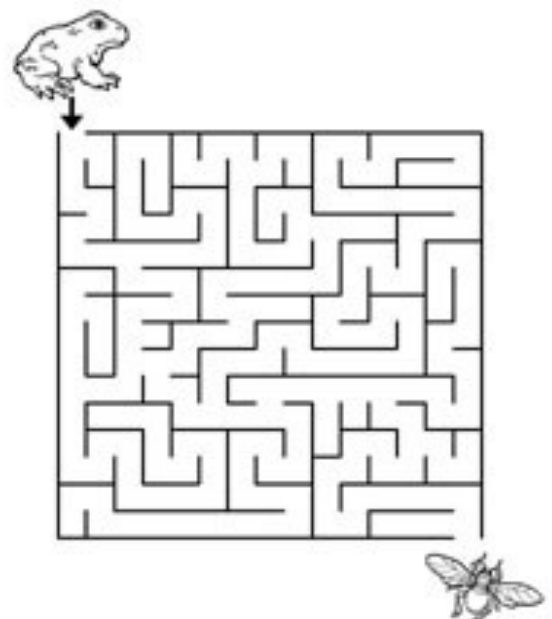
Children's Puzzle and Colouring Page



HELP THE SQUIRREL FIND THE NUT.



Help Frog to find his Prey



Providing Clarity in a Smart World

Rosie Timperley

Times have changed from when calling somebody on the phone meant you had to be connected to a switchboard operator before being put through to the person you wished to talk to.

Now we have mini computers - better known as smart phones, at our fingertips that we carry in our pockets which enable us to not only call people on them but they are also cameras, calculators, calendars, TV's, clocks, music devices, and satellite navigators - just to name a few. They allow us to reach loved ones on the other side of the world with the swipe of a finger across the screen. Miss your daughter who lives in America? FaceTime her and you can enjoy a conversation while she appears on your smart phone screen. (FaceTime is an Apple iPhone product - other smart phone brands have their own version of this feature.)

Then there are the numerous applications, more commonly known as apps. App categories include the following; educational, entertainment, weather, finance, business, photos, fitness, books and many more. Smart phones can be overwhelming for some people who may not have grown up with technology at their fingertips.

While Suzanne and I are certainly no experts on IT related business, we were still able to clear up some questions that members of the Men's Shed had when we visited them for a smartphone workshop. Ranging from questions about 'The Cloud' to how wi-fi works, we hopefully were able to spread a little clarity on the often confusing but also incredible world of smart phones.



Above: Suzanne Reeves and Rosie Timperley share their knowledge about smartphones.



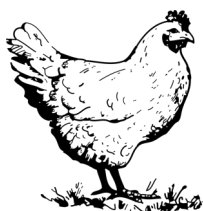
Left: Discussions about the world of the computers we carry in our pockets led to some interesting discoveries around the Men's Shed table.

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This is a 12 month fixed term, full-time position commencing Term 3, 2018 with possible extension and/or permanency.

Are you ready for your next challenge?

Lake Grace District High School is seeking a dedicated and enthusiastic Education Assistant - Mainstream to join their friendly team.

The successful applicant will ideally have the ability to work collaboratively in a team environment, as well as possess good written and oral communication skills to enable the implementation of individual or small group based programs.

Employees will be required to:

- Complete the Department's induction program within three months of commencement;
- Complete any training specific to this role required by Departmental policy; and
- Complete the Department's training in Accountable and Ethical Decision-Making within six months of appointment.

The Department applies a four (4) day breach period to this selection process.

For further job related information:

You are encouraged to contact Michelle Lay, Manager Corporate Services, for further information about this employment opportunity, including information about living and working in Lake Grace by telephoning 9865 1207 or emailing Michelle.Lay@education.wa.edu.au

Applications must be submitted before 4.30pm (WST) on Wednesday, 6 June 2018

APPLICATIONS MUST BE SUBMITTED ONLINE**PROFORMA, FAXED, HAND DELIVERED, POSTED, EMAILED AND LATE APPLICATIONS
ARE NOT ACCEPTED**To view the full advertisement and apply online, please go to jobs.wa.gov.au

Lake Grace Golf Club

Merv Spurr

The 2018 golf season is underway, and we are looking forward to another great year.

Our opening day was 29 April 2018, with a fantastic turn out of 22 players. A great day enjoyed by all, thank you Fyfe Transport for your sponsorship. Well done to Murray Stanton, Justin Wright, Lee Duckworth, Royce Taylor on winning the day.

We have had a great start to the season with some quality golf being played. Below are the results so far;

Sunday 6 May 2018

Seven players turned up despite the gale force winds and tested their skills with the adverse conditions. Thank you to Spencer Wools for sponsoring the Stableford day. Winner of the day was Steve Hunt, unfazed by the windy condition, came out with 36 points. Runner up was Mark Newton with 29 points.

Sunday 13 May 2018

Sponsored by Neu-Tech Auto Electric 10 people took to the course to play in a Par competition. Winner Marty Carruthers with a +5, runner up Phil Young with a +3. Thank you Ross for the sponsorship.

Sunday 20 May 2018

With perfect conditions for golf we had a great turn out with 14 players participating in a Stroke Day & Count Your Putts competition sponsored by Rex Walker, thank you for your continued support Rex.

Winner of Count Your Putts competition – Stephanie Lay with 26 putts.

Stephanie also took out Nett winner of the day with a score of 106-41-65.

Runner Up was Merv Spurr with 86-19-67 on a count back with Murray Stanton 92-25-67.

To keep up to date with the latest news from the Lake Grace Golf Club, find us on Facebook - @lakegracegolfclub

Come join us this Sunday 27 May 2018 – Stableford, sponsored by Lake Grace Meat Supply.

Top 9 Camping Apps

<http://traveloutbackaustralia.com/10-australian-camping-apps.html/>

Thinking about going camping? Here's some great apps for your smart device that may come in handy.

1. Wikicamps — \$7.99

You'll find information about caravan parks, road side rest areas, free and paid campsites, points of interest and even whether campsites are accessible for caravans or camper trailers.

2. Australian Road Trips - \$4.49

It's a handy overview for people at the planning stages of their adventure. It features campsite reviews, photos and maps. Information includes national parks and other attractions, hikes, pet friendly campsites and places to eat. The information is available offline.

3. Willy Weather - FREE

The clear icons give information on temperatures and forecasts, UV, sunrise, moon, wind, tides, swell and even rain radars.

4. First Aid - FREE

It's very easy to use, and comes with step-by-step instructions for all common first aid situations. There's information on resuscitation and CPR, treating breaks, bites, and stings, burns, allergies, blisters and more.

5. Australian Bushwalking—\$4.99

This app combines hiking with detail on Australia's natural history.

6. Michael Morcombe & David Stewart's Australian Birds eGuide - \$29.99

The app has pictures, notes on the appearance, habits and where the birds are found, along with maps showing the living range and playable bird calls. The app allows you to search by the physical features of the bird, by name and also by taxonomy.

7. GoSkyWatch - \$5.99

With GoSkyWatch, you'll be able to point your phone at the sky and instantly identify what you're looking at. You're then able to locate the constellations, planets or other astronomical features, and click to learn more about them.

8. Australian Wildflowers - \$4.49

It doesn't feature every plant in Australia but features 600 of the most common flowering plants you'll encounter. You can search for a flower by colour, shape, common name and scientific name. Each flower features a full colour photo and detailed field notes.

9. Geocaching - \$9.95

If you have no idea what Geocaching is all about it's an addictive high tech treasure hunting game that kids and adults love. It's ideal for kids on long road trips.

Lake Grace-Kukerin Hockey Club

Danielle Robertson

12/05/2018 LG-K v Karlgarin/Hyden

C Grade:

Lake Grace-Kukerin defeated Karlgarin/Hyden 6-0

Goals – Hayden Leo (2), Trenton Medlen (2), Ashleigh Faulkner (2)

Award – Claire Faulkner

B Grade:

Lake Grace- Kukerin defeated Karlgarin/Hyden 1-0

Goals - Danie Drummond-Hay

Awards - Danie Drummond-Hay

A Grade:

Lake Grace-Kukerin defeated Karlgarin/Hyden 4-0

Goals – Kelsie Adams (2), Melissa Eynon, Fiona Chatfield

Award – Sophie Justins

Gala day on the 12th was held in Kulin. A great day with the whole association coming together and giving our umpires the opportunity to improve their skills by umpiring higher grades than usually possible on a normal game day.

Our kids team was at full strength and made up for the disappointing defeat last time we met Karlgarin/Hyden winning 6-0.

B Grade drew last time these teams met and this time they managed to get the upper hand to finish with a 1-0 win.

A Grade put into practice what we'd be trying at training and over the last couple of games and came away with a 4-0 win. The men's team had another bye but plenty of the guys were there to support the other teams and umpires (thanks Floyd) and take part in the Iron Maiden Challenge afterwards.

19/05/2018 LG-K v Corrigin

C Grade:

Karlgarin/Hyden defeated Lake Grace-Kukerin 2-0

Award – Trenton Medlen

B Grade: 2-0

Lake Grace- Kukerin defeated Karlgarin/Hyden

Goals – Aimee Hall, Trenton Medlen

Award - Karen Faulkner

A Grade:

Draw 1-1

Goal – Anna Taylor

Award – Tracy Taylor

Men:

Karlgarin/Hyden defeated Lake Grace-Kukerin 8-1

Goal – Matt Trevenen

Award – Jacob Nenke

Our most recent game was in Corrigin and we were at full strength in all grades this week and we welcomed Ellie Naisbitt home for her first game this season.

The kids did really well holding Corrigin to only two goals as they had been beating the other teams by 8 or more over the first three rounds.

B Grade showed great team play and consistency across the field to come away with the win and the A Grade were unlucky to draw, having held the lead from early in the game and only conceding a goal in the last few minutes of the game.

The men played only their second game of the season against a strong Corrigin side. Having not been able to watch the game that's all I've got to say about that.

We host KK Vipers this weekend in Kukerin for our first home game of the season. We encourage everyone to come along to support us, there will be the full four grades commencing with the C Grade at 11.15am. Fee will be cooking burgers for lunch thanks to the ongoing support of Dean at Lake Grace Meat Supply. For all players attending country week this year there is compulsory training in Kulin on Sunday 27th May. We have a bye for the long weekend on the 2nd June.



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Monday & Tuesdays	CLOSED

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Ph 0408 304 439

Big Freeze = Big Returns (cont.)

everyone enough for their donations of lasagne and salads and the netball club for organising it all! Once our bellies were full it was time for the Auction!

With microphone in hand Garry Prater got us going! There were plenty of items up for auction from accommodation vouchers to tonnes of grain to a side of beef, surely something for everyone. The item that raised the most money was a truck load of hay, going for \$11,000 organised by Trent King and donated from a number of local farmers and other big ticketed items were a Nat Fyfe Jumper and a fire fighter unit donated by Primaries. With a quick tally at the end of the auction we were shocked to hear we were now up to \$53,000! Now there was a reason to celebrate! Local band Salt Rock Band then helped us all celebrate into the night!

This year we thought we'd also raise money for MND WA as they do such an important job helping individuals and families with equipment and support. On Saturday we had MND WA merchandise for sale and the money raised from the raffle all went to MND WA. We are pleased to say that we raised \$5035.

This day would have not been the success it was without the support of all the businesses and people who donated, Thank You!

IGA Lake Grace
Walkers Hill Vineyard
Nat Fyfe
Ross Taylor
Arizona Farms
Damon Pelham
King Family
Mackenzie Rural
Contracting
Harris Family
Richard and Amy Jones
Afgri Lake Grace
Primaries Lake Grace
BK Plumbing

Steve Mac
Annie Argent
Ashton Hams
Keith Ballard
Kim Gooding
Country Football League
Bremer Bay Caravan Park
Margie Ward (Celebrant)
WA Whale Watching Tours
Carmel Cider
Broadwater Como
Joe Lembo



Harry Creigh is set to wow the crowd in his mankini. And yes that is ice floating in the pool!



The Vaux twins in a parody of the Australian Cricket team ball tampering fiasco. Beau (the ball) gets set to be roughed up by his brother Rohan (sandpaper).



It was a baptism of ice for Allan Marshall.

Big Freeze = Big Returns (cont.)



John O'Neill dressed formally for the slide.



Jamaican Bobsled Team wannabe Ian Lloyd



Darcy Townsend looking cute in his tutu!



Michael Swarbrick has been raiding the netball lockers.



No amount of wizardry is getting Alex Duckworth out of going down the slide.



Karissa Pelham looking flash, unfortunately didn't create much splash so got to go down the slide twice!



Rob Wright paid tribute to his father before going down the slide.



Daniel Smart aka Kochie was getting a run-up.



Mario is more used to a kart but held onto his moustache as he went down the slide.



Crickey it's a long way down there for giraffe, Justin Carruthers.



It was a smooth sliding for Lauren DUCKworth.



Enjoying the ambience of the water is Alistair Hunt.

Lake Grace-Pingrup Netball Club



Karen Bairstow (A Grade) & Sarah Allen (B Grade)

A Grade

Lake Grace Pingrup: 46 defeated Boxwood Hill: 41.

The start of the second round and a home game. With the competition very even the game was very tough right from the start and it was goal for goal for the first half and at the half time break we found ourselves one goal behind.

It was a very physical game and in warm conditions the girls remained composed and with a couple of position changes came out in the third quarter and turned the ball over so we had some breathing space. We outscored Boxwood in this quarter by five goals.

But Boxwood would not go away and continued to apply pressure again in the last quarter, with a very even quarter we managed to come away with a win 46-41.

A very hard game of netball and a good win girls.

BEST ON GROUND: Lauren Duckworth just was the leader on the court and took the game on despite some close attention she was able to push through and lead the team to a win. Her touch to intercept the ball was the reason we were able to get in front.

BEST ON GROUND R/UP: Sharon Lampard ran hard all game and shot beautifully to keep us in the game when things were tight.

COACHES AWARD: Elle Trevenen came on at half time and got straight into the game with some good shooting and worked well with Sharon, to get into a game of that intensity like she did was awesome, a well deserved award Elle.

Well done to Joely and her committee on a well run day and to everyone who supported the day for a good cause.

Another home game this week against Jerry, we need to carry that pressure into this week and continue on our good work

B Grade

Lake Grace Pingrup: 48 defeated Boxwood Hills: 26

Another solid game played out against Boxwood this week, during our Big Freeze match. Under the direction of Chloe Pearson, our girls have been working hard on their fitness during training, and it gave us a strong advantage during the match, Boxwood just didn't have enough fuel in the tank.

Our centre play was strong, with Cap'n Flick Young and Tuscany Dew covering the kilometres and providing excellent leads. Deb Carruthers returned to goals and paired with Beth Curtin, they were too experienced for

the Boxwood defence. Beth worked tirelessly to set up the goal circle and Deb claimed any rebound that came her way.

In addition to this, Teneeka Morgan, Shannon Morton and Emma Naisbitt provided tight defence through the middle, making numerous intercepts and turnovers. Great game girls.

BEST ON GROUND: Beth Curtin

BEST ON GROUND R/UP: Tuscany Dew

COACHES AWARD: Teneeka Morgan

THANK YOU from the President

I would just like to say a HUGE thank you to the whole club for their time and effort on Saturday - to turning up early for shifts, for others seeing where help was needed, and just saying "what do you want me to do?"

Thank you all for the amount of food that was handed over, I have never seen so much lasagne. Also a special thank you to Lake Grace IGA for the donation of 150 sausages.

Afternoon tea was the best it's ever been!! So again THANK YOU I'm super proud of how the club presented not only themselves but as a whole over the big day!

On behalf of the Netball Club I would like to say a HUGE thank you to all the hockey members who helped out on Saturday the volume of food handed over was amazing.

The fear I had of running out of food most certainly vanished when I saw that cool room!

Amazing combined effort.

Special thanks to Donna & Susan who were absolute troopers who came to help clean up arvo tea - Donna sweeping like a mad woman and Susan constantly asking me to give her another job!

Thanks everyone. Was a fantastic day.

Joely Slinn

President Lake Grace-Pingrup Netball Club

Great Southern Netball Regional Carnival

Shelley Stanton, ONA Junior Coordinator

The GSNR Junior Carnival was held in Albany on Sunday 20 May 2018. It was a very successfully run carnival with the ONA nominating 5 teams; 3 x 11/U, 1 x 12/U and 1 x 13/U.

A few of the games were outdoors on grass and with Albany turning the weather on for us, the sun was burning the girls. Sunscreen in May in Albany I'm sure is very rare!! Whilst we didn't come away with any winning teams our girls had a ball meeting and forming new friendships, being coached by someone new and playing against teams of very high standards. All in all, a well enjoyed day out for everyone

Holly Stanton and Amber Pearce played in the 11/U, while Sara Bray and Kira Pearce played in 13/U.

The GSNR is also very grateful for the parents who helped out with coaching, managing and umpiring, which Tania Bray and Lisa Pearce volunteered to do. We were also very fortunate to have Kristie Stanton our "B Grade" umpire at the carnival with all the other badged umpires volunteering their time, once again, so thank you to them as well.

We now look forward to Smarter Than Smoking Association Championship being held on the long weekend in June in Perth. Both Sara and Kira will represent our association for the 12/U team along with some of our own seniors Joely Slinn, Teneeka Morgan & Rebecca Clark so good luck to them.



ONA's U13's Sarah Bray (C) and Kira Pearce (GS).



ONA's U11's Amber Pearce (GK)



LGPNC's finest, Kristie Stanton, doing her umpiring stint at the carnival.



ONA's U11's Holly Stanton (WD)

Lake Grace-Pingrup Football Club

Allan Marshall



ROUND 6

BELT UP ROUND - THERE IS NO EXCUSE

LGPFC vs BOXWOOD HILL played at LAKE GRACE on 19/5/2018

Round 6 was also the second annual BIG FREEZE to fight MND fundraiser event which was held at Boxwood Hill in 2017

The weather was absolutely clear with a light North Westerly breeze present.

LGP A RESERVES

The Reserves game commenced at 11.15 am with Boxwood starting well getting 1 goal 1 behind on the board at the ten minute mark. The game stabilised then as the Bombers became more cohesive, getting the football into their forward line and starting to score and at the fifteen minute mark the Bombers had 3 goals 1 on the board to Boxwoods' 2 goals 4 with no further scores recorded until the quarter time siren.

Quarter time scores:

LGP 3-1=19 Boxwood Hill 2-4=16

LGP continued their good form in the second term with the addition of two more majors within three minutes, the second of which was booted by Jackson Callope who marked in the goal square. Boxwood then replied with one of their own followed by three more throughout the quarter. LGP added two more goals in the last few minutes of the quarter to put them just in front by three points.

Half time scores:

LGP 7-3=45 Boxwood Hill 6-6=42

Boxwood had the use of the breeze during the third quarter and were looking dangerous, adding a further two goals in quick time to their score until the Bombers management moved a forward player into the back line to bolster the defensive numbers which was successful in stemming the flow of Boxwood goals. The Bombers managed to add one goal to their score and held Boxwood to one major for the rest of the term to be nine points behind at the last break.

Three quarter time scores:

Boxwood Hill 9-9=63 LGP 8-6=54

LGP scored two majors within the first five minutes of the final term to put them in front, setting up the remainder of the match for an exciting finish. The young Bombers then added another, courtesy of a long bomb by Jackson Callope into an open goal square which rolled through the big sticks. The nail biting finish as predicted earlier came to fruition with Boxwood scoring a major with four minutes left in the game, giving them a two point lead. The wise old heads of the Boxwood team then took charge and controlled the remainder of the match and added a further goal to win the match by eight points. A disappointing finish for the Bombers but a fantastic effort to have come so far since the start of the season. The mix of young players with the experience of older team mates has gelled together and

with good numbers on the field should set them up for some good wins during the remainder of the season. Well done guys.

Final score:

Boxwood Hill 12-9=81 defeated LGP 11-7=73

Multiple goal scorers were Patrick Smith and Jackson Callope with 3 each.

Better players for LGP were Benn Tonkins, Jackson Callope, Phil Ventris, Andrew Lewis, Aaron Carruthers, Josh Bellve, Keirnan Harvey and Damon Pelham .

Awards

Best on Ground: Aaron Carruthers

Best on Ground R/Up: Josh Bellve

Coaches Award: Cam Hobbs

LGP JUNIORS

In the Juniors game LGP were defeated by Boxwood Hill by 15 points. It was great to see the exchange of players between the two teams, with Boxwood placing several of their bigger players into the smaller LGP side to prevent a blowout in the scores which doesn't do anything for morale of the young players.

Boxwood Hill 4-7=31 defeated LGP 2-4=16

Awards

Fed by Fyfe: Luke Clifford and Lucas Robinson

White Star Engineering: Rylan Gooding

LGP LEAGUE

The match commenced at 2.15pm in perfect conditions with the players forming a BELT UP DAY guard of honour and a one minute silence for the memory of lives lost in road accidents. Umpires officiating were John Cooper and Bill Smallwood.

The Bombers were anticipating a close match with a strong Bombers side running onto the ground but missing Alex Duckworth who was out with injury. The Bombers scored the first goal within seconds of the first bounce down followed by another at the four minute mark and were off to a good start. The game then settled into an intense tussle for dominance and at the quarter time break the Bombers were two points ahead.

Quarter time scores:

LGP 5-3=33 Boxwood Hill 5-1=31

The second term continued in a similar fashion but Boxwood out scored LGP to finish ahead at the long break with a nine point lead but still not out of range for the improved LGP team to aim for a win.

Half time scores:

LGP 8-5=53 Boxwood Hill 9-8=62

The third term saw a further battle for dominance with both sides adding three goals three behinds to go to the third break with the same nine point margin as at half time. A win for LGP was still on the horizon.

Lake Grace-Pingrup Football Club

Three quarter time scores:

Boxwood Hill 12-11=83 LGP 11-8=74

The final term saw Boxwood finish stronger, adding five straight majors to their score to the Bombers two goals four behinds giving Boxwood a twenty three point lead at the final siren. LGP had their opportunities, missing several easy shots but with a much improved performance as the season progresses. As with the A Reserve there is every reason to be optimistic for some wins during the remainder of the season.

Final scores:

Boxwood Hill 17-11=113 defeated LGP 13-12=90

Multiple goal scorers for LGP were Luke Bairstow 4, Mitchell O'Neill 3 and Luke Henderson 2.

Better players were Luke Bairstow, Jack Carruthers, Rohan Trevenen, Kane Pinney, Reuben Smith, Connor Regan, Ashton Gray and Roderick Beasley.

Awards

Best on Ground: Jack Carruthers

Best on Ground R/Up: Reuben Smith

Coaches Award: Kane Pinney

Following the completion of the league match the 'BIG FREEZE' event was held at the front of the pavilion with 16 volunteers taking the plunge into the ice bath. Later

during the evening raffles were drawn and donated items auctioned raising total of approximately \$53,000 for the 2018 event. Fantastic effort. See report elsewhere in the link. *Pages 1, 35 and 36*

For all your driveways, farm tracks, shed/silo pads.



Contact

Liam & Vanessa 0417 915 314.

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Lake Grace-Pingrup Junior Hockey Club

Janine Watson

Round 4 v Newdegate

Looking back on the results of the last three rounds I was prepared for an even game with possibly the chance to advance - well, Newdegate certainly gave us a surprise. Though we suffered quite a defeat I still feel our juniors played pretty well, and continued to fight 'til the end. We had a couple of chances on goal, however we just couldn't get the ball past Newdy's giant goalie. Special mentions to Luke Clifford, Amber Pearce, Judd McKenzie and Michael Watson.

Final Score:

Newdegate defeated Lake Grace-Pingrup 8 – 0.

Awards:

Best On Field: Cambell Chatfield - As an Inner played his defence well and had a few great clearing passes up the field.

Top Effort: Payton Callope – was under attack in Full Back, was great to see Payton get in the mix.

Round 6 v Boxwood Hill

After the previous loss we were looking to recover our

confidence. Well, the kids well and truly did that. They went out and fought hard and it was a nice even match against Boxwood. It was terrific to see the kids improve with keeping to their positions and some managing to go a short stint with the ball on their stick, and also backing up their team mates. This week's special mentions are for their positioning on the day Griffin Naisbitt, Alex Clifford and Judd McKenzie. The team efforts were paid off with a goal in the first half, and were unlucky to gain the lollies with a near miss in the second half.

Goal Scorer: Judd McKenzie

Final Score:

Lake Grace-Pingrup defeated Boxwood Hill 1-0.

Awards:

Best on Field: Luke Clifford – Luke connected well with the ball and was forceful in defence.

Top Effort: Linkin Eaton – Linkin's first year at hockey and is beginning to settle in well. Linkin played Full Back also and put in a solid effort providing support to his team mates with his great backing up.

Huge Thank you to our Senior Players whom are umpiring our games also for their guidance and support.



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PUBLIC NOTICES

Sally Dickinson

Counsellor for Southern AgCare. A free and confidential service. Contact 0427 192 155
www.southernagcare.org.au

Dr Linda Haines

Is available in Lake Grace on Thursday 7th and Friday 8th June, Thursday 28th and Friday 29th June. Ring 9865 1208 for an appointment.

Cancer Support Coordinator

Barbara Brennan from Cancer Council WA is the Cancer Support Coordinator for the Wheatbelt Region. Call Barbara on 9621 1810 for information, support and assistance.

Lake Grace Op Shop

46 Bennett Street (Old Church)
 Tuesday 1:00 - 4:00pm
 Friday 9:30am - 1:00pm

First Aid Kits

Are now available for purchase at
 CCL Hardware Lake Grace.

Lake Grace Lions Club

Meetings every 2nd (dinner meeting) and 4th Thursday of the month at the Men's Shed.
 Next meeting: 14th June

PRIVATE SALE

7 Eggers Place, Lake Grace
 \$155,000-\$160,000

Great little house, great location. Potential for subdivision. Currently tenanted and a 5% return with potential to increase this immediately.
 Phone 0422462828, 0428132664 or email
redearthyyoga@bigpond.com or
mike000martin@gmail.com for more information.

Looking for Previous Owner

Old Chevy Truck
 Enamel Number Plate – Black and White
 No LG 316
 Please contact Helen at LG Visitor Centre
 9865 2140

Lake Grace

Development Association (Inc)

Meeting Monday 11th June @ 7.30pm
 Men's Shed Meeting Room
 Bennet Street

CWA Bookings

Please be advised that if you wish to book the CWA Hall then please contact the Lake Grace CRC on 9865 1470.

Holyoake Community Alcohol and Drug Service

May Griffiths Counsellor/Diversion Officer
 Ph: 08 9881 1999

Community Midwife

Sandy Slee, the Community Midwife, will be coming to Lake Grace the first Tuesday of every month until further notice. Call Narrogin Primary Health on 9881 0385 to make an appointment.

Crisis Care Numbers

Doctor's Surgery -9865 1208	Electricity Faults - 13 13 51
Hospital - 9890 2222	Water Faults - 13 13 75
Ambulance/Fire/Police - 000	Directory Assistance - 1223
55 Central Men's Refuge 9272 1333	Family Helpline 1800 643 000 / 9223 1100
Sally Dickinson 0427 192 155 <i>Southern AgCare Counselling</i>	Kids Helpline 1800 551 800 www.kidshelp.com.au
Poisons Information 13 11 26	Ngala 9368 9368 www.ngala.com.au
Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Wheatbelt Mental Health Service Northam - (08) 9621 0999 Narrogin - (08) 9881 0700
Lifeline Australia - 13 11 14 www.lifeline.org.au	Beyond Blue - 1300 22 4636 www.beyondblue.org.au
Seniors Information Services 9321 2133 www.cotawa.asn.au	Citizens Advice Bureau 9221 5711 www.cab.wa.com.au
Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au	Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au
Main Roads - 138 138	Rural Link - 1800 552 002
Mental Health Emergency Response Line - 1300 555 788	Suicide Call Back Line - 1300 659 467 www.suicidecallbackservice.org.au
Alcohol & Drug Information Service - 1800 198 024 https://www.mhc.wa.gov.au/	Parent Drug Information Service - 1800 653 203
Holyoake Northam - (08) 9621 1055 Merredin - (08) 9041 3807 Narrogin - (08) 9881 1999 Freecall - 1800 447 172	Relationships Australia Fair Programme 9336 2144 https://relationshipsaustralia.org.au 1300 364 277

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Craft Group	Meet at the CWA Building Saturdays from midday onwards		
CWA	Suzanne Reeves	0427 651 310	lakegracecwa@gmail.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	lakegraceelc@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
LIFT Lakes Information & Farming	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Rhiannon Stubberfield	0428 301 380	
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Lions	Arthur Slarke	0429 651 015	arthurslarke@bigpond.com
Winter Sports			
Lake Grace Pingrup Football Club	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
LGP Junior Football Club	Taryn Borgward	0429 205 267	lgpjfc@gmail.com
Lake Grace Pingrup Netball Club	Joely Slinn	0477 014 347	lgpnc@outlook.com
Lake Grace Pingrup Hockey Club	Donna Skerris	0429 197 806	tameka_knill@yahoo.com
Lake Grace Kukerin Hockey Club	Tash Bowman	0407 987 293	lgkhockeyclub@outlook.com.au
Lake Grace Golf Club	Mikaela Spurr	0438 926 196	mikaelaknill@hotmail.com

CHURCH TIMES

Lake Grace Catholic Church

Sunday 27th May 10am
Sunday 3rd June 6pm

For inquiries and request for home visitation, please contact Fr Joseph Sousa on 9865 1248.

Anglican Church of Lake Grace

Sunday 27th May No service
Sunday 3rd June 9am

Enquiries: Father Dave 0427 545 560
Wally Perry 0448 795 070

Justices of the Peace

Colin Connolly 0427 858 066
Ron Dewson 9865 1224
Amanda Milton 0429 654 011
Geoff Sabourne 0429 651 171

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Jeanette de Landgraft (Pres)	9872 0029	9838 9041
Steve Hunt (Vice Pres)	9865 1650 0427 651 585	
Ross Chappell	0428 654 058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Roz Lloyd	9871 1534	9871 1676
Allan Marshall	9865 3022	9865 3012
Murray Stanton	9865 1329	9865 1223
Peter Stoffberg	0447 281 181 9865 2550	
Mikaela Spurr	0438 926 196	

COMMUNITY CALENDAR

May/June

Fri 25	HACC Activity Day @ Village Hall Op Shop open 9:30am - 1pm Fish & Chips @ Sportsman's Club Crochet @ CRC	Sun 3	Golf Stroke - BBQ spons. by AFGRI Rubbish tip open
Sat 26	Winter Sports - LG-P v Jerramungup Roe Districts - LG-K v Kulin-Kondinin Rubbish tip open Craft @ CWA Steak Tea @ Sportsman's Club	Mon 4	WA Day - Public Holiday Rubbish Collection Rubbish tip open
Sun 27	Golf - Stableford spons. by LG Meat Supply Rubbish tip open	Tue 5	Lego Club @ Arts Space @ 3:30pm Pilates Classes @ 6pm LG/P Football training Op Shop open 1 - 4pm Men's Shed (morning) SOYF Exercise 10am @ Shire Hall Chair Aerobics 10:30am @ Village Hall
Mon 28	Rubbish Collection Recycling Collection Rubbish tip open	Wed 6	LG/K Hockey training @ Lake Grace Rubbish tip open Hospital Activity & Morning Tea 10-11:30am
Tue 29	Lego Club @ Arts Space @ 3:30pm Pilates Classes @ 6pm LG/P Football training Op Shop open 1 - 4pm Men's Shed (morning) SOYF Exercise 10am @ Shire Hall Chair Aerobics 10:30am @ Village Hall Building Surveyor in LG	Thur 7	Bag Making Project 9:30am @ CRC Pilates Classes @ 6am and 9am Playgroup 9:30am - 11:30am Toy Library - 9 - 9:45am LG/P Football training Lakes Link News published
Wed 30	LG/K Hockey Training @ Kukerin Rubbish tip open Hospital Activity & Morning Tea 10-11:30am	Coming Events <i>8th June - Driving Assessor in Lake Grace</i> <i>8th June - HACC Bus Outing</i> <i>11th June - SwimAbility @ Narrogin</i> <i>11th June - LG Development Assoc Meeting</i> <i>12th June - Foot Clinic @ Village Hall</i> <i>6th July - Driving Assessor in Lake Grace TBC</i> <i>19th July - safeTALK @ Newdegate</i> <i>8th August - safeTALK @ Lake King</i> <i>22nd August - safeTALK @ Lake Grace</i> <i>12th September - First Aid Course in Lake Grace</i> <i>18th & 19th September - ASIST @ Newdegate</i> <i>10th October - First Aid Course in Lake Grace</i> <i>16th & 17th October - ASIST @ Lake Grace</i>	
Thur 31	Pilates Classes @ 6am and 9am Playgroup 9:30 - 11:30am LG/P Football training		
Fri 1	Lakes Link News deadline Op Shop open 9:30am - 1pm Crochet @ CRC Fish & Chips @ Sportsman's Club		
Sat 2	Winter Sports - South West Jnr. Hockey Champs @ Bunbury Netball WA 'Smarter Than Smoking' Assoc. Championships @ Perth Roe Districts - Bye Rubbish tip open Craft @ CWA Steak Teas @ the Sportsman's Club		

			3	2	7			
		4		8		3		
6		2	4		1	7		8
3								2
		1				9		
4								7
7		6	1		9	5		4
		9		7		1		
			8	5	6			

Sudoku

- ☐ The Sudoku grid of rows and columns is divided into individual 3x3 boxes.
- ☐ The aim of the game is to fill each row, column and 3x3 box with the numbers 1 to 9.
- ☐ You can't repeat numbers in a row, column or 3x3 box and you can't change the numbers already in squares.

					8			2
	6						1	7
		2		3			5	
		9		7		4		
			8		9			
		1		2		6		
	5			6		2		
1	7						3	
8			9					