

8th June 2017

\$1.20 inc GST

Vol 23 Issue 11

# Lake Grace - Kukerin Hockey Club

Danielle Robertson



Michelle Gooding, Fiona Chatfield, Tracy Taylor, Annie Argent and Stevie Sutherland defending a penalty corner against Narembeen. Photo Lois Dickins.

Winter sports are midway through their fixtures and with Ongerup Association taking part in Country Championships and Lake Grace/Pingrup having a bye, the Roe Districts hockey and golf were the only winter sports picking up stick and ball over the last two weekends.

On the 27th of May Lake Grace-Kukerin played Bruce Rock at Bruce Rock. To keep team spirit alive and well the Community bus was hired and Annie Argent displayed nerves of steel to drive the boisterous team to and from the game.

C grade Lake Grace-Kukerin 2 defeated Bruce Rock 0 B grade Bruce Rock 1 defeated Lake Grace-Kukerin 0 A grade Bruce Rock 4 defeated Lake Grace-Kukerin 2

03/06/2017 Lake Grace-Kukerin v Narembeen (at LG) C grade Lake Grace-Kukerin won by forfeit B grade Lake Grace-Kukerin 2 defeated Narembeen 0 A grade Narembeen 1 defeated Lake Grace-Kukerin 0 Sorry no goal scorers or award winners this time.

In other news, congratulations to Club President Michelle Gooding on winning the Dumbleyung CRC's May You Dare competition.

Michelle will be required to water ski (wakeboard, biscuit, kneeboard, whatever) around Lake Dumbleyung sometime in June or July. Half of the money that was raised for the challenge will stay with the Dumbleyung CRC and the remaining 50% will be donated to Michelle's charity of choice, Heart Kids. I'm sure the whole club will be lakeside to support her when she completes the challenge. Watch our Facebook page for more details as they come to hand.

Big thanks to Fee, Annie and Michelle who catered for the Senior Citizens lunch last week. All reports are positive. Also to everyone who took a canteen roster on Saturday at the Kukerin-Dumbleyung footy reunion. We appreciate the efforts of all our volunteers.

Thank you to those who filled in for us last week against Narembeen. Long weekends make it a bit harder to field a side.

Our best wishes to Bec King for a speedy recovery after her accident and we all hope you'll be back into it soon.

This week's game is in Kukerin against KK Vipers. Kids start at 11.15am if you are keen to come and support.

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# **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.

#### <u>Next Deadline</u> Monday 19th June

Next Edition
Thursday 22nd June





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

Gwen Oliver Dick Phillips

Thank you also to our many contributors of articles.

#### DISCLAIMER

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- 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.

#### 320 copies printed and sold each fortnight

# **Editorial**

- The waterwise showerhead swap programme was due to finish at the end of May...however we still have some here so if you're quick....
- Our first LDAG (Local Drug Action Group) meeting is today (Thursday 8th June), I'll put an update of what is going on in our next Links. Great to have some young people (younger than me) putting their hand up to be a part of the group. If you haven't made it to the first meeting but would still like to take part then don't hesitate to call, we need representation from a valid cross section of the community.
- Please note there is a change of date for our mental health get together; it is now on Wednesday 28th June at the Lake Grace Sportsman's Club. This is an informal event; Wheatbelt Men's Health will give a short presentation on suicide and they have kindly funded the catering for the evening. Hamburgers will be available from 7pm with the conversation starting at 7:30pm.
- On the subject of drugs we are in contact with Peter Lyndon-James who runs a series of 'Tough Love' seminars. You may have heard of him via media reports on his organisation Shalom House that assists with men fighting addiction or you may have seen his story on Australian Story. His seminars are reportedly very good but at this stage the four hour seminar is financially out of our reach. However we are interested in peoples thoughts and are also interested in whether any local businesses or organisations would be willing to offer financial assistance to bring this workshop to Lake Grace in the future.
- A big thank you to **Bankwest who've donated \$200 to our crocheting cause**. This is a very handy sum of money that we can put toward yarn. Crochet is on every Friday from 10am to midday. All skill levels are welcome, if you would prefer to work on your own project that is fine. We are looking for anyone wanting to crochet 'granny square's to create blankets for the Wheelchairs for Kids programme. If you would like to work on a personal project but need some help then please come along. I have some examples of blankets, runners, baskets and cushions available for ideas; along with a great selection of books if you're looking for patterns.

- We are currently in the process of organising a grant writing workshop in early July. If you're interested please let me know.
- PING are hosting a 'Being a Better Boss' workshop at the CRC on Tuesday 27th June. You do need to enrol online.
- ♦ The Lake Grace CRC is hosting a Lorraine Lea Linen party on Thursday 29th June from 10am. Funds raised from this go toward Lorraine Lea's 'Party for Kids with Cancer' campaign.
- Are you wanting to do some **computer training?** If you are then please contact the CRC. I will be looking at setting up some dates for Microsoft products (Excel, Word, Publisher, Outlook). Perhaps you just want to know more about finding your way around Facebook or Windows. Please let us know if you're interested or there's something you would like to know more about.
- I am also in the process of arranging a date for MC/HC assessment and training for September. If you are needing this or have an employee you would like to enrol then please let the CRC know.

Suzanne Reeves

#### Workshop/ Information Session Calendar...

**Crochet Classes -** Every Friday, 10am to midday. Everyone welcome. Will run every Friday until late September.

**Being a Better Boss** - Tuesday 27th June. Workshop focuses on team productivity, time management and being able to recognise your management style and how it impacts others. \$165 per person.

**Mental Health** - Wednesday 28th June, a community conversation on suicide awareness/prevention. 7pm for tea, 7:30pm start for talk.

If you are interested in any of the above please phone the Lake Grace Community Resource Centre on 9865 1470.



#### **Crochet Workshops**

From 10am to midday Every Friday

**Lake Grace Community Resource Centre** 

Beginners will be learning how to make 'Granny Squares' (for Wheelchairs for Kids charity)

Some hooks available for purchase with a small range of wool to practise on.

Experienced crocheters can select from range of projects Call 9865 1470 to book in.

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

### What's Happening?

 Congratulations to Vanessa and Liam Fyfe on the safe arrival of twin boys Enzo (with Liam) and Kynan (with Vanessa) on Sunday the 14th of May. Enzo at birth weighed 3.12kg and Kynan weighed 2.5kg.



- Congratulations to Nikki and Andrew Lewis on the birth of Wade Patrick Lewis who was born 22nd May 2017 at 2:20pm. Weighing 8lb 5 oz and 52cm, Wade is a baby brother for Heath Lewis.
- Belated sympathy to the family of Irene (Rene) Hooper (nee Lay) who passed away on the 21st May.

# Happy Birthday



Ollie Farrelly 10th June 11th June Lynnette Zweck 12th June Margaret Fisher Seth Argent 13th June Michelle Dunham Geoff Sabourne 14th June Wendy O'Neill 16th June Anna Naisbitt 17th June Joel de Vree **Dot Kennedy** 18th June Lucy Trevenen Emma Taylor (18) Phil Franks 20th June Linkin Eaton 21st June Simon Trevenen Steve Hunt Bevan Lav

Bevan Lay
Eve Stubberfield



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# "LOOKING AFTER YOURSELF AND YOUR COMMUNITY IN DIFFICULT TIMES"

a community conversation on **SUICIDE AWARENESS / PREVENTION** 



# Wednesday 28th June

at the Lake Grace Sportsman's Club Burgers available from 7pm; Conversation starts at 7:30pm

Come join us for a chat / get together. Everyone is welcome; a short 30 minute presentation will be followed by question time and an opportunity to mingle.

**RSVP** to the Lake Grace CRC on

Ph: 9865 1470 or <a href="mailto:lakegracecrc@westnet.com.au">lakegracecrc@westnet.com.au</a>
RSVP's would be appreciated for catering purposes.





# **Food Sensations**

Chloe Robertson

Every Thursday of May this year six Lake Grace and surrounds locals took part in a four week cooking workshop held by Food Bank at the Lake Grace Community Resource Centre.

The workshop, Food Sensations, was designed to give participants an understanding of healthy eating and skills in how to purchase and prepare healthy foods. Food Bank contacted the five CRC's taking part in Food Sensations via video conference, where we had an hour long talk including some activities, then we went away to cook our chosen recipes.

The program consists of four different sessions:

#### 1. Healthy eating and cooking

In this session we read some of the Australian guide to healthy eating, so what we should have from the five food groups and what we should only have in small amounts.

We also learnt about serving sizes and portion sizes.

At the end of this session we split into three groups and cooked: Lean Mean Curry, Rainbow Rice and Atomic Apple Crumble. We didn't have many troubles cooking these three meals, the only major thing being that we forgot to buy quite a few ingredients, resulting in at least half of us running off to buy the things we forgot.

# 2. Label reading, food selection and cooking

In this session we read cereal nutrition labels and compared sugar, fibre and salt (sodium) in the cereal. This showed us that some cereals we eat aren't as good for us as we think, with the best option being Weetbix For Kids, closely followed by regular Weetbix.

We also had a look at how many teaspoons of sugar go into the types of drinks we have.

After this session we cooked: Luscious Lamb Koftas, Zesty Couscous Salad and Choc Amazeballs.

#### 3. Meal planning, budgeting and cooking

In this session we learnt money saving tips, such as buying supermarket brands, canned products and in bulk, swapping out or reducing meat for beans or lentils and buying plain breakfast cereals instead of branded.

We learnt what foods to swap to make our meals healthier.

And lastly we were told to make a seven day meal planner and shopping list for those meals so we buy only what we need for those meals.

For the cooking we made Perfect Prawn Stirfry, Crunchy Asian Slaw and Fruity Frypan Cake. The real issue in this cooking session was the Crunchy Asian Slaw ended up extremely sour because of excess lemons being used.

#### 4. Takeaway vs Homemade and cooking

This session was an activity session where we compared the fat and sugar in homemade and takeaway foods. This activity really showed us how bad some takeaway foods are for you.

After this we decided to go all out and made Guac On Dip, Butter-less Chicken, Speedy Cheese Frittata and Super Fruity French Toast.

Overall the workshop was really interesting and eye opening and everyone would have learnt something from it. If you're interested in taking part in the next Food Sensations information will be available in the Lakes Link when we are holding the next workshop. Recipes for the dishes we made are available at the CRC along with healthy eating information.



Photo by Suzanne Reeves: Stephanie Lay, Lee Duckworth, Rosie Timperley and Lesley O'Neill practice their cooking skills in the first workshop.



The end product of session one.

Above: Atomic Apple Crumble and Rainbow Rice.

Below: Lean Mean Curry.



# **Superhero Day**

Shenae Harradine - Behalf of Student Council

Lake Grace DHS got Super on Friday 26<sup>th</sup> of May, as all of our students and staff dressed as Super Heroes for a day. We had a little parade after recess where we got to look at everyone's awesome costume.

Superhero day was a fundraiser for kids with heart disease. The school raised \$111 and I think we are all pretty proud of that. We have some very super students and super educational teachers in this school, even a super principal.

Thanks to all students and staff for dressing up.



Above: Kelsie Murray and Maisey

Lay.

Right: King Luke Clifford.





Hannah Clunie, Clancy Lay, Miss Billie MacTaggart, Ella Leigh, Charlie Earnshaw and Whitney King.



Above: Bat girls Ruby Stanton and Summer Earnshaw.

Below: Shelby Newton.





Above: Ella Ward, Sheree Duckworth, Grace Penney and Seth Argent.



#### **Dare To Wear**

Kerrie Argent

Dare to wear exhibition is coming to Lake Grace Regional Artspace opening night is the 9th June at 6pm. This is a fabulous collection of garments of many different textile techniques handcrafted from new and recycled materials, beautifully made fine wool felts, natural dyed silks, to recycled table cloths, pamphlets and video tapes.

Dare to Wear is a group of 18 West Australian textile artists who were invited to show in this exhibition. The works were first installed and opened in Millbrook estate in Williams on the Mother's Day weekend and part of the Dryandra art and craft trail this year. After having a very busy time at Millbrook Estate, it has now shifted to Lake Grace for two weeks, then in August it will go to Geographe Art Gallery in Busselton.

Eighteen months ago Bobby Bates, formally of Narrogin, invited a group of 25 textile artists together for a lovely lunch and discussion to see if this exhibition would be achievable. With lots of encouragement and enthusiasm this adventure started. A huge learning curve Bobbie tells me, but it did eventuate and she should be very happy with the outcome. With a fabulous line up of established and emerging textile artists creating works, one can only imagine the variety of materials and techniques used to create these garments, some more wearable than others.

You need to come and have a look for yourself, to appreciate the skill, techniques, and variety of the pieces. The exhibition will be open every day from 10th to 28th from 10am till 4pm.

Photo: Kerrie Argent's evening wear upcycled from video tape.



# **CCL Hardware**

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This workshop focuses on team productivity, time management and being able to recognise your management style and how it impacts others.

#### Too busy to attend a workshop? This one is for you.

This workshop has been designed specifically for farm businesses and is for members of the business who want to improve the way they work with their staff and farming partners.

#### LAKE GRACE

Lake Grace CRC (Corner Bishop Street & School Place)

#### **TUESDAY 27 JUNE 2017**

Arrive for a 9am sharp start- finishing 3pm Online registration essential.



#### TOPICS COVERED

- Self leadership and achieving results
- Bringing out the best in others
- Communication and interaction skills
- Managing conflict and difficult people
- Enhancing the relationship between employers, employees, family and business partners

Minimum 8 farm businesses.
Maximum 20 participants.
\$165 (inc GST) for the first
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## Westlink Guide (Channel 602)

#### **Thursday June 8**

- 10:30am Inside Curtin Uni Ep 1
- 11:00am Top of Down Under Ep 6 Wuyagiba
- 11:30am Woodworking Masterclass Plate Rack Ep 3
- 12:00pm Garden Gurus Autumn 2016 Ep 5
- 12:30pm Cover to Cover Thomas M. Wilson
- 7:00pm State Horticulture Update (2.5hours)

#### Friday June 9

- 9:30am & 7:00pm State Horticulture Update (2.5 hours)
- 2:30pm Inside Curtin Ep 1
- 3:00pm Top of Down Under Ep 6 Wuyagiba
- 3:30pm Woodworking Masterclass Plate Rack Ep 3
- 4:00pm Garden Gurus Autumn 2016 Ep 5
- 4:30pm Cober to Cover Thomas M. Wilson

#### Saturday June 10

- 9:30am State Horticulture Update (2.5 hours)
- 6:00pm Inside Curtin Ep 1
- 6:30pm Top of Down Under Ep 6 Wuyagiba
- 7:00pm Woodworking Masterclass Plate Rack Ep 3
- 7:30pm Garden Gurus Autumn 2016 Ep 5
- 8:00pm Cover to Cover Thomas M. Wilson
- 8:30pm Sweet & Sour 2017 Ep 10

#### Sunday June 11

- 9:30am & 7:00pm State Horticulture Update (2.5 hours)
- 12:00pm Inside Curtin Ep 1
- 12:30pm Top of Down Under Ep 6 Wuyagiba
- 1:00pm Woodworking Masterclass Plate Rack Ep 3
- 1:30pm Garden Gurus Autumn 2016 Ep 5
- 2:00pm Cover to Cover Thomas M. Wilson

#### Wednesday June 14

- 6:30pm Top of Down Under Ep7 Numbulwar-Miwul
- 7:00pm Woodworking Masterclass Plate Rack Ep 4
- 7:30pm Garden Gurus Autumn 2016 Ep 6
- 8:00pm Destination WA Ep 8
- 8:30pm Sweet & Sour 2017 Ep 11

#### Thursday June 15

- 11:00am-Top of Down Under Ep7 Numbulwar-Miwul
- 11:30am Woodworking Masterclass Plate Rack Ep4
- 12:00pm Garden Gurus Autumn 2016 Ep 6
- 12:30pm Destination WA Ep 8

#### Friday June 16

- 3:00pm Top of Down Under Ep7 Numbulwar-Miwul
- 3:30pm Woodworking Masterclass Plate Rack Ep 4
- 4:00pm Garden Gurus Autumn 2016 Ep 6
- 4:30pm Destination WA Ep 8

#### Saturday June 17

- 6:30pm Top of Down Under Ep7 Numbulwar-Miwul
- 7:00pm Woodworking Masterclass Plate Rack Ep 4
- 7:30pm Garden Gurus Autumn 2016 Ep 6
- 8:00pm Destination WA Ep 8
- 8:30pm Sweet & Sour 2017 Ep 11

#### Sunday June 18

- 12:30pm Top of Down Under Ep7-Numbulwar-Miwul
- 1:00pm Woodworking Masterclass Plate Rack Ep 4
- 1:30pm Garden Gurus Autumn 2016 Ep 6
- 2:00pm Destination WA Ep 8

#### Wednesday June 21

- 6:00pm Inside Curtin Ep 1
- 6:30pm Top of Down Under Ep8 S.E.A.L Track pt1
- 7:00pm Woodworking Masterclass Plate Rack Ep 5
- 7:30pm Garden Gurus Autumn 2016 Ep 6
- 8:00pm Cover to Cover Ep 27 Mohammed Massoud Morsi to discuss his novel 'Twenty Two Years to Life'
- 8:30pm Sweet & Sour 2017 Ep 12



Date	Min	Max	Rain
24/05	10.6	19.0	
25/05	6.0	20.4	0.2
26/05	8.8	16.6	
27/05	5.6	16.9	
28/05	7.0	16.3	
29/05	2.7	15.9	
30/05	6.1	21.3	
31/05	8.7	24.4	
01/06	8.1	25.2	
02/06	5.2	23.7	
03/06	7.1	21.4	
04/06	12.5	21.4	
05/06	11.5	22.7	
06/06	8.4		

South of Kalba	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	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 9am or after 6pm.					

# Recovery Grants for Primary Producers in Western Australia

Media Release - Shire of Lake Grace

Minister for Justice Michael Keenan and Western Australian Minister for Emergency Services Fran Logan today announced that recovery grants are now available to help primary producers in Lake Grace, Ravensthorpe and Swan who were severely affected by flooding in January and February 2017.

The assistance is being provided through the jointly-funded Commonwealth-State Natural Disaster Relief and Recovery Arrangements (NDRRA).

Minister Keenan said today's announcement recognises that the Australian and Western Australian governments are committed to supporting affected primary producers that need additional help to get back on their feet as quickly as possible.

"Importantly, the recovery grants announced today are on top of the low interest rate loans and freight subsidies that have already been made available to farmers affected by the floods," Mr Keenan said.

Mr Logan said farmers in these areas had lost more than \$80 million in production due to the long-term damage caused by the flooding.

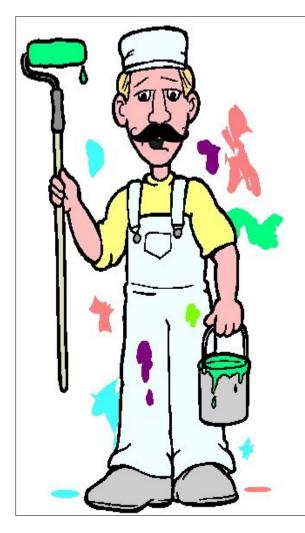
"The grants being announced today will help farmers with their recovery by funding clean-up and reinstatement activities, including salvaging crops, replacing pasture, purchasing fodder and repairing damaged equipment and machinery," Mr Logan said.

The Australian and Western Australian governments will continue to work together to ensure that communities have access to the assistance they need.

Information on disaster assistance available for this natural disaster can be found on the Australian Government's Disaster Assist website at www.disasterassist.gov.au and the Western Australian Office of Emergency Management website at www.oem.wa.gov.au

Primary producers should contact the Department of Agriculture and Food at (www.agric.wa.gov.au/emergency-response/wa-natural-disaster-relief-and-recoveryarrangements).

Emergency Services Minister's office - 6552 6300



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# **Lake Grace Artist Group**

Kerrie Argent

I get told to start an article with a statement that encourages people to read on, but being busy is on every ones agenda at the moment. So fitting in art group projects as well makes us even busier. To make it work we get even busier or we compromise and catch up after the event, or if you are like me go from one event to the next and never catch up.

Anyway as busy as we are still have lots on.

Next meeting 13th June.

DARE TO WEAR EXHIBITION opens this Friday night 9th June at 6pm, hope to see lots there, come and enjoy a glass of champagne and nibbles while you check out the fabulous creations of 18 WA textile artists.

The exhibition is open every day until the 28th June and we are looking for volunteers to come and open the space and be there to keep an eye on it.

Roster is on the desk if you can spare some time please.

PATCHWORK WORKSHOPS start next week the 13th June at the Lake grace regional Artspace, if you have been thinking about coming along please email Jayne <a href="mailto:iaynearg@gmail.com">iaynearg@gmail.com</a> ASAP to book in as we need to let Kerry know how many students she has so she can finish preparing for the workshop. (If you are not aware a lot of preparation is done by any tutor before a workshop so they come prepared and organised ... sometimes I can spend a week preparing for workshops before they happen). Starts 7pm please email jayne so she can forward you the list of what you need to bring.

#### **CURIOSITY CABINETS WORKSHOP**

Jayne Argent will be teaching a class at the end of the month Saturday and Sunday 24th& 25th June called Curiosity Cabinets . Anyone interested in this workshop please contact Jeanne Melville 0419 434 403.

We have also been looking at having a resin workshop and a polymer clay workshop If any one is interested in doing any of these workshops please contact Jeanne Melville as we need some expressions of interest so we can go and organise.

Shows on the Go, we have worked with the Lake Grace shire and Cheryl Chappell to bring two Shows on the Go to Lake Grace in the last few months, It takes a lot of organising and applying for these shows and share the risk grants, and it is very disappointing to see so few people turn up and support these shows. A huge "thank you" to the ones that made the effort to come along. And a huge "thank you" to the art group members and their partners who came along to set up, clean up and supply supper For the Kookoo Kookaburra show.

A fabulous time was had at Marijkes felt making workshop; thanks to 9 ladies who came along for the workshop it was great.

Plantagenet artist group has again been invited to join Lake Grace artist group in this years exhibition Landscape. Part of the exhibition had its opening night in Mt Barker on 1st june in Mitchell House gallery. Phyl, Jayne, Greg and Kerrie made a quick trip down for the opening.

Some great work. This exhibition with the addition of a number of new works from lake Grace artist group members will open at the beginning of September in Lake Grace. If there is anyone who would like to participate in this exhibition please contact Kerrie on 0447791399 for further information.

We are also going to be part of the Artsouth art trail as we have been included and joined the art trail this year and our Landscape exhibition will be part of the trail. There will also be a pop-up shop in the Artspace while the Artsouth Trail is on.

Watercolour workshop Irene Osbourne is coming back in July to finish the mural and will possibly run a watercolour workshop, so if you are interested in learning watercolour painting, please let Jeanne know. Irene will have a window box exhibition of her watercolour works in the Lake Grace Regional Artspace window in July for you to get inspired.

Textile workshops in November and February. If you are interested in textiles and textile techniques we are looking at having Dale Rollenson down for some workshops so keep your eye open for further information on this.

Don't forget get together so on the 1st Tuesday of the month and get together and meeting on the 3rd Tuesday of the month 10am, any past present or new members welcome anytime.

Or just call in have a cuppa and see what we are about.



### What is Ice?

Cracks in the Ice

#### What is ice?

Ice, or crystal methamphetamine, is a stimulant drug and variant of methamphetamine. Methamphetamine typically comes in three different forms (ice, base and speed) that vary in their appearance and potency.

The effects of ice differ slightly from speed and base because it is often a purer form of methamphetamine, meaning it gives a stronger and longer lasting 'high'. Because of this, it also has more potent and serious side effects, both during use and in the 'comedown' or 'crash' phase after use. This is why, compared to other forms of methamphetamine, ice has a greater potential for the user to develop dependence, psychosis, and other long-term physical and mental health problems.

Ice is usually sold in points (0.1g) or grams and can be cut (mixed) with other substances. This reduces its purity and makes the effects for the user even more unpredictable.

#### Why do people use ice?

There is no single reason why people use ice. Usually several things act in combination. Regardless of why someone starts to use ice, it can very quickly become a problem. Common reasons for drug use include:

- To try and have fun and feel good
- To forget, or help cope, with problems
- To fit in/feel part of a group
- A belief that everyone else is doing it
- To escape reality
- To loosen up
- To be rebellious
- Out of curiosity
- Out of boredom
- To feel more sociable

### Ice



Appearance

Translucent crystals, sometimes shards.

#### Also Known As

Crystal meth, meth, shabu, tina, glass.

#### Method

Smoking or injecting.

Potency High.

#### Base



Appearance

Dampish, gluggy substance. Colour varies from white to brown.

#### Also Known As

Pure, point, wax, meth.

#### Method

Swallowing or injecting.

Potency Medium high.

### Speed



Appearance White or off-white powder.

Also Known As

#### Method

Snorting, swallowing or injecting.

Potency

Low medium.

#### How does ice work?

Ice triggers the release of two chemicals in the brain (also known as neurotransmitters) called dopamine and noradrenaline. These chemicals, which are responsible for making us feel excited, alert and euphoric, can be depleted by consistent and heavy use of methamphetamines like ice. Prolonged use can also damage or destroy there receptors in the brain - sometimes to a point where users no longer feel normal without having ice in their system.

#### Want more information?

Visit the Cracks in the Ice website at www.cracksintheice.org.au

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# **Growing Up in Lake Grace**

John Dyke

A former resident of Lake Grace, John Dyke was born in King Edward Memorial Hospital in Subiaco, on 24 April 1935, to Noel Frederick Dyke and May Dyke. Dad had gone ahead to Lake Grace as Secretary to the Road Board. They had come to West Australia from Wales, UK, in 1926, paid their own way, and were sent to the South West, south of Bridgetown, to one of the Group Settlements, No's 126 and 127. The whole thing was a complete con between the British and Australian Governments, promising the new settlers a house, good land to cultivate, and the promise that within a few short years, working hard, they would be wealthy enough to return to the UK and have a good holiday. John and his wife Cheryl currently live in Albany. The following is the first part in a series detailing some of John's earlier adventures in Lake Grace.

My father, like many others, was ex-army. Dad joined up before WW1 and when war was declared had the rank of Corporal. He applied for and was taken into Aldershot Training School for Officers. Graduating as a Second Lieutenant RASC in 1914 Dad was posted to Salonika, Greece, (also known as Thessalonika) for a short time for training purposes. In 1916 he was promoted to Second Lieutenant and again in 1916 to the rank of Captain and later to Brevet Major. He spent the entire war in the Middle East and learned to speak fluent Egyptian as some of his officers and the majority

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of the other ranks were Egyptian.

Returning to Wales in 1923, the son of Lieutenant Colonel Richard Caractacus Dyke, Commanding Offficer, "Pentre Detachment" of the Welsh Territorials, Cardiff, John's Grandfather was also the Manager of the Provincial Bank in Llandrindod Wells, Wales.

Dad married Beatrice May Lewis of Swansea in 1926. Mum was the eldest daughter of Frederick Arthur Lewis, a professional soldier who fought in both the Boer War and WW1.

Dad was not wanting to continue living in Wales as his years in the Middle East had got him accustomed to the hot weather. He was offered a job in the Colonial Office, North Africa, but would not take his wife there. Luckily he didn't as "Rommel The Desert Fox" in WWII attacked and took North Africa from the Allies with great loss of life until Montgomery's counter attack.

He was then offered a commission in the North West Mounted Police, Canada, but refused as he believed that would be even colder than Wales. So, believing all the hype that the British Government were telling these ex- servicemen they agreed to come to the promised land, Western Australia, where you didn't need boots and overcoats, the sun shone and the days were beautiful and warm. South of Bridgetown, what a joke! And of course a nice house to live in.

Arriving at Group 126 and 127 was a major shock, after having lost a fair degree of their belongings at the Fremantle Wharf and being allocated several acres of land with no house and no cleared land. "All you have to do, mate, is to build something to live in and, after you chop down those 200 foot high trees, you can plant a crop of some sort and in no time you will be a rich man." Who the hell was he kidding? There were no chain saws or crosscut saws. If you did have a crosscut saw who would you have hanging on the other end? Your wife? I don't think so. I have a photo of Mum and Dad sitting on a tree stump which is about 4 feet wide. The funny side of that photo; Dad was still wearing what was left of his suit. The up side to this situation was the warm friendships they made with the other Group Settlers, Fred and Flossie Wilson in particular. As children, on more than one occasion, we heard Mum say that it was the happiest time of her life. In "The Lean Years", a publication about the Group Settlements the author Millie McRobb from Bunbury gave my wife Cheryl and I two copies of the book which were nicely autographed to give to our daughters Tammy and Serena in time.

Mum lost two children, one stillborn and the other lived for a day. For the birth of her third baby, Richard, Dad took Mum to Perth to have the baby in King Edward Memorial Hospital. Almost everybody in the Group Settlements went broke. Although Dad was financially well off when first setting foot on Australian soil they left the Group Settlements with almost nothing. With the

Continued next page

# Growing Up in Lake Grace (cont.)

Great Depression of the early 1930's, they took whatever work they could find, Dad got a job at the Gosnells Road Board and after some time applied for and got the job in Lake Grace in 1935 and at the beginning of my life.

My best friends as I grew up were my school mates; Fred Slarke, James 'Crusty' Carruthers, Ben 'Fatso' Robins, Bill Caddy, the Beatty boys Bruce, Ian and young John, also Johnny Powell, Bill Walker and Alan Thiel.

We lived in the house directly behind the hotel. The Stevens and then The Pillings were our next door neighbours (kids Richard and Lorraine), the Anglican Church on our other side.

Our very good friends were the Tooheys who ran the hotel - us kids Dick and John, Betty and Lesley, and myself and Janet. The last time I saw John and his wife Mona was on Rottnest Island. They were staying with Alan and Pat Barblett. Alan was the Chief Justice of the Family Court and John and Alan had been the best of mates since University days. Alan represented Australia in hockey in 1956 Melbourne Olympic Games was a top tennis player in his youth, got his Tennis Blues and was singles champion at Nedlands for a number of years, as was John, who also got his Tennis Blues, both at University, and Pat was a very strong classy player. They needed a fourth so I joined them. I

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played with John and would like to think we won but I can't honestly remember.

Pat Barblett became a member of the Rottnest Island Board. John Toohey, as you would know from a previous edition of the Lakes Link News, ended his career in Australia as the Chief Justice, High Court of Australia. John completed 1st class Honors in Law received the Parsons prize and the H C F Keall Prize, High Court of Australia 1987 to 1998 in 1986 made on Officer of the Order of Australia and in1988 Murdoch University made him an Honorary Doctorate in Laws. Brother Richard went into banking, Commonwealth Bank Manager Northam, Norseman, Carnarvon and then retired after many years Manager at Armadale. Betty left school in 1947, went to work in Jack Wilson's Garage in Stubbs Street, did books for Bob Nicholson who was Jack's accountant, and she pumped petrol out the front if there was no one else there to do it. She was offered a job by Samuel Marsden of the Bank of New South Wales, and remained there until leaving for Perth with Mum in 1956.

In 1945 my father died, my brother Richard passed his Junior Certificate at Albany High School and left shortly after for a job in the Boyup Brook Commonwealth Bank. Betty remained at Albany High and I stayed at home with mother. In 1947 I won the Junior Champion Boy at Lake Grace Interschool Sports Day. After trophies and speeches we lined up and the greasy pig was released. I was first to catch the greasy pig but some other boy jumped on my back, and the powers that be gave him half the winnings. I wasn't happy about that as first prize was 12 free nights at the movies, the cost being sixpence, so I lost 36 pence which was a lot of money for Mum to give me each week, and three pence for an ice cream at half time at Jimmy Christo's Café next door to the R & I Bank. The only sad part of the day, Dad wasn't there to see me win.

Scouts. In 1946/47 Fred Slarke, Crusty Carruthers, Ben Robins, John Dyke and as a young Cub Lindsay Slarke went by train to Perth for the Australian Scout Jamboree, at Point Walter. There were hundreds there and in the tent next to us were the Collie boys. We were inspected each day and points deducted if anything was not 100%, We were in trouble constantly and then found out the Collie boys who were inspected after us were sneaking over whilst we were out front and dropping a sausage skin or empty tin behind our tent. Retribution would take place. So that night after the Collie boys had gone to sleep we surrounded there tent and on a signal from Fred we cut their ropes and the tent collapsed on top of them, we disappeared into our tent; they never said a word the next day. Someone must have told them don't tangle with those Lake Grace kids, we hear they are a pretty tough bunch.

The next day we were told to look sharp for the following morning as the Chief Scout, Lord Baden Powell would be stopping at our tent to say hello and do a quick inspection. We had somehow cracked the big time, a quick meeting was held to select a troop

# Growing Up in Lake Grace (cont.)

leader, we didn't have a badge between us but mum had given me brother Dick's tenderfoot test badge so we tossed for it and Fred won, so we secured the badge on his shirt front and the next morning lined up to receive Lord Baden Powell, the Press were there and a photo of the scruffiest looking Scout group with troop Leader Fred Slarke shaking hands with the Chief Scout appeared in the newspaper the next day.

We returned to Lake Grace and between Dumbleyung and the Lake decided to sit out between the carriages in the fresh air but upon arriving home with Mums there to meet us they had some trouble identifying who was who as our faces were all black from the soot from the engine.

Moving on, Hector Cook that champion footballer who had the bakehouse, gave me a job chopping wood for the house. For two shillings a week I would go there every night about 4.30pm to chop for an hour or so. Then we would practice kicking the football on the vacant land between the bakehouse and Aldridge's house on the corner of Bennett Street and Absolon Street; Fred Slarke, Al Bowen (worked in the R & I Bank and married Pat Hall from Newdegate), myself and Hector, Ken Brooks, Paul Cook, Lionel Cook, Bob Laurie, Buzz Bezant and others. Hector had his shorts ripped off him one Sunday playing at Lake Grace, but Hector as well as being a champion footballer was a very smart man; he had a second pair of shorts underneath.

There was a lane that ran all the way from Trevenen's place; past the Anglican Church, the hotel and our place and past Hector's place. The back of Fred Slarke's place opened into this lane, just about opposite the bakehouse. June Smith (nee Slarke) told a nice story. She would come into the lane on her way to school about the time Dad would be going to work. He, looking as she said like Alec Guinness, would raise his hat to her - a little bare foot kid.

Bill Caddy and myself left Lake Grace in 1948 for Albany High School. We went by steam train, the carriages (dog boxes they were called although they had a toilet) held about six people. We would change

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trains at Wagin and arrive in Albany about 8.00 pm the same day. Glen Sloman was there to pick us up in his T Model Ford or Peacock Chev and took us to Norman House in Stirling Terrace, opposite the Post Office (this is now a University). We were the first boys to arrive (Fred and Crusty hobnobbed it and went to Guildford Grammar). Crusty for those who don't know was the Junior and open High Jump Champion at Guildford beating John Winters height, West Australian Champion. Crusty was full page in the Sunday Times and Bill and I were telling everyone he was our mate, John Winter went on to win a gold medal at the Olympics and no doubt Crusty could have done had he not stuck with farming. Over the next few days the rest of the boys arrived with a total of 32. They came from country towns far and wide, the Jones boys Peter and Glyn from Lake Biddy, John Gilbert from Williams, Murray Oats and Graham Lark from Corrigin, Jock Drysdale from a Station up North (probably the Drysdale Station). Jock became a minister of religion and did well in this field, took Mrs Sloman's service when she died. Sadly, Jock developed dementia but, typical of him, he used this time to develop a card/ maths game that assisted with memory..

More memories next fortnight.....

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# **Keyboard Shortcuts Everyone Should Know**

Computer Hope

Using keyboard shortcuts can greatly increase your productivity, reduce repetitive strain, and help keep you focused. For example, to copy text, you can highlight text and press the Ctrl+C shortcut. The shortcut is faster than moving your hands from the keyboard, highlighting with the mouse, choosing copy from the file menu, and then returning to the keyboard.

Below are the top 10 keyboard shortcuts we recommend everyone memorize and use.

#### Ctrl+C or Ctrl+Insert and Ctrl+X

Both Ctrl+C and Ctrl+Insert will copy highlighted text or a selected item. If you want to cut an item instead of copying it, press Ctrl+X. This action removes the text or item and stores it in the clipboard for you, rather than just copying it to the clipboard while leaving the original behind.

Apple computer users can substitute the Ctrl key for the command (cmd) key on their computers. For example, pressing **Cmd + C** copies highlighted text.

#### Ctrl+V or Shift+Insert

Both the **Ctrl+V** and **Shift+Insert** will paste the text or object that's stored in the clipboard.

On Apple computers, use Cmd + V instead.

Use the above text input fields to highlight the "Cut or copy this text" text and press either Ctrl+C to copy or Ctrl+X to Cut the text. Once Cut move to the next field and press Ctrl+V or Shift+Insert to paste the text. For further demonstration, visit the following link.

#### Ctrl+Z and Ctrl+Y

Pressing **Ctrl+Z** will undo any change. For example, if you cut text, pressing this key combination will undo the cut. These shortcuts can also be pressed multiple times to undo or redo multiple changes.

Pressing Ctrl+Y would redo the undo.

On Apple computers, use **Cmd + Z** and **Cmd + Y** to undo and redo.

Use the above text input field to highlight some or all of the text and then press Ctrl+X to cut the text. Once the text has disappeared press the Ctrl+Z to undo the cut.

#### Ctrl+F

Pressing **Ctrl+F** opens the Find field, which allows you to search the text currently displayed in any program that supports it. For example, Ctrl+F can be used in your Internet browser to find text on the current page. Press Ctrl+F now to open the Find in your browser and search for "shortcut" to display each time shortcut is mentioned on this page.

On Apple computers, use Cmd + F to find.

#### Alt+Tab or Ctrl+Tab

Pressing **Alt+Tab** switches between open programs moving forward. For example, if you have your browser window open and other programs running in the background press and hold Alt and then press the tab key to cycle through each open program.

On Apple computers instead of using the Alt key use the Command (Cmd) key. For Example, **Cmd + Tab** to switch between open programs.

**Bonus Tip:** Press **Ctrl+Tab** to switch between tabs in a program. For example, if you have multiple tabs open in your Internet browser, press Ctrl+Tab to switch between them.

**Bonus Tip:** Adding the **Shift key** to Alt+Tab or Ctrl+Tab moves backward. For example, if you are pressing Alt+Tab and pass the program you want to use, press **Alt+Shift+Tab** to move back to that program.

**Bonus Tip:** Windows Vista, 7, 8, and 10 users can also press the **Windows Key+ Tab** to switch through open programs in a full screenshot of the window.

Ctrl+Backspace and Ctrl+Left or Right arrow Note: The following shortcuts are for PC users only and do not work on Apple computers.

Pressing **Ctrl+Backspace** will delete a full word at a time instead of a single character.

Holding down the **Ctrl key** while pressing the **left or right arrow** will move the cursor one word at a time instead of one character at a time. If you want to highlight one word at a time, hold down **Ctrl+Shift** and then press the **left or right arrow** key to move one word at a time in that direction while highlighting each word.

#### Ctrl+S

While working on a document or other file in almost every program, pressing **Ctrl+S**saves that file. Use this shortcut key frequently if you're working on anything important in case an error happens, you lose power, or any other issues that could cause you to any work since the last save.

On Apple computers, use **Cmd + S** to save a file.

#### **Ctrl+Home or Ctrl+End**

**Ctrl+Home** will move the cursor to the beginning of the document, and **Ctrl+End** will move the cursor to the end of a document. These shortcuts work with most documents, as well as web pages.

On Apple computers use Command and the **Cmd and the up arrow** to get to the beginning of a document or text or **Cmd and the down arrow** to get to the end of a document or text.

#### Ctrl+P

Control + P is used to open a print preview of the page or document currently being viewed. For example, press **Ctrl+P** now to view a print preview of this page.

On Apple computers use **Cmd + P** to open the print preview.

#### Page Up, Spacebar, and Page Down

As you may have guessed, pressing either the **page up** or **page down** key will move to the next or previous page. When browsing the Internet, pressing the **spacebar** moves the scrollbar down a page. Similarly, Shift+spacebar moves the scrollbar up one page.



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# LAKE GRACE HOSPITAL



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Telephone: 9890 2222 Fax: 9890 2202



# Well Women's Clinic Monday 19th June

at the Lake Grace Medical Centre

Make your appointment with Anna Taylor (RN) Ph: 9865 1507 Mobile: 0428 652507

### Flu? How YOU can help STOP the SPREAD!

Our local staff will be having their annual vaccination this week as part of an industry-wide program providing free flu vaccines to Health employees—this offers protection to our staff and to all the people they come into contact with!

The flu vaccine is also available free-of-charge to at-risk groups and for a fee to the general community through GPs, Aboriginal health services and community vaccination providers.

Children aged from six months to less than five years are also eligible for a free vaccine in WA.

Simple steps to stop the spread of flu include:

- Cover your face with hand or a tissue when you cough or sneeze
- Practise good hand hygiene by washing your hands thoroughly
- Stay home until you are well to avoid infecting others
- If you need to see a doctor, call ahead so the clinic can take precautions to reduce the risk.

WA Health provides an influenza fact sheet and other related information at: www.public.health.wa.gov.au

# HACC & MPS Activity Programs:



Chair Aerobics Every Tuesday @ 10.30am

At the Lakes Village Hall Suitable for people with limited mobility who want to keep active!

#### **SwimAbility**

Next trip to Narrogin will be on **12th June** (a week later due to the public holiday) Please make sure you call the hospital to book for this outing.

Places are available for HACC Clients who need transport to Narrogin for other purposes on this day.

#### Foot Care Clinic Tuesday 13th June

9.00—12 noon
Lakes Village Hall
All seniors welcome to attend
Bring along your own manicure
set



Wednesday Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am 14th June— Games 21st June—Pamper 28th June—Games

# 4th Friday Activity Friday 23rd June

10.00am—1.30pm
Lakes Village Hall
Activities, games & trivia
Light lunch provided
RSVP by Tuesday 20th June
for catering

Cost \$8.00



Call 9890 2222 during office hours to get further information about services we provide and any fees that apply.

# **Dreamtime Story Kookoo Kookaburra Night**

Kookaburras are famous for their early morning and evening songs. The call sometimes described as a 'cackle' is used as a territorial marker and is renowned as Australia's quintessential bush anthem.

Leonard Donahue told the dreamtime story about Kookoo Kookaburra who sang his song when telling a funny story to his friends.

On arrival at the Lake Grace Shire Hall on Friday 26 May children had the opportunity to colour in a Kookaburra, and they were all so fantastic everyone received a prize. Many enjoyed the hot sausage sizzle to warm up before the show started at 6.30pm.

Kookoo the Kookaburra is a morality tale - set within the cultural context of the Dreamtime. Kookoo Kookaburra was friends with everyone until one day Kookoo runs out of kind stories to tell, and he turns to teasing and making fun of the other animals. Refusing to listen to the sage advice of his uncle, Kookoo finds himself alone and ignored by his friends. When he finally listens to the sounds of his own laughter echoing around the bush and realises it has become an unhappy sound, Kookoo is forced to remember his uncle's words and change his ways 'kindness is like a boomerang if you throw it often, it comes back often'. Everyone was given a kindness pledge card to pass on to others.

Leonard and Alli Pope gave a workshop at Lake Grace District High School on Friday morning. Alli reported the students were very involved in the workshop and were one of the best groups on their tour.

Country Arts Shows on the Go provide the opportunity

for rural communities to host theatrical shows during March, April or May on their annual circuit.

Thank you to Country Arts WA, Act Belong Commit, the Lake Grace Artist Group and the Lake Grace Resource Centre for their support and the opportunity to have live shows in our Shire.

We appreciate Country Arts WA in their efforts to ensure arts and culture is woven into the fabric of our lives and developing rural WA's diversity in cultural experiences.

Thanks to all involved - with the Shire's financial backing and the Lake Grace Artist's Group commitment these shows will continue.



Above: the story teller, Lenard Donahaue plays the didgeridoo with Kookoo Kookaburra and his friend owl.

Below: His best friend Billay tries to tell him to be kind.





Above: Children had an opportunity to chat with Leonard after the show.



# Shire of Lake-Grace Community News

PO Box 50, Lake Grace WA 6353 Ph: (08) 9890 2500 Fax: (08) 9890 2599

Email: shire@lakegrace.wa.gov.au

# CEO's Corner



#### Flooding Event – February 2017

The Shire is still awaiting confirmation from Main Roads WA (MRWA) in regards to the submission made by the Shire for WANDRRA funding. It is hoped that the approval for the repair works will be given this week. As soon as we receive confirmation of funding, tenders will be advertised for construction and repair works. Consideration will be given to the timeliness of works as well as quality of construction.

The application submitted to the Office of Emergency Management seeking financial assistance to remove water and restore Old Ravensthorpe, Magenta and Hatters Hill Roads, has been approved. Works has commenced on draining the water from these roads. Hatters Hill Road is now clear of water; the road will be reopened when the running surface has dried.

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.

# Flooding in Western Australia (January & February 2017) – AGRN 743

#### **Category C Recovery Grants**

On Friday 2 June it was announced that recovery grants are now available to help primary producers in Lake Grace, Ravensthorpe and Swan who were severely affected by flooding.

Following the event, the Department of Agriculture and Food (DAFWA) undertook a comprehensive assessment of the impacts on primary producers in the affected area.

Based on this assessment, the Premier and Prime Minister agreed to the establishment of recovery grants for primary producers who had suffered damage during the flooding in the Shires of Lake Grace and Ravensthorpe and the City of Swan.

Primary producers that have suffered direct damage as a result of the flooding in the Shires of Lake Grace and Ravensthorpe are eligible for a grant of up to \$10,000 and for those in the City of Swan the grant is up to \$25,000. This grant is to cover costs incurred for the clean-up and immediate restoration as a result of the damage. The grants will not cover loss of income.

This assistance is managed by the Department of Agriculture and Food (DAFWA).

All claims for Category C Recovery Grants must be lodged with DAFWA before 4 December 2017. Claims

which are incomplete or are lodged after this date will not be accepted.

Further information including the online application process is available at <a href="https://www.agric.wa.gov.au/emergency-response/wa-natural-disaster-relief-and-recovery-arrangements">https://www.agric.wa.gov.au/emergency-response/wa-natural-disaster-relief-and-recovery-arrangements</a> or by calling 1800 198 231.

#### Staffing

In the coming week we will advertise for an Administration Officer. With the resignation of our Executive Officer Jeanette Bennett we have redefined the position. The Administration Officer will be reporting to Infrastructure Services, as it is an area currently lacking in administrative support.

The position Final Trim Grader Operator/Leading Hand will also be readvertised, the position has been filled internally since the resignation of Norbert Marwick.

### Ordinary Council Meeting – Wednesday 24 May 2017

Items of business considered and approved by Council at the meeting included:

- Development approval for a proposed new outbuilding (shed) on Lot 500 Absolon Street, Lake Grace subject to conditions and advice notes.
- Development approval for a proposed new telecommunications infrastructure on Lot 53 Pitt Street, Varley subject to conditions and advice notes.
- Amendments to the Shire of Lake Grace Local Planning Scheme No.4.
- Disposal of Asset 101 Newdegate Library / Resource Centre from the Asset Register.
- Authorisation for the Electoral Commissioner to be responsible for the conduct of the 2017 Local Government elections.
- Appointment of delegates to the 2017 Western Australian Local Government Association Annual General Meeting.
- Donation of \$4,000 to BlazeAid in recognition of their valuable assistance to the community following the February 2017 flood event.

The minutes of the May 2017 Ordinary Council Meeting are available on the Shire's website at <a href="https://www.lakegrace.wa.gov.au.">www.lakegrace.wa.gov.au.</a>

#### **Building and Maintenance Team**

Continued over ..

# Shire of Lake Grace Community News cont.

This fortnight the Shire's Building and Maintenance Team reports that works are continuing on the Lake Grace Independent Living Units as follows:

- · Gyprock is nearing completion on all units;
- · Storm water grates have been installed;
- · Down pipes are being installed; and,
- Quotes being obtained for cabinetry, tiling, retaining walls, paving, fencing and landscaping.

Over the past fortnight maintenance requests have been completed for:

- Newdegate Medical Centre;
- · Newdegate Hall;
- Newdegate Sports Pavilion;
- Lake Grace AIM Hospital Museum;
- Lake Grace Day Care Centre;
- Old Lake Grace Uniting Church;
- 65A Bennett Street, Lake Grace:
- 6 Banksia Place, Lake Grace;
- Shire Administration Building;
- · Lake Grace Playgroup; and,
- Lake Grace sewerage site.

#### **Road Works**

During the past fortnight, Doug Whiting, the Shire's Infrastructure Supervisor advises that the Construction Crew have finished graveling the floodway on Magenta Road. Work on back slopes along Magenta Road have also been carried out. The team has now moved on to Old Ravensthorpe Road to do patching work around the lakes and back slopes and will then move onto Parsons Road to finish off the floodway.

The Newdegate contract grader has been working on Shalders Road, Tonkin Road and will move on to Dragon Rocks Road and Witham Road.

The Lake King contract grader is currently away however, next week will be on Smith Road, Winchcombe Road and Varley South Road to carry out back slope works.

Wagin Earthmoving (contractors) have been carrying out back slope works on Newdegate-Pingrup Road near Mallee Hill Road.

#### Ordinary Council Meeting

The next Ordinary Council Meeting will be held:

3:00 pm Wednesday, 28 June 2017 at Council Chambers 1 Bishop St Lake Grace

Members of the public welcome

A minimum of 15 minutes is set aside for public question time, giving members of the public an opportunity to ask questions relating to Shire activities.

#### **Road Maintenance**

The team has completed the sweeping off of dirt on Magenta Road and off the streets in Lake King and Varley, and erecting signs in the Newdegate and Lake Grace area.

#### **Parks and Gardens**

This fortnight the Town Maintenance Crew have been working on the main street in Lake Grace, spraying weeds around the town and carrying out playground maintenance. The team have travelled to Varley for gardening work around the cemetery including mowing.

Denise Gobbart
Chief Executive Officer

# Induction to Local Government Workshop

The workshop is open to those interested in participating in the Local Government Elections to be held in October 2017.

The one day workshop is designed to provide an overview of Local Government, where it fits into the Australian political scene, what are its primary responsibilities and how is it funded. The role of Council and relationships between Elected Members and staff will also be discussed. In addition, facilitators will give an insight into ethical behaviour.

# The program runs from 9.30am to 4.00pm Tuesday 20 June 2017

For those people interested in attending please contact the Shire and register attendance. Please note that a light lunch will be provided phone: 9890 2500 or email: shire@lakegrace.wa.gov.au



KidSport enables Western Australian children to participate in community sport and recreation, no matter their financial circumstances.

The fees go directly to the registered KidSport clubs through their participating local government.

Applicants must be aged 5-18 years and have a Health Care or Pension Concession card.

For more information phone the Shire on 9890 2500

### 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.

Please note: the Shire's staff will be unable to process licensing transactions on Tuesday 20 June due to attending training.

#### **Driving Assessor**

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

Friday - 7 July 2017 Friday - 4 August - 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 13 June 2017

Tuesday 27 June 2017

For an appointment contact Josiah on 0438 811 944.

#### **Environmental Health Officer**

Barry Smith the Shire's Environmental Health Officer, is available. Please contact the Shire on 9890 2500 or

email shire@lakegrace.wa.gov.au for an appointment.

#### Tip Opening 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 & Recycling Pick up Dates

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
12 June	19 June
26 June	3 July

**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.

#### Library Hours

Lake Grace Public Library School Place Absolon St Monday - Thursday 9am - 5pm Closed for lunch 12.00 - 12.30pm

#### 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

# **Puzzles & Stuff**

Some words from the 11th May edition of Boggle

Answers to 11/05/2017 Sudoku

Slithers	Resit
Thistles	Rests
Hitters	Riles
Listers	Shies
Litters	Shirt
Sitters	Slits
Slither	Stilt
Thistle	Tests
Thirsts	Tiers
Islets	Tiles
Lister	Tires
Litres	Tries
Relish	Hiss
Resist	Hits
Shires	Lies
shirts	Less
Sister	Rest
Stilts	Rise
Theirs	Sets
Thirst	Stir
Tilers	Site
Titles	Sire
Heirs	Slit
Hilts	Test
Hires	This
Isles	Ties

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

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

E	7	Y
В	Е	L
Α	0	Z

This week's Boggle



For all your domestic, rural and industrial electrical installations and repairs.

Split system air conditioning installation and decommissioning.

Large range of Australian brand LED floodlights, downlights, hibays and fluorescent replacements.

Ditchwitch hire and cable location.

With over thirty years experience in Lake Grace and surrounding areas contact Stubby or Reid anytime.

Stubby 0429 651 092 or Reid 0429 651 069 Office 9865 1092 all hours Fax 9865 1328

LIC NO :EC004197 RTA NO :AU29828



# **POLICE NEWS**

#### LAKE GRACE POLICE STATION 56 STUBBS STREET, LAKE GRACE. 6353 Phone: 9890 2000 Fax: 9865 1429

Email: Lake.Grace.Police.Station@police.wa.gov.au

Personnel: Sgt Dave Ellis, SC Tara Spencer.1/C Cameron Hobson

G'day all,

I look back on my newsletters over the past year and a half and have noted a common theme in a lot of them where I find myself praising our local volunteer services. Again, that was in evidence a few weeks ago at a traumatic event for our ambulance officers helping someone they would have known for many years in sad circumstances. They show fortitude and courage in the most trying of situations and again hats off to Amanda and the team. The sympathy and support shown by the community to the Bennett family has been tremendous and I'm sure the family appreciate the support they have had.

There are some workshops and talks about mental health issues and substance abuse in the coming weeks and months (organised by Suzanne and team at the CRC) and I strongly encourage people to consider attending and finding out more. I will be helping to set up the LDAG (Local Drug Action Group) with the CRC and hope that it will attract new committee members to start tackling some of the substance abuse issues the community faces.

Policing wise it has been a fairly settled period (we never say 'quiet' in the Police) and we have had more time to road police and I am pleased to report that in the most recent 2 days of local traffic patrols, not one person from Lake Grace, Newdegate or Lake King has been speeding in town. Even more pleasing is to see people driving at around 40km/h around town, which is infinitely safer for us all. So, thank you. The stop sign at the north South Road intersection had one inattentive motorist receive a \$250 fine and 3 demerit points, but everyone else appears to be seeing the signs and not rolling through.



Monday & Friday: Lake Grace Tuesday & Thursday: Newdegate

Appointments Available

**0439858587** 

The change of State Government may see some changes to road policing around the state and I would expect to see more police cars from Traffic Enforcement in Perth and also cameras on roads we don't normally see them. The road toll remains high throughout regional WA and the government seem committed to reducing the incidence of fatalities and serious injuries.

As always we can be contacted at the station on **9890 2000** and in the case of an emergency dial **000** as per normal. Please be patient if you ring the station and get through to Albany – the call taker will help you and make contact with me if they deem the matter to be urgent.

Till next time

Sergeant David Ellis



# **Stop! Scammer Time!**

Media Release

Stop! Scammer time! The Australian Taxation Office (ATO) is reminding Australians to stop and think before giving their personal details or hard-earned money to scammers this tax time.

Assistant Commissioner Kath Anderson said 48,084 scams were reported to the ATO between July and October last year.

"We have already seen a five-fold increase in scams from January to May this year and typically expect further increases during the tax time period," Ms Anderson said.

"Already this year, the ATO has registered over 17,067 scam reports. Of these, 113 Australians handed over \$1.5 million to fraudsters with about 2,500 providing some form of personal information, including tax file numbers.

"One victim lost \$900,000 to scammers over the course of several months, even borrowing money from family and friends.

"The large number of people lodging their tax returns means scammers are particularly active, so it's important to keep an eye out for anything that looks suspicious and protect your private information."

Ms Anderson said Australians are generally good at catching and reporting scams, but some scams are harder to spot than others.

"Scammers locate genuine ATO numbers from our website and project these numbers in their caller ID in an attempt to legitimise their call – a form of impersonation known as "spoofing". While we do make thousands of calls per week to the community, our outbound calls do not project numbers on caller ID. If one appears, it's most likely a scam.

"People should be wary of emails, phone calls and SMS during tax time that claim to be from the ATO, even if it seems legitimate. If you're ever unsure about whether a call, text message or email is genuine, call us on 1800 008 540. If it's real, we will connect you with the right area of the ATO."

If you think you or someone you know has fallen victim

**CWA Young Leaders Weekend 2017** 

When: Saturday & Sunday, 26th and 27th August 2017

Where: Manjedal Activity Centre, Karrakup

Cost: \$180

Eligibility: Males & Females from 17-25 years

This weekend offers hands on outdoor activities in a supportive environment, allowing each person the opportunity to challenge themselves and to work as a team. Along with communication and goal setting, activities include archery, crate stacking, aerial runway, a blindfolded Lego challenge and constructing newspaper shelters. This is a residential weekend, the price includes accommodation, all activities and catering. Any enquiries to lakegracecwa@gmail.com or ring Suzanne Reeves on 9865 1310.

to a tax related scam, call the ATO on 1800 008 540 to make a report.

For more information on how to verify or report a scam, visit ato.gov.au/scams or for updates on the latest scams, visit Scamwatch.

Top tips to avoid tax time traps

- Be aware of what you share You should only share your personal information with people you trust and organisations with a legitimate need for it.
- Stay secure Keep your mobile devices and computers secure by changing your passwords regularly, keep your anti-virus, malware, and spyware protection software up-to-date and don't click on suspicious links.
- 3. Don't reply Don't reply to any SMS or email with your personal or financial information.
- Recognise a scam If someone asks you for your bank account or personal details, or demands money, refunds or free gifts, be cautious. Also avoid requests in emails or SMS requesting you to click on a link to log onto government or banking digital services.
- Report scams If you think you or someone you know might have been contacted by a scammer, or have fallen victim to a tax-related scam, contact the ATO on 1800 008 540.

# Lake Grace Transport

Twice weekly freight service to and from Perth

- Secure depot in Perth to drop freight off
- For all your wool and general freight
- ♦ Forklift to load wool on farm
- Accreditation to load at Midland Brick
- We also cart bulk grain, fertilizer, lime, gypsum and firewood

Your friendly local operator - nothing is a problem, only too happy to be of service.

For all your freight needs call: Darren on 0428 651 339



# **Not Feeling Connected**

Suzanne Reeves

In an age where there are more phones than people in Australia it seems ludicrous that reception is not just patchy but completely absent in many areas of our country. The convenience of being constantly in touch has become a major inconvenience every time we find ourselves in a black spot area.

For those who live in an area of good connectivity those times when you are temporarily in a blackspot area are a temporary inconvenience. For those who live with this problem day in day out it has major ramifications for work, social and emergency situations.

On the Telstra map of blackspot areas it looks like reception is good in the Shire of Lake Grace, in reality this isn't the case. Telstra are currently looking at where they need to put more towers so it's an opportunity for everyone to use their influence and go to the website <a href="https://www.telstra.com.au/support/category/broadband/fix/report-a-network-coverage-problem">https://www.telstra.com.au/support/category/broadband/fix/report-a-network-coverage-problem</a> and report a blackspot area/s. Don't just think about your own back yard but think of the whole shire of Lake Grace.

The complaining process may seem a little longwinded but if we can increase mobile phone connectivity within our Shire then it is well worth it. Don't rely on someone else to do it!

An invitation is extended to you to attend a *series* of

#### **CHRISTIAN GOSPEL SERVICES**

now being held at the

#### Lake Grace CWA Hall

Corner of Bennet Street, and McMahon Street

Wednesdays 7:30pm

Speakers: Scott Silverlock, and Joel Westphal



4 out of 5 people can't save a life.

Are you one of them?

Book a First Aid Course today!

Upcoming course:

LAKE GRACE Sub Centre
Saturday 1 July 2017

For any enquires and to Enrol call: Northam Regional Office on 9621 1613

All day course at Lake Grace Sub Centre



Next course:

Wednesday 30 August &

Saturday 4 November 2017

# What's New at the Library

Some new titles currently held at the Lake Grace Library

Have you every wondered what it's like living a day's drive from the nearest supermarket? Or having a million-acre back yard, with your next-door neighbours a two-hour drive away? Sounds like your idea of a fun read then 'Central Station' is the book for you.

CENTRAL STATION STATION STATION STATIONS

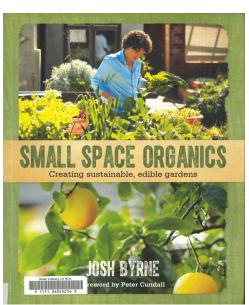
SUMMER STORIES FROM AUSTRALIAN CATTLE STATIONS

SUMMER STORIES FROM AUSTRALIAN CATTLE STATION STATIO

If your idea of escapism is a good murder mystery then Rob McCarthy's latest, 'A Handful of Ashes' is the novel for you. A whistleblower is found dead...is it suicide or was she murdered?

It's going to take the skills of eminent medical examiner Dr Harry Kent to get to the bottom of this mystery.

If you're wanting your reading time to encourage you to get your hands dirty then Gardening Australia's presenter Josh Byrne's tome 'Small Space Organics' is waiting for you. This is a down-to-earth and inspiring book for creating your own productive, water sensitive, organic oasis—however small your garden space might be.



# TO MAKE THE MOST FROM YOUR FERTILIZER INVESTMENT



Talk to me about all your fertilizer requirements.

Have you tried the compound NPK fertilizer, Vigour, suitable for all cropping situations that require potassium.



**MAXam** FLO SUMMIT

# Australia Post Marks Centenary of Lions Clubs International in a New Stamp

Media Release

Australia Post marks the centenary of Lions Clubs International with the release of a new stamp.

For 100 years, this secular, politically non-aligned service organisation has empowered volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding.

Australia Post Philatelic Manager Michael Zsolt said: "Many Australians will be familiar with the vital community work of Lions Clubs International, so they will find it fitting that we recognise the organisation's centenary with a stamp."

Lions Australia Executive Officer Rob Oerlemans said: "We are delighted Australia Post is celebrating our centenary with a commemorative stamp issue. For 100 years Lions has been driven by its core belief that the community is what we make it and Lions Australia's Community 100 program celebrates this."

Through a foundation and more than 46,000 clubs worldwide, Lions Clubs International is involved in a range of initiatives, including supporting global and large-scale local humanitarian projects, disaster relief, aiding the blind and visually impaired, and programs for youth and the elderly. Lions Clubs International also supports the work of the United Nations.

Lions Clubs International was established in 1917 in Chicago, USA. Today, it is the world's largest service club, with 1.4 million members in clubs in more than

200 countries and geographic areas, including at least 1,200 in Australia and Papua New Guinea. The motto of Lions Clubs International is "We Serve".

The domestic base-rate (\$1) stamp was designed by Hobart-based designer Lynda Warner. The products associated with this stamp issue are a first day cover, sheetlet pack, maxicard, booklet of 20 x \$1 self-adhesive stamps and a limited-edition (3,500) medallion cover.

The stamp issue is available from participating Post Offices, via mail order on 1800 331 794 and online at auspost.com.au/stamps from 7 June 2017 while stocks last

Visit the Australia Post Collectables website auspostcollectables.com.au and stay up-to-date with new Australian stamp issues. The Australia Post Collectables website is a central resource for stamp collectors and philatelic enthusiasts across the globe.

# Bouncy Castle for Hire

Cost: \$165 for the day

Contact Peter Stoffberg on 0447 281 181 or the Lake Grace CRC on 9865 1470 for more information.





60 Absolon Street, Lake Grace, WA 6353 Phone: 98651291, Mobile: 0437 204909

#### What we Do:

Car Servicing and Repairs
4WD Servicing and Repairs
Truck Servicing and Repairs
Small Motor Servicing and Repairs (eg Chainsaws,
Generators)
Windscreen Replacements (Truck, 4WD and Car)
Licence Inspections

New Car Tyres (Goodyear, Dunlop, Maxxis etc)
Agricultural Tyres (Seeding Tyres)
4WD Tyres and Truck Tyres
Computerised Wheel Alignments
Air Conditioning (Regasing only)

#### What we Sell:

Tyres (Agriculural, Truck, 4wd and Car)
Batteries
V-Belts
Filters
Bearings
Radiator Hose
Oils
Chainsaw Sharpeners
Blue Steel Boots

Call Kim now on 98651291 or Paul on 0437 204909 to see how we can assist you!

Car Accessories

### **How to Grow Habitat Gardens**

Wheatbelt NRM

What is a habitat garden? A habitat garden is a privately owned yard or public space designed to attract and support native birds, bees, butterflies and other wildlife. The type of garden will depend on where you live, and the animals naturally found in your area, but anyone, anywhere, can make changes to their backyards and local area to attract more wildlife.

Some wildlife species will survive entirely on what is in your garden, while others will pass through as part of a regular network of gardens, or a habitat corridor between remnant vegetation patches, using only what they need. Structure your garden to provide a range of habitats for different wildlife at all times of year. For example, some bird species use trees for nesting, but need shrubs and ground covers for food, while other species prefer nesting in bushy shrubs.

Ground covers, grasses and shrubs provide essential habitat for butterflies and other invertebrates, but some types are important for adults and others for larval stages such as caterpillars. For nectar-feeding birds and pollinating insects (e.g. butterflies, native bees), choose a range of plants that provide food throughout the entire year.

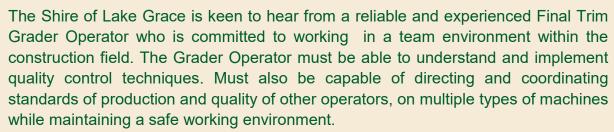
Areas of bare ground or rocks that receive plenty of

sunshine offer habitat for reptiles and dragonflies, who need sun to warm themselves up. Birds also use bare ground for dust baths. Even a small garden can supply important resources that will attract wildlife, especially if there are large trees nearby. However, adding trees and large shrubs to your garden design will significantly improve the available habitat, and be more attractive to a range of species.

Water is a limited resource in Wheatbelt gardens, and needs to be carefully planned for. Many Wheatbelt towns are also salt-affected, which can affect gardens. Soil characteristics will impact your garden's design, as clay, loam and sand have very different properties for retaining and making available water and nutrients, and each type supports different plant species. To have a waterwise and saltwise garden, choose plants with the same requirements that your site provides, as well as matching the local climate. In the Wheatbelt, this means long, hot, dry summers and cool, wet winters with the occasional frost. Native plants are generally the best option. You should water just enough to penetrate the top 30cm of soil where the feeder roots are. Water in the late evening or early morning, so water soaks the roots and is available to plants throughout the daytime.

Organic matter improves the soil's structure and ability

# Great Job Opportunity for a Keen Individual





# Final Trim Grader Operator/Leading Hand Full Time

\$60,752 pa

76 hours worked over a 9 day fortnight Subsidized staff housing is available

For further information contact Manager Infrastructure Services, Mr Paul Webb on 9890 2500

To obtain an application package for this position please contact Shire of Lake Grace Administration Officer, Rebecca Clark on 9890 2500 or email shire@lakegrace.wa.gov.au.

Applications to be marked 'Confidential' and addressed to;

Chief Executive Officer, Shire of Lake Grace, PO Box 50 Lake Grace WA 6353

Applications for the position close 4.00pm Wednesday 21st June 2017

The Shire of Lake Grace is an equal opportunity employer

# **How to Grow Habitat Gardens** (Cont.)

Wheatbelt NRM

to retain water and nutrients, making these more readily available, while reducing fertiliser and water needs. It also encourages the development of soil microbes, including bacteria, fungi and nematodes, which are very beneficial to soil health. Earthworms are important for recycling decomposing materials and maintaining soil structure. Use a worm farm or compost bin to turn your household food scraps, garden waste, vacuum cleaner bag contents, and newspaper into a rich, moist soil for your garden. The 'tea' produced by worm farms is also a great liquid fertiliser. While animal manures are good sources of organic matter, their high nutrient levels can affect some plant species, so compost well before using. Mulching your soil imitates how leaf litter accumulates in nature. Good mulch, one that has large, uneven pieces that let water through, can reduce evaporation from soil by up to 70%. Chipped wood and garden prunings provide the best mulch, but gravel and crushed stone are also very effective. Don't allow mulch to become so thick that it suffocates the soil or creates a fungus problem.

Tip #1: Reduce pesticide use in the garden to provide birds and small bats with a safe food source

Tip #2: Providing water during summer will attract many wildlife species

Tip #3: Many small birds only fly short distances (up to 50m) between plants

Tip #4: For a list of waterwise and saltwise plants for the Wheatbelt, visit the DAFWA website: http:// bit.ly/2oQsi3z

Designing your habitat garden

 Spending time planning your garden design can help improve its suitability for wildlife and overall functionality.

lorraine lea



simply home

Linen Party When: Thursday 29th June

Time: 10am

Where: Lake Grace

Community Resource Centre

- Map your property according to characteristics such as sun, shade, slope and soil type, to help select plants and place features such as ponds.
- Plant in groups according to the water, sun and soil needs of different plant types.
- · Plan your garden for low water use, including the types of plants and grasses planted.
- Add design features to capture water runoff, such as mounds, trenches and dry creek lines. These will also add interest to your garden.
- Estimate how much waste (e.g. lawn clippings, prunings) your garden will create, and plan how to manage it on-site (composting or mulching).
- Replace concrete with gravel so more water soaks into the ground.
- · Design your garden to suit your family's needs, e.g. socialising areas, washing line, space for pets and play, specific wildlife areas.
- Include habitat for soil microbes, insects and other invertebrates, as they provide food for other wildlife and keep your soil healthy.
- · Include some features that appeal to a wider range of wildlife. Even if you're only interested in attracting one group of animals (e.g. birds).

# Lawn Mowing & Gardening Services

e: pksgardening1@gmail.com

- Mowing
- Reticulation
- Garden design
- Soil testing
- Pruning
- General garden maintenance PLUS LOTS MORE!!



# 75th anniversary of Bomber Command

Media Release THE HON DAN TEHAN MP

Minister for Veterans' Affairs Dan Tehan said Australians would pause and reflect on the service and sacrifice of the men who served in Bomber Command as a commemorative service was held on the 4<sup>th</sup> June to mark the 75th anniversary of the operation commencing.

Mr Tehan said more than 10,000 Royal Australian Air Force (RAAF) personnel served with Bomber Command and almost 3,500 were killed.

The crews from Australia flew missions from Great Britain bombing targets in enemy occupied countries during the Second World War.

"The standard tour for Bomber Command crews was 30 operations and the chances of survival averaged about 40 per cent," Mr Tehan said

"Bombing operations carried extraordinarily high casualty rates and more than 55,000 bomber crew lost their lives.

"These men went into action knowing the odds were against them surviving a tour but they still did their duty in service of our country.

"We will honour that service and sacrifice and as a nation we will never forget."

A commemorative service will be held today at the Bomber Command Memorial at the Australian War Memorial at 11am.

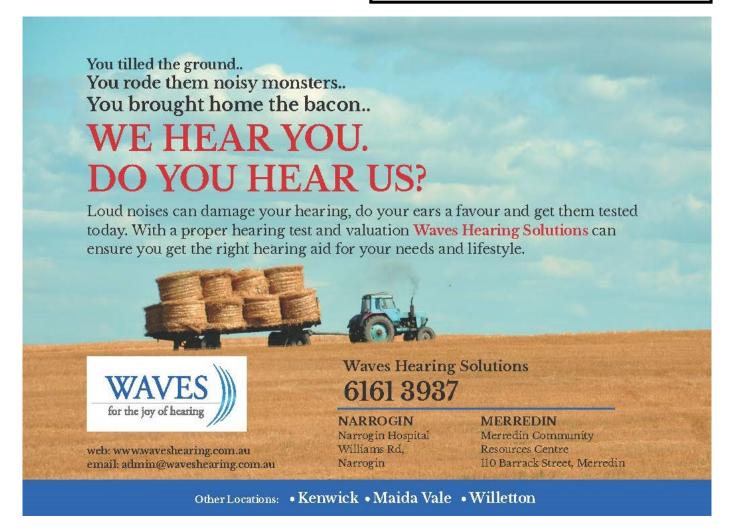
The Bomber Command memorial unveiled at the Australian War Memorial in Canberra in 2005 commemorates the service and sacrifice of the RAAF air and ground crew who served and died with Bomber Command during the Second World War.

# Stay On Your Feet

**Free Seniors Program** 

Tuesday 10:00 AM At the Shire Hall





# Productivity Commission Calls for Increased Palliative Care

Your Life Choices

Too many people approaching the end of life miss out on quality palliative care, according to a draft report from the Productivity Commission.

The Productivity Commission's draft report on Human Services finds too much variability in the availability of care at the end-of-life.

"We need to see vast improvements in end-of-life care services both in homes and residential aged care facilities. We see far too many people stuck on a 'medical conveyor belt' at the end of their lives instead of getting the care they want, where they want," the Productivity Commission's Social Policy Commissioner Richard Spencer said.

"About 70 per cent of Australians would prefer to be cared for and to die at home, but don't because they can't access community-based palliative care. Instead people receive care and die in a place that is not of their choosing," Mr Spencer said.

"All Australians should be able to receive high quality end-of-life care regardless of their circumstances, where they live, or the cause of their illness."

The report recommends that state and territory governments substantially increase the availability of community-based palliative care and claims that it could even reduce the overall cost of care as community-

based care can sometimes cost less to provide than hospital-based care.

The report also identifies a surprising lack of palliative care in aged care facilities.

"Four out of five residents of aged care facilities die there. But many often make traumatic and costly trips to hospital to receive end-of-life care that could have been provided in surroundings that are by now familiar to them," Mr Spencer said.

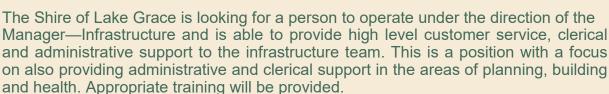
The report suggests aged care facilities need more staff with the skills to lead and co-ordinate end-of-life care for residents, while consumers and their families need more information to help them select aged care facilities that deliver high quality end-of-life care.

Reforms to increase the rate and quality of advance care planning (a document communicating their wishes for treatment ahead of time), with primary care and residential aged care facilities leading the charge, is also among some of the suggestions listed in the report.

Submissions will be accepted on the draft report until July 14. For more information, go to www.pc.gov.au.

What do you think? How do you think Federal and State Governments could better address end-of-life care? Does the Productivity Commission's report go far enough?

# Great Job Opportunity





# Administration Officer - Infrastructure Full Time Employment Cash Salary \$48,000—\$55,000 per annum Monday to Friday 8:00am-5:00pm

This includes a monthly Rostered Day Off

For further information and to obtain an application package for this position please contact Rebecca Clark, Administration Officer, on 9890 2500 or email shire@lakegrace.wa.gov.au

Applications to be marked 'Confidential' and addressed to;

Chief Executive Officer, Shire of Lake Grace, PO Box 50 Lake Grace WA 6353

Applications for the position close 4.00pm Wednesday 21 June 2017

The Shire of Lake Grace is an equal opportunity employer

### Humour

#### Revenge of the Blondes

- The only problem with women is men.
- Women like the simple things in life Like men.
- Boys will be boys, but one day girls will be women.
- When a woman makes a fool of a man, it's usually an improvement.
- Most men prefer looks to brains, because most men see better than they think.
- I only wanted to have a child, not marry one.
- The trouble with some women is that they get all excited about something, and then marry him.
- Q. What's the difference between men and pigs?
   A. Pigs don't turn into men when they drink.
- The average man is proof enough that women can take a joke.
- Q. What do you call a man who has lost 98% of his brain?

A. A widower.

- They put one man on the moon, why can't they put them all there.
- Q. What do you call 500 men at the bottom of the sea?

A. A good start.

 Men call us birds. Is that because of all the worms we pick up?  Every man has it in his power to make one woman happy by remaining a bachelor.

#### The Three Legged Chicken

A man was driving down a country road at 60 kilometers an hour when suddenly he is overtaken by a three legged chicken. He speeds up to 80kph to try to catch him and still cant make any headway. Finally, the chicken turns into a farm. The curious driver knocks on the farmers door and is greeted by the farmer. The driver explains what he has seen.

"Oh that", says the farmer, "I breed three legged chickens, you see there is me, my wife and our son, and we all like the drumstick."

"So what do they taste like?" asks the driver.

"I don't know, I've never been able to catch one."

# McKenzie Rural Contracting

Rural fencing

- **※ CATTLE**
- **※ SHEEP**
- **※ HORSES**
- **\* HOUSEHOLD & SECURITY FENCING**
- **\*** CATTLE & SHEEP YARD CONSTRUCTION
- **\* CIVIL CONSTRUCTION & MAINTENANCE**

Well equipped and can supply material. We service Lake Grace & all surrounding areas.

※ Dingo loader hire ※ Posthole digger

₩ Trencher

※ Yard Clean-ups

For all enquiries please call: Jeff - 0458 693 014 Symone - 0437 430 093

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Tip truck and bobcat also available for any type of site works.

Small and Large Loads

Grant Oborne - Lake Grace

Mobile: 0427 651 367

oborne.concrete@gmail.com
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## **Golf Notes**

Craig Reeves

A 4 BBB Stableford was today's game, sponsored by Mark and Karen Seaman from CCL Hardware.

Winners on a count back for the day were Chad Stanton and Phil Young with a score of 48 points. Runner-up was Kevin Eggers and Martin Carruthers also with 48 points. Craig Reeves and Peter Hudson also had 48 points.

NTP 4: Marty Carruthers, NTP 6: Denise Gobbart, NTP 15: Matthew Spurr, NTP 18: Peter Hudson.

Long drive for the men on 10 was Murray Stanton. Long drive for the ladies on 8 Denise Gobbart.

Long putt on 9 Mark Seaman.

Saturday 3rd of June was a stroke event, 2nd qualifying round sponsored by Maalouf Ford.

Winner of the day was Murray Stanton with a score of 90/25/65 nett, runner-up was Chad Stanton with a 86/17/69 nett, in 3rd position was Mathew Spurr with a 90/18/72 nett, 4th was Stephanie Lay with a 111/39/72 nett. Nick Maalouf had a day out with a sensational 95/27/68 nett but was ineligible for his own trophies.

NTP 4: Peter Hudson, NTP 6: Michelle Lay, NTP 15: Helen Hunt, NTP 18: Marty Carruthers.

Men's long drive on 10 Matthew Spurr. Ladies long drive number 3 Helen Hunt. Longest putt on 9 was Nick Maalouf.

Next Sunday is a Stableford sponsored by Kevin Eggers from Lake Grace Freight. 14 June is a mid-week day in Harrismith. Saturday the 17<sup>th</sup> will be a Stableford sponsored by Great Southern Fuels. Nine-hole competition hits off at 2:15 PM. Saturday the 24<sup>th</sup> is the men's open day at Nyabing.

The golf club is raffling off a couple of loads of wood just in time for winter, tickets can be to purchased from CCL Hardware or from Gary Frost. Subs are now overdue and members must be financial to be able to win a sponsored event.

# lake grace engineering

\*Hydraulic Hose Crimping & Fittings

\*Qualified Machinist for Lathe & Mill work including Hydraulic Cylinder repairs

\*General Steel Repairs & Fabrication

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\*Insurance Work

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\*New Agricultural Machinery (Seed/Super Bins, Chaser Bins, Augers & Comb Trailers etc)

Ph: (08) 98 651 845 / Fax: (08) 98 651 846

Email: adminlge@bigpond.com

#### **PUBLIC NOTICES**

#### Sally Dickinson

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

#### 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**

Matthew Beiger Counsellor/Diversion Officer Ph: 08 9881 1999

#### **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) Open

> Tuesday 1:00 - 4:00pm Friday 9:30am - 1:00pm

#### First Aid Kits

Are now available for purchase at CCL Hardware Lake Grace.

#### Dr Linda Haines

Is available in Lake Grace on Thursday 29th and Friday 30th June. Ring 9865 1208 for an appointment

#### **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.



# Lake Grace Chiropractic Satellite Clinic

#### TWICE A MONTH

Who: Dr Beau Binning will be providing Chiropractic care

When: Every Second Tuesday

Where: Lake Grace General Practice

For bookings and any further information please contact us at the Katanning clinic on 9821 7999.

#### **CHURCH TIMES**

### **Anglican Church** of Lake Grace

**Sunday 11th June** 

Lake Grace No Service

Sunday 18th June

Lake Grace 9am

0427 545 560 Enquiries: Father Dave 0448 795 070

Wally Perry

# **Lake Grace Catholic Church**

Sunday 11th June

Lake Grace 8am

**Sunday 18th June** 

Lake Grace 6pm

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

Community Clubs and Associations

Club / Association	Secretary / Contact Contact Number		Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Camera Club	Nicole Argent	0428 315 773	knargent@bigpond.com
Craft Group	Meet at the CWA Bu	ilding 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
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Elle McPherson	0427 392 773	lakegraceplaygroup@mail.com
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		laurenalex@westnet.com.au
Winter Sport			
Lake Grace/Kukerin Hockey Club	Tash Bowman	0407 987 293	lgkhockeyclub@outlook.com.au
Lake Grace/Pingrup Football Club	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Lake Grace/Pingrup Hockey Club	Tameka Roukens	0428 826 352	
LG/P Jnr Football Club	Missy Clifford	0407 190 177	lhpjfc@gmail.com
Lake Grace/Pingrup Netball Club	Claire Wells		lgpnc@outlook.com
Lake Grace Golf Club	Gary Frost	0429 651 094	golfclub@lakegrace.wa.au

# 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 **Family Helpline** 9272 1333 1800 643 000 / 9223 1111 **Kids Helpline** Sally Dickinson 0427 192 155 1800 55 1800 Southern AgCare Counselling www.kidshelp.com.au **Poisons Information** Ngala 9368 9368 13 11 26 www.ngala.com.au Crisis Care WA -**Relationships Australia** 9223 1111 / 1800 199 008 Fair Programme 9336 2144 www.wa.relationships.com.au www.community.wa.gov.au 1300 364 277 Lifeline Australia - 13 11 14 Beyond Blue - 1300 22 4636 www.lifeline.org.au www.beyondblue.org.au **Seniors Information Services** Citizens Advice Bureau 9321 2133 9221 5711 www.cab.wa.com.au www.cotawa.asn.au **Family Court of WA Youth Legal Service** 9224 8222 / 1800 199 228 9202 1688 / 1800 199 006 www.familycourt.wa.gov.au www.youthlegalservice.inc.com.au

Main Roads - 138 138

# Justices of the Peace

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

# Lake Grace Shire Councillors

Councillor	Telephone	Fax
Jeanette de Landgrafft (Pres)	9838 9062	9838 9041
Steve Hunt (Vice Pres)	9865 1650	
	0427 651 585	
Len Armstrong	9871 1334	9871 1317
Ross Chappell	9865 4058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Allan Marshall	9865 3022	9865 3012
Murray Stanton	9865 1329	9865 1223
Roz Lloyd	9871 1534	9871 1676
Andrew Walker	9865 1241	

# COMMUNITY CALENDAR

#### June

Fri 9 Fish & Chips @ Sportsman's Club Crochet workshop 10am-midday at CRC Dr Linda Haines in Lake Grace Dumbleyung Speech, Drama and Arts Festival

Dare to Wear Opening Night 6pm

Sat 10 Rubbish tip open
Craft @ CWA
Winter sports Boxwood Hill v LG/P
Roe hockey LG/Kuk v KK Vipers @ Kuk
Steak Tea @ Sportsman's Club

Sun 11 Rubbish tip open
Golf Stableford spons by LG Freight

Mon 12 Rubbish Collection & rubbish tip open Recycling Collection

Tue 13 Men's Shed (morning)
Building Surveyor in Lake Grace
Chair Aerobics 10:30am at Village Hall
SOYF Seniors Program -10am @ Shire

Op Shop Open - 1pm to 4pm Lego Club - 3:30 to 4:30pm School Board Meeting

Wed 14 Rubbish tip open
HACC Activity & Morning Tea 10 - 1:30am

Thur 15

Fri 16 Fish & Chips @ Sportsman's Club Crochet Workshop 10am - midday @ CRC Op Shop Open - 9:30am to 1pm CBH Women's Country Champs Great Southern Colts Carnival

Sat 17 Rubbish tip open
Golf Stableford spons by GS Fuels
Craft @ CWA
Round 1 Landmark Country Champs
CBH Women's Country Champs
Great Southern Colts Carnival
Steak Teas @ Sportsman's Club

Sun 18 Rubbish tip open CBH Women's Country Champs Sun 18 Great Southern Colts Carnival

Mon 19 Rubbish Collection & rubbish tip open Deadline for Lakes Link News LGDHS P&C Meeting

Tue 20 Men's Shed (morning)
Chair Aerobics 10:45am at Village Hall
SOYF Senior Program - 10am @ Shire

Op Shop Open - 1pm to 4pm Lego Club - 3:30 to 4:30pm

Induction to Local Government Workshop 9:30am - 4pm

Wed 21 Rubbish tip open

HACC Activity & Morning Tea 10-11:30am Fire Brigade AGM @ 7pm

Thur 22 Dr Linda Haines in Lake Grace LGDHS Interschool Cross Country

**Coming Events** 

24th June - Golf Nyabing Open Day 27th June - Being a Better Boss

27th June - Building Surveyor in Lake Grace

28th June - Ordinary Council Meeting 28th June - Suicide Awareness/Prevention Conversation @ Sportsman's Club 7pm 29th June - Dr Linda Haines in Lake Grace

29th June - Mental Health Get Together 30th June - Dr Linda Haines in Lake Grace

30th June - Last day of school term 1st July - First Aid Course: Need to Enrol 7th July - Driving Assessor in Lake Grace

4th August - Driving Assessor in Lake Grace TBC

#### **Recognise and Respond Training**

The mental health commission will come to Lake Grace if we can get 20 people interested in doing recognise and respond training (methamphetamine and opioid). Ideal for emergency services, health and hospitality industry workers. If you have any queries please call the CRC.

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

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