

LAKE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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Committee Changeover for Community Bus

Suzanne Reeves

A quarter of a century after Lake Grace gained their first community bus the facility is as valuable to our community as it ever has been. Although not used as much as in the early days it still gets out most weeks of the year. Sitting on 105,000 km, the current bus is the third community bus for Lake Grace.

The bus has transported sporting teams, gone on crop inspections, taken part in school camps and sporting days, been a part of the seniors adventures, delivered a skipper service to keep our community safe and also provided a backup service for the school buses. Not just delivering its occupants where they needed to go but building on the fun, excitement and team spirit before and after the event. It's probably a good thing that the bus can't reveal all of its secrets!

Lake Grace Lions were a driving force behind the acquisition of the bus with Lion Ray Hancock providing steerage. Funds to purchase the bus came from donations, funds from clubs that were wound up, the Shire and also the Lions with the first bus rolling into town in 1993. Throughout that time there has been one person who has been consistently involved with the community bus; Kevin Seaman is probably due for some long service leave!

Both Kevin and Jean have been caretakers of the bus for many years, taking bookings, managing maintenance and ensuring that users looked after the bus therefore keeping it to a high standard at all times. Backing them up has been Neil and Elsie Bishop, who were caretakers of the bus prior to the Seaman's; and according to Kevin taught them all they knew! Thank you to the Bishop and Seaman families for all they have done; although they



Above: Some of the outgoing committee members Neil Bishop, Jeanette Seaman, Elsie Bishop and Kevin Seaman with the current community bus.

have now all formally retired from the bus committee they are still available for advice.

From now on all bookings for the community bus will be done through the Lake Grace CRC, so if needing the bus please ring 9865 1470. Committee members are Suzanne Reeves (Chair/Sec), Annette Argent (Treas), Rosemary Bywater, George Chircop, Nat Gambuti and Peter Stoffberg. I'm not sure if any of us will be able to beat Kevin's 25 year record for staying on the committee but we're hopeful that they we can do as good a job as our predecessors.

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Conditions do apply.

CRC Opening Hours

9:00am - 5pm

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

Deadlines & Editions

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

Next Deadline
Monday 16th July

Next Edition
Thursday 19th July



Thanks

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

Annie Slarke

Gwen Oliver

Thank you also to our many contributors of articles.

DISCLAIMER

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300 copies printed and sold each fortnight

Editorial

- A big thank you to the super fab Danielle Robertson who managed the CRC last week for three days while both Rosie and I had personal leave. Staff are such an important part of any business or organisation and we're very lucky to have suitable people available to us that can manage the range of requests that we receive.
- I know the weather wasn't conducive to go outdoors last Wednesday (great for farmers and ducks), however I'm hoping everyone took the opportunity to get any Centrelink/Medicare/DVA business done that they needed to do. I haven't had feedback as yet from the **Department of Human Services mobile service centre** but I'm hopeful that the numbers were up as we don't want to lose this valuable service.
- Sorry still no news from the government as to what **funding we will receive** for the 2019/2020 financial year. Maybe by the end of this month??? However we still have bumper stickers available for anyone who wants one (I ♥ my CRC). For those of you on social media please like the Lake Grace CRC Facebook page and while you're at it like the CRCsaretheanswer and participate in the campaign.
- We just held our first **LDAG (Local Drug Action Group)** meeting for a few months this week and we have a number of activities on the go. We will once again attend the Newdegate Field Day, we are also looking at holding a drinks awareness evening in conjunction with winter sports (anyone can attend) and are looking at inviting an exciting guest speaker who has walked the walk to our community. Keep tuned for more information.
- I have recently submitted Lake Grace's Action Plan for the 2018/2019 financial year to the network and bless their little cotton socks, it has been accepted. Workshops, events and information sessions are always a challenge as what I like isn't necessarily what everyone else likes. A few years ago I put out a **'What do YOU want'** questionnaire with some very random ideas asking for input from the community. Needless to say I've had lots of people asking about the pole dancing classes that I included on that questionnaire but as only 3 people committed in writing it never went any further. We really do need YOUR help in organising suitable workshops for our community. I have included a revamped version in this newsletter, please take the time to fill out and drop into the CRC.
- A couple of **workshop ideas** that have been put forward are cake decorating (we would look at butter icing and fondant) and also a barista workshop. I don't have any costs for the cake decorating at this stage but the barista workshop would be \$320 and would be run over two days. Participants of the barista would have a qualification, all resources would be supplied. If you are interested in any of these ideas please contact the CRC.
- Dates have now been set for our **mental health and suicide prevention workshops** (see right). We welcome anyone registering now as numbers are limited. Mental health is an important part of

community well being and will no doubt become an integral part of occupational health and safety. As an employer it would be advantageous to be proactive rather than reactive, encourage your employees to attend and take advantage of these free workshops. The first workshop is safeTALK and will be held in Newdegate on Thursday 19th July from 12:30pm; if you can't make the safeTALK workshops in Lake King and Lake Grace in August then you are more than welcome to enrol in the Newdegate one (see page 15).

- We're always looking for **new ideas for the paper** and one idea we've been given is articles on the names of farms and the origins and reasoning behind those names. If there are any property owners out there who would like to take part then we would love to hear from you.
- The **LCDC will be having their AGM** on Thursday 5th July at 10am at the CRC. We need as many of our members attending as possible.

Suzanne Reeves

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

Bag Making - A community initiative making reusable bags. Don't know how to sew? We'll teach you. 12th July, 19th July. 1:30pm to 4pm. FREE.

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

My Health Record Community Information Session - Wednesday, 1st August, 5:30pm - 6:30pm. Free. @ CRC

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

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

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

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

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

What's Happening?

- Congratulations to former employee of the CRC, Narelle Duckworth and Rob Wessling on their recent engagement. Best wishes to you both for a long and happy future together.
- Congratulations to Reuben Smith and Yasmine Featherstone who recently announced their engagement.
- Belated birthday wishes to Shaylah Medlen who recently celebrated her 18th birthday.
- Our condolences to the family of Flo Newman of Newdegate who recently passed away.
- Farewell to Steven, Kelli, Christopher and Charlotte Benson who have relocated to Geraldton. Having lived in Lake Grace for the last 12 years we wish them well for a fabulous future.

Happy Birthday



9th July	Mark Seaman Brock Bowron (18)
10th July	Judy Fleay
13th July	Annie Slarke (?0)
14th July	Jeff Lay
15th July	Benn Tomkins Mabel Dines Molly Duckworth
16th July	Ben Argent Chad Stanton
18th July	Shane Giles Jed O'Neill

Anniversaries



8th July	Lesley & Bruce Duckworth
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92 years young

*Congratulations to
Neil Bishop and
Dorothy Reid who
recently celebrated their
92nd birthdays!*



Andrew, Rodney, Mark and their families would like to sincerely thank all who sent flowers, cards, make phone calls or attended Bill's funeral. Your support and care is appreciated.



Selfies With Sam!

Rosie Timperley

It's not often a celebrity hits Lake Grace so town was buzzing when Sam Newman from *The Footy Show* appeared on our streets. With photos of the Lake Grace entrance sign popping up on his Instagram page, all eyes were out seeking the media personality and ex-Geelong footballer. A few lucky locals were able to meet Sam and take photos with him. Thank you to the following who sent their pictures in to share with us all.



Above: Karissa Pelham displays her favourite football team on her jumper as she meets Sam and gets his autograph.



Above right: Beth Curtin and Benny Tomkins look pretty happy to be getting a selfie with Sam.

Below: John Callope and Damon Pelham didn't imagine they'd be meeting Sam Newman at their local pub!

Right: Sam Newman brings a smile to the faces of Tameka Roukens, John Roukens and Rob Roukens.



Lake Grace IGA Gets Involved

Suzanne Reeves

Your eyes weren't deceiving you if you thought the IGA staff were showing a bit of racy underwear; it was all part of getting involved and raising some funds for the IGA Purple Bra Day.

On Friday 22nd the collection cups were out (no pun intended) and staff fought over the two brassieres, eventually having a roster system where they all got to show a bit of style. Apparently only one staff member never got a modelling session but there's always next year Murray.

Purple Bra Day raises funds for Breast Cancer Care WA, an incredibly worthy cause that ensures that breast care nursing, counselling and financial support is available to **anyone** affected by breast cancer in Western Australia. This includes men with breast cancer, carers and family who have their own challenges and needs through the experience.

Thanks to the generosity of the Western Australian community, all services are free of charge and tailored to meet the needs of each individual.

With one in eight women being diagnosed with breast cancer before the age of 85 (approximately 49 each day), this is a disease that affects everyone; whether if be a family member, friend or yourself!

Well done Lake Grace IGA.



Looking chic are Shelley Stanton and Leonie Carruthers.



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So What Was Happening 15 Years Ago in LG?

As recorded in the Lakes Link News (2003)

In 2003 a thank you to 'last fortnights collators' starts appearing.

Jane Bushby starts writing a very popular feature, 'Jane's stories'.

Volunteers who worked on the paper during 2003 were Marcelle Howe, Joan Fleming, Michelle Slarke, Jane Bushby, Lesley O'Neill, Michelle Lay, Belinda O'Neill, Dot Kennedy, Marty French, Hayden McGlinn, Annie Slarke, Melissa Taplin, Robyn Taplin, Mark Walker, Ned Dixon, Lee Lay, Helena Knaub, Melanie Berry, Sharon Daniels, Geoff Daniels, Jill Duckworth, Alex Reeves, Rebecca Reeves, Lyn Whaley, Sandra Richter, Narelle Lucas, Paul Curtin, Sam Curtin, Genni Curtin, Leon Clarke, Lomas McPherson, Bianca Naisbitt, Chanae Naisbitt, Kristy Chappell, Cheryl Chappell, Emma Fisher, Danielle Robertson, Stephanie Lay, Phyllis Dunham, Kay Roper, Emily Howe, Lisa Clarke.

During the year some of the news that was reported on included:

- Virtual Rottnest swim held at the Lake Grace swimming pool
- Renovations started on the Stationmaster's House
- First load of recyclable materials collected from Recycling Station
- Hospital Golden Anniversary ball awarded event of the year
- ABC Radio broadcast from main street
- Lions host 'drought relief picnic sausage sizzle' at the swimming pool with 235 in attendance
- Pauline Taylor rides to raise money for the Make-a-Wish foundation
- Sculptor selected to create molds for the 'On the Sheeps Back' project
- Roadwise hold a blessing of the roads to introduce their 'new' driver revival van
- Emergency services levy to be collected through rates system
- Police hold alcohol education night
- North Lake Grace cricket club hold a 'cricket and cocktails' reunion for 70's and 80's veterans
- Men's bowls lose the grand final against Kulin
- Development association get \$4,000 FRRR grant for town clock project
- Sylvia Brandenburg awarded 'Freeman of the Shire'
- Michelle Slarke awarded citizen of the year
- Over 3000 native groundcovers and grasses planted with main street makeover
- 63 riders for Lake Grace riding school
- Simone Mahoney is one of 15 young Australians to join the national Youth and Citizenship Reference Group
- Red Cross host fashion parade
- Anglican ladies host Australia's Biggest Morning Tea
- Musician Mike Jackson performed for senior citizens and school children
- Hampton Hill set to explore for gold at Griffin's Find
- Development Association presents certificates of appreciation to range of new businesses
- Darcy Roberts elected to position of Shire President
- Lake Grace hosts Great Southern Colts Carnival
- Sheep stolen off local farmers
- Sportsman's Club purchases new tables & chairs
- Summit Fertilizers offers \$500 prize for any hole-in-ones on the 18th hole at Lake Grace golf course
- Woollongong man, Rodney Horan, stops in Lake Grace on his journey to walk across Australia with a push cart to raise money for Liver Cancer
- Development Association receive their 'Tourism Development & Marketing Strategy' from Ian Menzies
- Tourism Promotions group holds a 'Dingo Rock Discovery Walk'
- CWA hold International Day featuring Egypt and become the proud owners of a pyramid
- Lake Grace Hockey Club hold Medieval fancy dress dinner
- Helen Hunt and Andy Young are both first time winners of the A Grade golf Championships
- Unsuccessful attempt to break into the Library and Telecentre
- WA Governor, Lieutenant General John Sanderson and Mrs Lorraine Sanderson visit Lake Grace
- Community meeting held to discuss and vote on recommendations from Ian Menzies 'Tourism Development and Marketing Strategy'
- Lake Grace juniors win the OFA Grand Final against Ongerup with Rohan Trevenen being awarded the player of the match while Nat Fyfe was presented with the Association fairest and best
- John Read awarded Life Membership to the Lake Grace Pingrup Football Club
- Stephen Dodds wins the Lake Grace speedshears with a time of 2:04:48
- Walkers Vineyard wins prestigious Lionel Samson Plantagenet Wines trophy at Qantas Mt Barker Wine Show
- Kids in Cars held in Lake Grace
- After good rains local farmers are viewing harvest with hope and anticipation
- Turf laid at BBQ and rest area at the 'Shed'
- Community Christmas tree to be held at the pavilion
- Artist group host a sculpting and mould making workshop
- Yr 7 students filled 60 shoe boxes as part of Operation Christmas Child for the underprivileged in Cambodia
- Development Association win Strengthening Rural and Remote Communities category for its Town Centre Development project
- Book 'Far Site' Launched
- 40th annual Ladies Christmas concert held

William James Walker

4th July 1935 - 11th June 2018

The Walkers arrived at Lake Grace in February 1935 - Allan and Clara, with Vera, Doris and Mary - to sharefarm at Ashfield, South Lake Grace. They welcomed Bill (William) on 4th July to the world. In 1938, twins Ian and Margaret arrived and in 1941 the Walkers leased Colovale at North Lake Grace and the family moved. Bill had started school at the Little Red School at South Lake Grace and after the move attended Lake Grace school. He made many lifelong friends from these school years, including Angela, his future wife.

In 1948, the family moved closer to town to Lucas', when both it and Colovale were purchased, and in 1949 Bill left school to work on the farm with Allan. He put in his first crop in 1950 on Allan's first return to Scotland.

Bill was athletic and a keen sportsman. He put in a lot of time on the running track and ran at various picnic meets around the district throughout the 1950s. He played football and tennis but was especially drawn to cricket, beginning a distinguished 30-year career with the Lake Grace Cricket Club in 1950 - 51. He also attended 20 years of Countryweek cricket. Later, he became a champion golfer and played a bit of bowls.

Bill did his stint with National Service (Nashos) in the mid 1950s, and in 1956 he joined the Freemasons, joining his father in the local lodge.

Bill took a trip to the Eastern States in 1956 and took his running shoes. A former publican from the Lake Grace Hotel was now at the St Kilda Football Club, so it was that Bill ended up training with St Kilda, to keep up his running fitness - running as "Don Campbell" in country events. He had no football boots, so wore his running shoes, with the stipulation "No marks".

Angela Carruthers was a fast runner too, but Bill must have caught up with her! In 1959, they married and began married life at Colovale. The family grew with Andrew in 1960 and Rodney in 1962 and the farm grew with the purchase of neighbour Gniels' in 1964. Mark arrived in 1966.

Bill enjoyed music. He bought all the singles of The Seekers and went to see them in concert in Perth. He liked The Beatles, Simon and Garfunkle and the Scott McKenzie hit 'San Francisco'. At the same time, he was a big fan of Australian opera diva Dame Joan Sutherland. Alan Thiel played the organ and piano accordion on many family visits resulting in we three boys being unsuccessfully recruited as piano accordion players. The Thiels ran the Hillcrest Drive-In at Lake Grace, and we were frequent attendees.

Life on the farm followed the cycle of ripping up, working back, seeding, shearing and harvest.

Bill was involved in lobbying for a second licensed premises in Lake Grace, culminating in the Lake Grace Sportsman's Club opening in 1973. It became Bill's

second home.

Angela returned to work in 1975, where she worked for the next 33 years. At this time, the family set about designing a new home, to be built in town. It was begun in 1976 and completed in 1977, with Bill proudly credited as the builder, albeit with expert help from John de Vree.



Bill took trips to the Eastern States in 1976 and 1977 and the farm was enlarged with Dunham's and Lucas' in 1980.

Bill was a good cook. He loved making stews (particularly kangaroo tail), soups, pickling, jam, brewing beer and - mushrooms!

On one occasion, there was an abundance of mushrooms in the paddocks. We picked buckets and buckets of them, and Dad cooked them every known way until we had all eaten enough mushrooms for quite some time. There was still quite a lot left, and when Mum suggested that he just throw them out, he would not have a bar of it. "I'm going to eat them all - I don't care if it makes me sick," he said. Needless to say, it did make him sick for a day or two, and we had many laughs for many years recalling those fateful words: "I don't care if it makes me sick".

A creature of habit, Dad's day began with the newspaper, which he would scour for items to cut out and discuss with the long-suffering John Griffin at the daily pre-dinner drink at the Club.

Bill and Angela's first overseas trip was in 1981 to Singapore.

Andrew married Kim in 1983 and grandchildren came with Brooke, Chelsea and Zoe. Rodney married Stacey and had Beau, Cameron and Dean. Life continued happily as grandparents. Dad discovered new music he loved in Dame Kiri te Kanawa and Aled Jones.

Bill developed various enthusiasms over the years. For a time, it was Consuming Passions, a five-minute cooking show before the religiously-observed seven o'clock ABCTV News. Songs of Praise on Sundays at 11.00 was another show he never missed.

Bill was curious and experimental, with a quick mind, and an enduring interest was Get Rich Quick schemes. He was somewhat successful with a gambling method he trialled at Wrest Point Casino, and, while never parting with any money for these schemes he encountered, he would try to find a way to hit the jackpot.

Bill and Angela travelled to the UK and Sydney in 1989,

William James Walker *(cont.)*

and took a trip on the Ghan with Aunt Vera and Uncle Bill and Uncle Ian.

Further visits to Sydney came in 1993 and 1994 when Mark and partner Heather had Ceri.

In 1995 Bill planted 250 vines on ironstone country in the corner of Gniels'. He had gotten the idea when talking to Swan Valley winemaker Peter Talijancich who he got to know over the years from picking us boys up at Swanleigh, the boarding hostel we attended.

From 1997, Bill helped Angela through successful chemotherapy treatment for breast cancer and in 1998 they drove across the Nullarbor and back to visit Mark, Heather and Ceri.

In 1999 the first wine was released, and after a final wheat harvest, Dad moved from being a farmer to being a vigneron. He loved it. It combined a love of wine with a passing parade of customers. He built a shop at the vineyard, and that became part of his new daily routine.

He had great success with the vineyard, winning many awards for his Lake Grace Shiraz. His hunch that Lake Grace could be good vine-growing country was correct, as the two continuing vineyards will attest.

In 2006 Bill had a close brush with death. However, six days in intensive care with multiple organ failure did not dent his determination to live. It took some months to fully recover, but Bill was soon back to his old life.

In 2008, soon after the death of brother Ian, Bill lost his lifelong love when Angela died.

Many here today will not have seen Bill since Angela's funeral. The ten years since are the final chapter in Bill's life. He continued on at the vineyard for a couple of years before selling it, whereupon he continued on as a sort of consultant and part-time helper at the vineyard.

Bill was now retired, and his daily routine continued: the newspaper and his new passion Sudoku, a bit of pottering around at the vineyard, then off to the Club, to irritate not just Griff but whoever was there, with his observations of the day, usually regarding the correct usage of words. Some here will raise a smile when I say now that Bill had a big impact on the community.

Andrew and Kim lived with Bill for a year, after which he had a couple of falls down the cellar stairs. These were temporary setbacks, and he was able to celebrate his 80th in 2015 with family in Perth. Soon afterwards, however, a blood clot in his left eye left him with 85% vision loss in that eye.

Still determined, he adapted to life with one eye, including driving. Bill's sister Doris died and Bill had some health complications of his own, which saw him in hospital a couple of times. The family realised Bill couldn't live on his own any longer, so in 2016 Jane lived in the house as his carer. After a final family Christmas together in 2016, Bill entered Lake Grace Hospital for the final time.

Bill was a devious patient. He managed to escape a few

times, including getting as far as the Club and having a beer! The hospital staff deserves commendation for their exemplary care of Dad.

As Dad declined, his essential self remained. Even with dementia, he was ready to go to work every day, hair neatly combed.

We had to tidy up the house for him and in doing so we sorted through a pile of papers next to his desk. It took several days, making sure that everything was filed away appropriately, until we got to the very bottom. At the very bottom was a collection of Mum's death notices. These had evidently been placed on a bare counter. After Mum died, things piled up for Dad. They were the world to each other; they sorted out each other's lives in many ways.

Dad died 11 June 2018 at the Lake Grace Hospital, about 50 yards from where he was born 82 years earlier.

From the Grandkids next door:

We all loved growing up so close to our grandparents, being able to pop over every other day for no particular reason except to say hi has left us all with some very special memories. Grandad always encouraged our 'artistic' sides and would ask for us to kindly sketch a portrait of him while he sat ever so still at the kitchen table. We also grafittied all of the photos in his daily newspaper, with unsuspecting individuals receiving a 'makeover' as such. Grandad also loved to take us stargazing in the backyard, showing us different constellations and informing us of interesting facts about the universe.

Grandad had a very enthusiastic and almost childlike nature. He would often say such things as "Mama mia", and "Wow!" that one may have assumed he had just witnessed some sort of miracle.

We loved to visit the vineyard with Grandad, he taught us about grapes, pruning and into our adult lives likely cemented our love of good wine. Being able to watch and support him in starting up his beloved vineyard and see his wines be so well received is something we will always be grateful to have been a part of. Above all, we will always remember Grandad as a kind and caring man with a cheeky smile and eyes that twinkled. Thank you for showing us what unconditional love means through the way you love 'The Didi' as well as all of us.

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Lake Grace Weather



Date	Min	Max	Rain
20/6	8.1	17.3	
21/6	5.9	18.1	0.2
22/6	8.2	17.1	
23/6	5.0	16.6	
24/6	5.6	18.5	
25/6	3.8	17.0	
26/6	7.6	17.4	
27/6	8.0	Ask Siri	
28/6	Try Google	14.1	
29/6	2.9	12.3	
30/6	1.4	15.7	Lots
1/7	4.7	20.7	
2/7	9.6	Who knows	
3/7			

First Aid Kits

Are now available for purchase at
CCL Hardware Lake Grace.

CWA Bookings

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

What's Happening at the Pingrup CRC...

School Holiday Program: Irish Dancing Classes -
July 11th, 2:00 pm - 3:30 pm

Grant Application Workshop: 2nd August,
9:00 am - 12 pm

My Health Records Info Session: Aug 8th,
Nyabing Pavilion, 4:30-5:30pm

Fermentation and Healthy Treats: Aug 11th,
2 pm - 5 pm

Pingrup Pop-Up Market: Sept 23rd 2018 – more
information coming soon

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

What's Happening at the Newdegate CRC...

MoveSmart - Every Thursday at 9am.

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

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

For more information please call 9871 1791

Lion's at Work

Neville Moulden

The Lions Club of Lake Grace have distributed their new business calendar for 2018/2019 year. This years edition features colour inserts for the clients that opted for this new look. The idea behind this was to make it easier to locate the number that you wish to call.

A willing team of Lion members got the job of rolling the calendars ready for distribution via Australia Post before our scheduled meeting on Thursday 28th June 2018.

If you require extra copies of the calendar we have more available from Australia Post, Lake Grace I.G.A. or at the Shire office.



Above: Shashi Holla, Wally Perry, Malcolm Harwood, Chris Harvey and Neville Moulden getting the calendars organised.

STEVE & KIM CRUTCHING AND DIPPING Lake Grace

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Contact Steve 0428 651 053
or
Overseer Lomas 0458 729 738

DO YOU HAVE A LAKES LINK NEWS STASH??

WE HAVE NEARLY FINISHED (FINALLY)
ARCHIVING 25 YEARS OF LAKES LINKS
AND FIND THAT FOUR COPIES ARE
INCOMPLETE.

12TH AUGUST 1999
(MISSING A PAGE)
10TH FEBRUARY 2000
18TH MAY 2000
7TH SEPTEMBER 2000



THESE THREE COPIES
HAVE HAD BITS CUT
OUT OF THEM.

If you have copies of any
of the Links listed we
would love to borrow your
copy so that we can
complete our collection.

Please give us a call at the
Lake Grace CRC on
9865 1470 or drop in.

11.5 Kg Cat Captured in Koorda

Media Release

It is evident that there are some massive feral cats out in our Wheatbelt, particularly in the shire of Koorda. Last month an 11.5kg feral cat was captured by John and Madeline Hayles, who are working with Wheatbelt NRM to implement a feral control and revegetation management plan. It was around this time last year, that they captured a male feral cat weighing in at a whopping 13 kg. The sheer size of these cats is difficult for some of us to imagine, bearing in mind, that the average cat weighs only 4 to 6 kgs.

Feral cats in Australia, which were introduced by the first European settlers and established in the wild by the 1850s, continue to be a huge threat to native wildlife. In fact, they play a large part in the extinction of several species unique to our country.

Scientists estimate that Australia is home to between 5 and 20 million feral cats, and that they kill an average of five animals — bugs, lizards, small mammals and birds, and so on — each night. Feral cats are preying on some of our most at risk species, but they can also cause harm through disease transmission and competition with natives for habitat and food.

However, no one can accurately estimate the number of feral cats, because the numbers fluctuate considerably

with climate and the availability of prey. As an example, cat numbers can increase significantly within a few months, during or after a rat, rabbit or mouse plague.

An average feral cat requires about 300 grams of prey per day. If they eat a small marsupial with an average weight of 40 grams, then they would need to consume about eight of them per day. If the cat is eating larger marsupials, with an average of 140 grams, then they would require about two.

If you have seen any massive feral cats of this size in your patch of the Wheatbelt, or would like more information on feral control, please contact Anika Dent Ph: 9670 3104 or email: feral@wheatbeltprm.org.au



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***Will close for Annual Leave from Friday
29th June and re-open on Monday 16th
July, 2018. No mechanics will be available
during this time.***

***Thank you for your understanding and
look forward to being of assistance
on our return.***

***Best regards,
Michelle & Paul.***

Steps to Support WA Sheep Producers

Media Release

The McGowan Government is taking steps to support WA's sheep industry as it prepares for a drop in live exports over the northern hemisphere summer months.

Agriculture and Food Minister Alannah MacTiernan and senior Department of Primary Industries and Regional Development (DPIRD) livestock staff met with producers and industry representatives on Friday to discuss activities to help sheep producers over coming months.

DPIRD's immediate activities will focus on modelling feed requirements and reserves so producers are able to manage their flock to respond to alternate market and processing specifications.

Further economic modelling is planned to evaluate the profitability of different sheep management options for the longer term.

DPIRD will run workshops for producers in coming weeks to address seasonal issues including feed budgeting and sheep management.

Minister MacTiernan will visit Qatar tomorrow to meet with chilled meat importers and transporters to discuss options for more export of West Australian processed

meat, particularly during the northern summer.

Comments attributed to Agriculture and Food Minister Alannah MacTiernan:

"Around 300,000 sheep were destined for live export over the high summer months and it is vital that we work closely with industry to find the short and long term solutions to deal with the expected reduction in the live sheep trade.

"The Department of Primary Industries and Regional Development is taking steps to give sheep producers the tangible support they need to adjust to this new environment.

"While this will be an adjustment for industry, there are opportunities to boost local processing, creating more regional jobs for West Australians and getting more value out of our sheep meat.

"I am meeting with major processed meat importers in Qatar tomorrow to give our local processing industry and sheep producers the best shot at managing this transition."

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Lake Grace Artists Group

Kerrie Argent

Part of the state wide creative grid project is to have an exhibition by May 2019, looking at Archival collection. Last month we looked at the AIM Hospital in Lake Grace. This month we had a road trip to Newdegate to visit the Hainsworth building.

Thank you very much to Sue Hall, Ros Lloyd and Jan Orr for their time and allowing us to visit, giving a guided tour and lots of information to us, followed by morning tea. If you haven't made the time to visit the Hainsworth building they are open on Thursday and it is well worth the visit.

From there we visited the newly painted CBH silos. Artist Brendan Slee did a fantastic job. And of course a photo shoot for us but not the best time of day for a photo.

Then on to the new skate park where we had a wander and a little play but definitely no skate boards for us. The park looks fabulous, well done Newdegate.

Our next stop was Bevan and Vynka Lay's museum. They have done an awesome job out there and with all those bits and pieces from the mining and farming worlds it made for a great collection and all so clean. Housed in that great big recycled tin shed, there was no dust - couldn't believe it. Again lots of looking and photos. Thanks Vynka for allowing us to visit.

Now we have to make the decision which collection do we want to focus on.

This exhibition is open to all artists in the Lake Grace shire and surrounds so if you are interested in joining us please contact Kerrie Argent 0447 791 399 or Tania Spencer 0429 041 063 for further information.

Hopefully everyone's work for Exploring Flora-Botanica. is progressing well. This work needs to be in by the end of August.

We are terribly sorry the Journal Making workshop was cancelled but we have postponed it until the 8th and 9th September. If you are interested in joining us please contact jeannemelville54@hotmail.com to book in.

There will be a Resin workshop in August but you need to be a member to participate in this workshop. Membership is \$30 a year. If you need a form please see Jayne Argent at the post office Monday or Tuesdays for a membership form..

The Shows on the go "A Boy Called Cash" will be happening in August. Don't forget to book your tickets soon.



Above: Tania Spencer, Annie Slarke, Michelle Slarke, Lenore Gladish, Taryn Blight, Jayne Argent, Cheryl Chappell, Judy Stewart, Jeannie Melville checking out the silo murals during their roadtrip to Newdegate.

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Upcoming safeTALK training

Date: Thursday July 19th, 12:30pm onwards

Location: Newdegate CRC, Collier Street

Hosted by: Lake Grace CRC

Cost: FREE - Funded through MHC Grant

To inquire or register, call Hope on 9871 1791

or email newdegatecrc@westnet.com.au

safeTALK works. Learn more and see the evidence at www.livingworks.net/safetalk



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HACC & MPS Activity Programs

SwimAbility

Hydrotherapy sessions at Narrogin
Leisure Centre each fortnight
Monday 9th July & 23rd July
Leaving 8.30am from Village Hall
Call the hospital on 98902222 to book



Chair Aerobics

Every Tuesday @ 10.30am
At the Lakes Village Hall



Foot Clinic

Tuesday 10th July
9.00—12 noon
Lakes Village Hall
NB: please supply your own
manicure set



4th Friday Activity Day

Friday 28th July 2018
10.00am—1.30pm
Lakes Village Hall
Activities / Games / Trivia
RSVP ESSENTIAL by 19th June
(for our catering numbers)
Ph: 9890 2222 during office hours



Child Health Clinic

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



Impetigo Infections

Impetigo is a highly contagious skin infection causing red sores commonly known as 'school sores'.

Impetigo usually starts as an itchy red blister, then breaks out into a rash before being covered by a yellowish crust. Impetigo sores are commonly seen on the face, arms and legs.

Impetigo is a bacterial infection (*Staph. Aureus* or *Strep. Pyogenes*) that mostly affects young children but can be transmitted to people of any age by skin-to-skin contact.

Impetigo requires a medical diagnosis, so get any suspicious sores checked by the doctor. Impetigo is easily treated with antibiotics, which speeds up healing and can reduce the spread of infection.

Impetigo can be uncomfortable, and if left untreated can lead to larger lesions, swollen glands and fever. If treated in the early stages the blisters leave no scarring when healed.

While the infection is present:

- Don't touch or scratch the sores
- Keep infected skin clean and covered
- Change linen daily and wash in hot water
- Throw all used dressings in the bin then wash hands well with soap and water
- Keep infected children at home until they are no longer infectious

Washing Hands is the best way to prevent ANY infection.

Remember to ALWAYS wash hands well.

If you use correct hand washing techniques you can protect yourself from contagious diseases like colds, influenza, impetigo and gastroenteritis.

Hands should be washed with soap and clean water before and after eating or preparing food, after going to the toilet and after nose blowing.

Alcohol based sanitisers are useful when soap and water is not available (and hands are not visibly dirty). Use half a teaspoon of the product and rub hands together until they are dry.

Biosecurity Funding Schemes to Tackle Pest Threats

Media Release

More than 99% of Western Australian cattle, sheep and goat producers and grain, seed and hay growers actively support the biosecurity of their industries by making financial contributions to WA's Industry Funding Schemes.

Farmer contributions to Industry Funding Schemes will support a range of priority animal disease and pest control programs next financial year. Executive Officer for the schemes, Rebecca Heath, said three-horned bedstraw, skeleton weed, virulent footrot and several cattle diseases were among the key issues to be targeted by the schemes in 2018/19.

"Industry-based management committees have determined which pest priorities are to be addressed, the scheme's areas of operation and the producer contribution rates," Ms Heath said.

The schemes are an integral part of the State's biosecurity system, helping to maintain access to domestic and international markets and supporting the viability and profitability of agricultural industries.

For the 2018/19 financial year the contribution rates remain unchanged.

Cattle: Producers pay a 20 cent contribution on the sale of each animal/carcase to fund surveillance programs

for bovine tuberculosis, enzootic bovine leucosis and Johne's disease in cattle.

Sheep and goats: Producers pay a 10 cent contribution on the sale of each animal/carcase produced within the State, to fund a program to control virulent footrot. The Sheep and Goat Industry Funding Scheme management committee also anticipates funding a new program to address the impact of wild dogs on the industry. More information will be provided over the coming months.

Grains and seed: Growers pay a 25 cent contribution on the first sale of every tonne of grain and seed grown within the South West Land Division, to fund continuing programs to control skeleton weed and eradicate three-horned bedstraw.

Hay: Growers pay 12.5 cents per tonne on the first sale of hay grown within the South West Land Division, to fund the skeleton weed and three-horned bedstraw programs.

Producers/growers who wish to opt out of the scheme/s must submit a 2018/19 [Notice of Opt Out form](#) by 30 June 2018. Producers that opt out lose all entitlements to assistance and compensation via the scheme.

The continued support of producers for the schemes enables the WA livestock and grain/hay industries to identify and invest in biosecurity activities that help maintain our market advantage and the sustainability of the industries in Western Australia.

More information on the Industry Funding Schemes is available from the [DPIRD website](#) or email IFS@dpiird.wa.gov.au or by talking to your Local Action Group Coordinator: Lynette Carruthers 98 652 816

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Email : jmckenzie80@bigpond.com

Find us on Facebook to see our work

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

Men's Shed Battery Drive

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

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



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

The contractors are estimated to have completed 49% of outstanding works, and we are officially at the half way mark of our designated timeframe to complete the works.

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

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

Council

Ordinary Council Meeting – Wednesday 27 June 2018

Items of business considered by Council at this meeting included:

- Unbudgeted Expenditure Lake Grace and Newdegate Oval Water Supply Systems Replacement Solar Pump
- Unbudgeted Expenditure Newdegate Sports Ground Water Supply Systems Replacement Water Storage Tank
- Delegation of Powers to the Chief Executive Officer and the Delegations Register
- Corporate Business Plan Review 2018
- Digital Infrastructure Audit/Digital Census
- Budget Revised Opening Balance 2017/18
- Support for Shows On The Go – A Boy Named Cash 15 August 2018
- Newdegate Skate Park Street Art Sponsorship
- Request Support for the Official Opening of the Newdegate Skate Park
- Appointment of Bush Fire Control Officers
- Bush Fire Advisory Committee Re-Location of Satellite Phones
- Newdegate Machinery Field Days 2018 Sponsorship Agreement

The next Ordinary Council Meeting will be held on Wednesday 25 July 2018.

WALGA Central Country Zone Meeting – Friday 22 June 2018

On Friday 22 June, Shire President Cr Jeanette De

Landgraft, Shire Deputy President Cr Steve Hunt and I attended a WALGA Central Country Zone meeting, via teleconference from Newdegate CRC.

The items of business considered at this meeting included:

- Updated Climate Change Policy
- Model Subdivision Conditions – advising the State Government that we will not agree to the removal of DFES and transferring the responsibility to Local Government sector for the clearance of subdivision conditions for Bushfire Management Plans, when the condition has been requested by DFES.
- Guidance for houses on lots less than 100m² in development zones be endorsed.
- Policy for Restricted Access Vehicles on Roads not on an Approved Network during Harvest
- WA State Library Strategy Implementation Plan and Consultation Report
- Aboriginal Heritage Act 1972 Review Submission to Stage 1
- Review of the State Industrial Relations System

Varley Progress meeting – Tuesday 19 June 2018

On Tuesday 19 June 2018, I attended the Varley Progress Meeting at the Varley Pavilion. The items of business considered at this meeting included: Reviewing of their Constitution, Varley Museum Upgrade, Resurfacing of the Tennis Courts, Light Repairs and Hall Maintenance.

Acoustic and Air-Conditioning Works at Newdegate Recreation Centre

The works have now been completed and I would like to extend my thanks to all those involved in this project and for the patience and cooperation shown by the community throughout, it has been greatly appreciated.

The project was managed by Michel Greenhalgh, Director/Architect – MCG Architects Bunbury. With Colin Lockhart – 'Mini Projects WA' Katanning undertaking the works, with a number of different contractors from the Katanning area.

From all reports these works have had a very positive outcome in the reduction of noise in the function room. Thanks also to the Newdegate Cropping Group who will contribute approximately \$80,000, to ensure this project is able to be completed.

Continued over ..

Shire of Lake Grace Community News *Cont.*

CEO Corner *Cont.*

Newdegate Skate Park

Newdegate Skate Park is now complete and ready for action! This was proven on Sunday at the official opening of the park. There was a huge crowd in attendance with skate boards and scooters everywhere.

Well done to the Newdegate Active Precinct Committee with particular congratulations to Sarah Lloyd, Helen Steicke and Emily Gilmore who had the passion and endeavour to run with an idea and finish with such an incredible outcome.

This project has been made possible with the following funding sources;

• Newdegate Cropping Group	\$266,000
• Lotterywest	\$100,000
• Newdegate Field Day Committee	\$36,630
• Wheatbelt Development Commission	\$30,000
• CBH Group	\$5,000
• Newdegate Active Precinct Committee	\$3,315

As a bonus, when the artwork was being done on the Newdegate Silos as part of the Public Silo Trail, an offer was made by FORM to paint a wall in the community. It was decided that the work would be done on the skate park fence. The Shire assisted FORM with funding to engage the services of a renowned Australian Street Artist – Beastman (Brad Eastman) who has a national and international reputation.

I'm sure everyone will agree on what a fantastic addition the Active Precinct and Skate Park is to the town of Newdegate. The Newdegate community can be extremely proud of their achievements.

Road Works

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

- Newdegate/Pingrup Road - back slopes and removal of trees
- Magenta Road - back slopes and removal of trees
- Plant Maintenance
- Relocating blue metal from Ardler Rd to Lake Biddy

The Lake Grace Maintenance Grader has carried out the following work:

- Maintenance grading at Gordon Road, Crook Road, North Burngup Road and Wyatts Road
- Installation of Rural Roads Signs & Guideposts
- Installation of RV sign at Newdegate
- Road inspections of West Kuender Road, Mordetta Road and 'S' bends at Kuender flats
- Draining of water off floodway on North Burngup Road

The Lake King Maintenance Grader has carried out work in Lake King and Varley:

- Hogan Road
- Kathleen Road
- Pickernell Road

The Newdegate Maintenance Grader has carried out work on:

- Dragon Rocks Road
- Newdegate North Road

Parks and Gardens

The Town Maintenance Crew has carried out the following work:

- Lake Grace Town Street Maintenance: removal of old garden bed on the Main Street, whipper snipping and cleaning up of back laneways, cleaning up of branches and debris, raking up and removal of rubbish in laneways, spraying of weeds and collection of rubbish on street verges and parking bays
- Stubbs Street, Lake Grace – hedging maintenance
- Lake Grace Recreation Ground Maintenance – testing of sprinklers, cleaning up around the ovals, spraying of weeds, maintenance of the hockey oval and mowing of both ovals.
- Lake Grace Cemetery – general maintenance, clean up and spraying
- Lake Grace Town Hall – mowing lawns
- Lake Grace Railway station – mowing lawns
- Lake Grace War Memorial – mowing lawns
- 6 Blackbutt Way, Lake Grace – general garden maintenance
- Tool and small plant maintenance

Building & Maintenance

The Building and Maintenance Team has carried out work at:

- 6 Banksia Place, Lake Grace – internal painting, replacement of floor covering, sanding and treatments of windows, installation of a new fire
- 3 Clark Avenue, Lake Grace – removal of kitchen cupboards and vanity
- Lake Grace Airstrip – patch paint repair to the toilet area
- Lake Grace Railway Station – high pressure clean of building
- Newdegate Town Hall – repairs to water leak
- Newdegate Pavilion – repairs to door, re-hanging of curtains, pictures and honour boards following acoustic works
- Varley Public Toilets - works request for lighting issues
- Varley Pavilion – inspection

Denise Gobbart
Chief Executive Officer



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 licence applications.

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

Driving Assessor

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

Friday - 3 August 2018

Friday - 7 September 2018

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 21 August 2018

Tuesday 4 September 2018

For an appointment contact Josiah on 0438 811 944.

Environmental Health Officer

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

Tip Open Hours

Lake Grace

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

Newdegate

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

Lake King & Varley

Open Every Day

Waste & Recycle Pickup

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

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

Lake Grace	Newdegate
9 July	16 July
23 July	30 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.

Office Opening Hours

Lake Grace Public Library School Place Absolon St

Monday - Thursday 9am - 5pm
Closed for lunch 12.30 - 1pm

School Holidays

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

Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm
Closed for lunch 12noon - 1pm
Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd

Tuesday and Thursday 8.30am - 3.30pm

Everyone welcome



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

Shire of Lake Grace Community News *Cont.*

Half Price July

Dog and cat registrations due to expire on the 31st October 2018 are now half price.

Please note this is only for one year registrations and does not include three year or lifetime registrations. For all new applications please bring proof of sterilisation and microchip number when you come to the Shire.

It is a legal requirement to have your cats and dogs microchipped and registered, and also helps the shire identify any found pets quickly to reunite them with their owners.

Cats must also be sterilised and can be registered from six months of age.

If your pet requires microchipping, this can be done by our ranger, please notify the shire if you would like to arrange this.



Pension and Senior Card Advice

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

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

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

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

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

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

Dog Registration Fees

1 YEAR REGISTRATION			
	Full	Concession	Working dog
Sterilised	\$20.00	\$10.00	\$5.00
Unsterilised	\$50.00	\$25.00	\$12.50
3 YEAR REGISTRATION			
	Full	Concession	Working dog
Sterilised	\$42.50	\$21.25	\$10.60
Unsterilised	\$120.00	\$60.00	\$30.00
LIFETIME REGISTRATION			
	Full	Concession	Working dog
Sterilised	\$100.00	\$50.00	-
Unsterilised	\$250.00	\$125.00	-

Cat Registration Fees

1 YEAR REGISTRATION		
	Full	Concession
Sterilised	\$20.00	\$10.00
Unsterilised	\$50.00	\$25.00
3 YEAR REGISTRATION		
	Full	Concession
Sterilised	\$42.50	\$21.25
Unsterilised	\$120.00	\$60.00
LIFETIME REGISTRATION		
	Full	Concession
Sterilised	\$100.00	\$50.00
Unsterilised	\$250.00	\$125.00
BREEDERS FEE \$100		

Making Sense of Diabetes

Warrior Wellbeing



The cells in our bodies such as those found in our muscles need energy to grow and do what they do. One source of energy starts when we eat carbohydrate rich food such as bread, pasta, rice, potatoes, fruit, milk and yoghurt. In a normal situation these foods are broken down in our digestive system into glucose, a sugar. This sugar is what is needed by the cells, but it can't get into them without a special key *insulin*. Insulin is a hormone produced in the pancreas and its job is to regulate the amount of glucose in the blood.

In a person who has diabetes one of two things happens. Either they do not produce enough or any insulin to regulate the amount of glucose (Type 1) or their body's cells don't respond to the insulin key (Type 2). The result for both these events is the same, there is a back-up of glucose in the bloodstream *high blood sugar*. If our cells aren't getting the energy they need then we will naturally feel tired and rundown. Prolonged high blood sugar can cause serious complications resulting in damage to the organs of our body (the heart, kidneys, nervous system and eyes).

Type 1 is the least common form of diabetes and characterised by an early and sudden onset usually before the age of 20. In this instance a person's immune system destroys the cells in the pancreas that create insulin. As a result, these people need to inject insulin regularly to supplement the deficiency.

Type 2 is the most common form (above 80%) and usually a late gradual onset affecting adults. People with this condition produce enough insulin but their cells are not responsive and can't take up the glucose. There is usually a genetic link to the development of this form of diabetes, but there is also a strong link with unhealthy lifestyle factors such as poor diet, smoking and being overweight (having a beer gut) and being inactive. Medication is available to treat this form of diabetes alongside recommended lifestyle changes.

We always encourage blokes to go and see their GP if they fit any of the above categories and/or have a family

history of diabetes. This is especially important if they are experiencing any of the common symptoms of diabetes including constant thirst and peeing a lot, feeling run down a lot of the time, headaches, blurred vision and cuts that take ages to heal properly. Sometimes these symptoms can be quite mild in people who are in the early stages of developing diabetes (prediabetes).

If you have a family history of diabetes or concerns about any of the above symptoms don't wait, go and chat with your GP about having your blood sugar checked. It could save you a lot of grief down the track.

A Celebration of Men's Wellbeing and Health for Rural and Regional WA

The Warrior Ambassador Awards Luncheon, General Member and Stakeholder Information Session and Working with Warriors Book Launch is to be held on Friday the 3rd August at the Rose & Crown, Guildford with special guest speaker David Parkin (ALF Hall of Fame player and coach). We will be inducting 5 new Ambassadors. If you are interested in attending, please contact our office; telephone (08) 9690 2277 email menshealth@4blokes.com.au by Friday the 20th July 2018.

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

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

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

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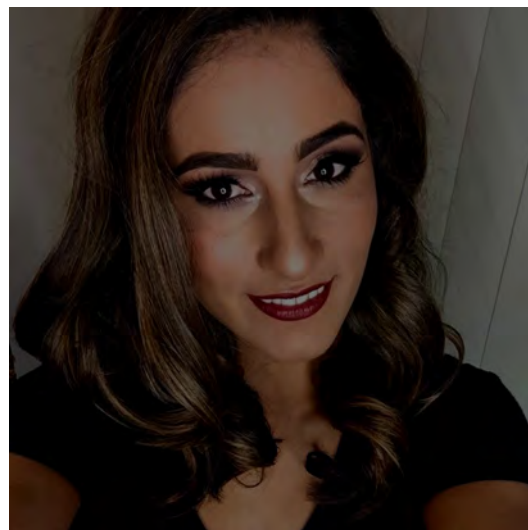
LIC NO :EC004197

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Getting To Know...

By Rosie Timperley

1. **Name:** Danielle Drummond-Hay
2. **Occupation:** BankWest teller
3. **How did you come to live in Lake Grace?** To come back home and bring my kids up around family and the tight-knit community I grew up in.
4. **Which actress would play you in a movie?** Wonder Woman in Reality Cinderella
5. **If you won \$10 million in the lottery and gave some to charity, which one would you choose and why?** Starlight Foundation or the Royal Flying Doctors
6. **What's one thing you can't do no matter how you try?** Hockey drills... sorry girls.
7. **Where would a dream holiday destination for you be?** Taking my Grandma to New Orleans to the jazz festival.
8. **What is something that annoys you?** Being an adult but not feeling like an adult.
9. **Do you prefer books or television?** Books unless it's 'Game of Thrones'.
10. **What is a hobby of yours?** Hockey and travelling.



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Diabetes Awareness

<https://www.diabetesaustralia.com.au/what-is-diabetes>

What is diabetes?

Diabetes is a serious complex condition which can affect the entire body. Diabetes requires daily self care and if complications develop, diabetes can have a significant impact on quality of life and can reduce life expectancy. While there is currently no cure for diabetes, you can live an enjoyable life by learning about the condition and effectively managing it.

There are different types of diabetes; all types are complex and serious. The three main types of diabetes are type 1, type 2 and gestational diabetes.

How does diabetes affect the body?

When someone has diabetes, their body can't maintain healthy levels of glucose in the blood. Glucose is a form of sugar which is the main source of energy for our bodies. Unhealthy levels of glucose in the blood can lead to long term and short term health complications.

For our bodies to work properly we need to convert glucose (sugar) from food into energy. A hormone called insulin is essential for the conversion of glucose into energy. In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body. When people with diabetes eat glucose, which is in foods such as breads, cereals, fruit and starchy vegetables, legumes, milk, yoghurt and sweets, it can't be converted into energy.

Instead of being turned into energy the glucose stays in the blood resulting in high blood glucose levels. After eating, the glucose is carried around your body in your blood. Your blood glucose level is called glycaemia. Blood glucose levels can be monitored and managed through self care and treatment.

Three things you need to know about diabetes:

- It is not one condition - there are three main types of diabetes: type 1, type 2 and gestational diabetes
- All types of diabetes are complex and require daily care and management
- Diabetes does not discriminate, anyone can develop diabetes

Diabetes is serious

Diabetes can be managed well but the potential complications are the same for type 1 and type 2 diabetes including heart attack, stroke, kidney disease, limb amputation, depression, anxiety and blindness.

We know diabetes:

- Is the leading cause of blindness in working age adults
- Is a leading cause of kidney failure and dialysis
- Increases the risk of heart attacks and stroke by up to four times
- Is a major cause of limb amputations
- Affects mental health as well as physical health. Depression, anxiety and distress occur in more than 30% of all people with diabetes
- Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of

diabetes-related complications.

Why is diabetes increasing?

All types of diabetes are increasing in prevalence:

- Type 1 diabetes accounts for 10% of all diabetes and is increasing
- Type 2 diabetes accounts for 85% of all diabetes and is increasing
- Gestational diabetes in pregnancy is increasing

Type 2 diabetes is increasing at the fastest rate. There are large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies. An estimated 2 million Australians are at high risk of developing type 2 diabetes and are already showing early signs of the condition.

Type 2 diabetes is one of the major consequences of the obesity epidemic. The combination of massive changes to diet and the food supply, combined with massive changes to physical activity with more sedentary work and less activity, means most populations are seeing more type 2 diabetes.

Genes also play a part with higher risk of type 2 diabetes in Chinese, South Asian, Indian, Pacific Islander and Aboriginal and Torres Strait Islander populations.

Symptoms

In type 1 diabetes, symptoms are often sudden and can be life-threatening; therefore it is usually diagnosed quite quickly. In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed being seen as part of 'getting older'.

Therefore, by the time symptoms are noticed, complications of diabetes may already be present.

- Common symptoms include:
- Being more thirsty than usual
- Passing more urine
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Itching, skin infections
- Blurred vision
- Unexplained weight loss (type 1)
- Gradually putting on weight (type 2)
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps

Note: This information is of a general nature only and should not be substituted for medical advice or used to alter medical therapy. It does not replace consultations with qualified healthcare professionals to meet your individual medical needs.

Next week: How Type 1, Type 2 and Gestational Diabetes are caused.

Diabetic Friendly Recipes

<https://www.diabetesaustralia.com.au/recipes/13380>

Apple Crisp

Full of healthy walnuts rich in omega-3 fatty acids, this delicious and timeless classic is perfect for a cold winter's night.

Ingredients

- 1 cup SLENDA low calorie sweetener
- 1 teaspoon cinnamon
- 1 teaspoon orange rind
- 1/4 cup orange juice
- 5 granny smith apples
- 1 cup rolled oats
- 2 tablespoons SLENDA low calorie sweetener
- 1/4 tablespoon cinnamon
- 2 tablespoons margarine
- 1/2 cup puffed rice cereal
- 1/2 cup walnuts



Method

1. Preheat oven to 180°C (350° F)
2. Spray a 22 cm (8-inch) square baking dish with vegetable cooking spray. Set aside
3. Whisk together 1 cup SLENDA® Granular Sweetener, 1 tsp cinnamon, grated orange zest and orange juice in a large bowl; add peeled, cored and sliced apples and toss to coat
4. Stir together oats, 2 tbs SLENDA®: Granular Sweetener, and 1/4 tbs cinnamon in a medium bowl; cut margarine in with a pastry blender or 2 knives until mixture is crumbly
5. Stir in cereal and chopped walnuts
6. Transfer apple mixture to prepared pan; spoon cereal topping over apples
7. Bake for 45 minutes or until topping is lightly browned. Serve warm

Honey Mustard Chicken

A beautifully simple and tasty chicken dish - quicker and healthier than any fast food you can buy-in.

Ingredients

- 6 baby chat potatoes
- 2 chicken breast fillets
- 1 tablespoon honey
- 1 tablespoon wholegrain mustard
- 2 cloves garlic
- 1 bunch broccolini

Method

1. Spray potatoes with a little olive oil and roast in oven whilst you prep and cook the chicken
2. Spray or brush a small ovenproof dish with a little oil. Place chicken fillets in a single layer
3. In a small bowl, mix honey, mustard and garlic (optional) together. Spread over chicken. Cover the dish with baking paper or aluminium foil
4. Bake chicken at 180°C (350°F) for 5 minutes. Uncover, baste with the juices, and cook for a further 5 minutes or so until tender
5. Serve with steamed or microwaved broccolini or green beans and baked baby potatoes



No More Lightweight Plastic Bags in WA

Media Release

Western Australia's lightweight plastic bag ban regulations commence today.

Announcing the ban at The Market Place Ballajura IGA today, Environment Minister Stephen Dawson said taking lightweight plastic bags out of circulation had strong community support and was a significant win for the environment.

The State-wide ban will bring Western Australia into line with South Australia, Tasmania, the Northern Territory and the Australian Capital Territory which already have similar bans in place. Queensland's ban also starts today and Victoria has announced its intention to ban lightweight plastic bags from the end of 2019.

The ban applies to all retailers currently supplying lightweight plastic bags with handles - 35 microns thick or less. These bags are commonly provided by supermarkets, restaurants and other retail stores.

It includes degradable, biodegradable and compostable plastic bags because these also breakdown in the environment and pose a threat to wildlife. Plastic bags make up a relatively small portion of solid waste and litter in WA but can have significant impacts on marine wildlife and birds, which may eat them or become entangled in plastic bag waste.

WA's plastic bag ban has widespread support across the community, local governments and major retailers which are big users of plastic shopping bags.

The major supermarkets have all indicated their intention to stop supplying lightweight plastic bags from today.

Comments attributed to Environment Minister Stephen Dawson:

"Today marks a significant milestone in Western Australia to reduce the impacts of lightweight plastic on our environment.

"Studies have shown significant damage caused by plastic pollution - seabirds have been found with their digestive tracts filled with plastic fragments and turtles can confuse plastic bags with jellyfish.

"We will continue our efforts - under Western Australia's Waste Strategy - to reduce the amount of waste generated, prevent littering, increase material recovered from the waste stream, and reduce waste destined for landfill.

"Banning lightweight plastic bags is a significant step in the right direction.

"Retailers will have until December 31, 2018 to phase out their existing stocks of banned bags. I encourage all retailers to move to alternatives as quickly as possible to align with national initiatives and community sentiment."

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Puzzles & Stuff



Answers to 21/06/2018 Sudoku

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

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

It appears there was an omission last edition of the Boggle puzzle.

Our sincere apologies.

Have a go at this week's.

(and who noticed the Sudoku answers were for the puzzle on the back?)

P	O	S
E	T	R
R	R	E

This week's Boggle

Trivia Questions



See next week's edition for the answers

- Off what country are the islands of Islay, Mull, and St. Kilda located - Ireland, Scotland, or Iceland?
- "Hallelujah" is a song written by which Canadian recording artist?
- In 1967, what band released the hit song "Ruby Tuesday"?
- With over 35 million residents, what is the most populous city in the world?
- Which Nordic country was first to give women the right to vote, in 1906?
- Who lived at 221B Baker Street, London?
- What language has the most words?
- What were the Hawaiian Islands originally known as?
- What is the meaning of the word 'Piano'?
- In which year was the first Wimbledon tournament held?

Answers from 21/06/18

- Toxic
- \$200
- Daniel Dafoe
- Bamboo
- Trees
- 1492
- Simon & Garfunkel
- Salt
- Couscous
- Amsterdam

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Have a Laugh!

I got fired from my job as a taxi driver.
It turns out my customers didn't like it when I tried to go the extra mile.

I asked my Mom if I was ugly.
She said, "I told you not to call me Mom in front of people."

My Dad said to me, "Son, I wanted you to know you were adopted."
I shouted, "You're kidding! Really?"
He said, "Yes. Get your things together, they're coming to pick you up in an hour."

I have an EpiPen.
My friend gave it to me as he was dying.
It seemed very important to him that I have it.

Thank you student loans for getting me through college.
I don't think I can ever repay you.

I started a company selling land mines that look like prayer mats.
Prophets are going through the roof.

My astronaut girlfriend has dumped me.
She said she needs space.

A boy scout says to his scout leader, "Sir, is this snake poisonous?"
The scout leader says, "No, that snake's not poisonous at all."

So the boy picks up the snake which bites him, and the boy starts to spasm and foam at the mouth as the other kids look on in horror.

The scout leader says, "But that snake is venomous. Poison is ingested or absorbed, while venom is injected. Let's get it right next time, boys."

Every single morning I get hit by the same bike.
It's a vicious cycle.

My wife asked me to pass her lip balm.
I gave her superglue instead.
She's still not talking to me.

I was on a flight the other day when the air hostess came up to me and said, "Excuse me sir, would you like to have dinner?"

I said, "What are the options?"
She said, "Yes and No."

My girlfriend isn't talking to me because apparently I ruined her birthday.
I'm not sure how I did that – I didn't even know it was her birthday...

Narrogin
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Unit For Sale

An opportunity has recently become available to purchase a 2 bedroom Resident Funded Unit within the grounds of the Narrogin Cottage Homes. The bright and spacious units are designed for independent living with optimal privacy including private courtyard, lock up store room and carport. All units are surrounded by manicured, well maintained gardens with ample visitors parking and are in close proximity to the town centre of Narrogin.

Amenities and community services within the town include Narrogin Regional Hospital, two Doctor Surgeries, Seniors Citizens Centre, Sporting Complex, heated indoor pool, tennis, bowling and croquet clubs. Community Care Services (Narrogin Homecare and Silverchain) are available through partner organisations.

For more information or to make an appointment to view the Unit please contact the Property Manager or Admin at NCH on 9881 1677

Children's Activity Page

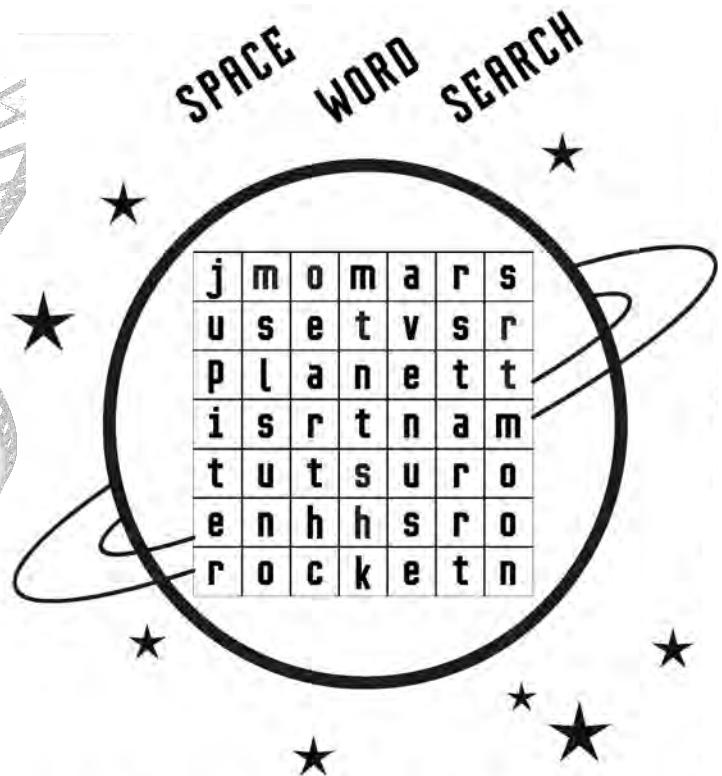
What Movie Is That?

1. Flik wants to be an inventor, but that makes him different from everyone else in the colony. After he accidentally drops some seeds into the river, he has to find a way to save his colony from the grasshoppers. He recruits some other guys to help in the fight, but finds out, too late, that they're just a bunch of circus performers, and not very good ones at that.

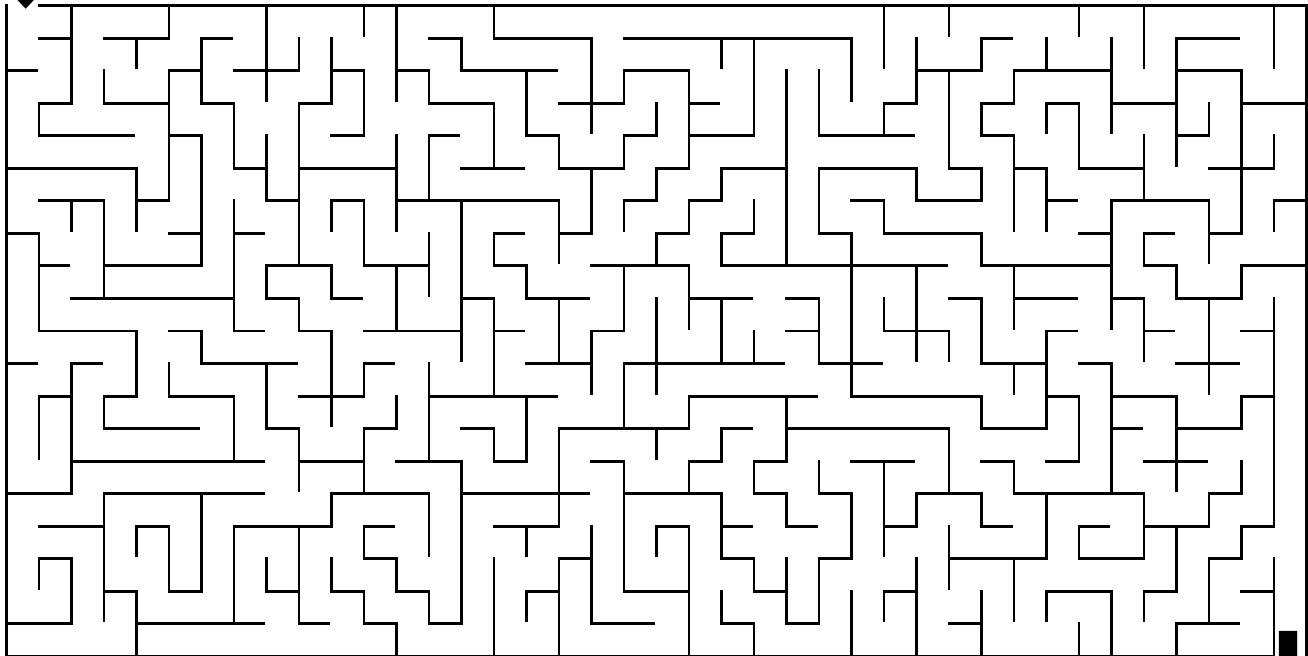
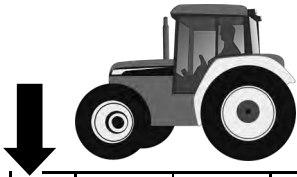
Answer: _____

2. In the good-old-days fighting crime and saving the world were rewarded and those who did were given hero status. Times have changed though and a family in hiding go out secretly to save the world.

Answer: _____



moon planet rocket mars saturn
sun star earth venus jupiter



Can you help our farmer get home?



Don't Be Blind to Smoke Alarm Laws

Media Release

Residential property owners in WA need to be on the ball when it comes to smoke alarms and the laws governing them.

The recent house fire in Thornlie, where two lives were lost, is a tragic and timely reminder of the importance of the alarms as in that case the alarm was found not to be working.

Western Australian laws require the owner of a dwelling to have compliant smoke alarms and residual current devices (RCDs) installed before selling, transferring ownership, renting or hiring the dwelling.

The smoke alarms must be in working order, less than 10 years old and in most cases, permanently connected to mains power.

"If the vendor of a dwelling has failed to comply, the laws allow the new owner to have compliant smoke alarms installed and can recover the costs of doing so," Building Commissioner Ken Bowron said.

Smoke alarm laws also apply to residential buildings hired out on a casual or short-term basis such as those through the Airbnb website and other similar tourist accommodation.

Landlords of rental properties must also ensure there are compliant smoke alarms fitted and maintained.

"Tenants should report any concerns they have about smoke alarms to their landlord or managing agent in the first instance," Mr Bowron said.

"Owners intending to sell rent or hire their dwellings also need to ensure that there are at least two RCDs installed to protect all power points and lighting circuits."

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CBH Country State Championships

Danielle Robertson



Left - Division 1

Tayah Medlen (LGK), Mandy Matthews (Cr), Tayla Collard (Cr), Michelle Gooding (LGK), Tahryn Trevenen (LGK), Jess Collard (KK), Tenille Harrington (Coach - KK), Bree ** (KK), Annie Argent (LGK).

Kelsie Adams (LGK), Britney Smeed (KK), Jane Ardagh (KK), Shaylah Medlen (LGK), Carly Bradford (KK), Krystal Bell (Cr).

Right - Division 3

Renee Greay (Coach - KH), Sandy Bolt (Cr), Danie Drummond-Hay (LGK), Jocelyn Owen (KK), Nicole Larke (Cr), Robyn Crombie (Cr), Keren Baker (Cr), Karen Rogers (Manager - KH).

Trish Leo (LGK), Pheobe Collard (KH), Jesse Andrews (KH), Lauren Ilich (KH), Brooke Biglin (KH), Robyn Ogilvie (LGK), Vanessa Pascoe (KK), Bev Gangell (KH)



Left - Masters Division 1

Chantal Guinness (Cr), Tracy Taylor (Coach - LGK), Jennie McGuinness (KK), Rynelle Smoker (KK), Tammy Wilkins (KK), Kellie Bell (Cr), Julie Ditchburn (LGK), Anna Taylor (LGK), Andrea Higgins (KH), Danielle Robertson (LGK), Jenny Pitman (Manager - Cr).

Cindy Stevens (Cr), Alicia Robertson (KK), Nicole Ilich (KH), Fiona Chatfield (LGK), Nicole Connelly (Cr).

CBH Country State Championships & LGK Hockey

Lake Grace-Kukerin was well represented in both the Men's and the Women's CBH Country State Championships recently in Perth, with four out of our men's team attending with Greater Wheatbelt Hockey Association and 14 players from the women's sides attending with Roe Districts.

The men finished 3rd overall in Division 3 winning the final game against Eastern Districts 2-1.

In the women's competition our Division one side finished 6th with a final game 5-0 loss to Upper Great Southern.

Our Division 3 team narrowly missed out on the Grand Final after drawing 1-1 with second placed Mortlock on Sunday morning finishing in third place.

In the Masters competition Roe Districts also narrowly missed out on the Grand Final after drawing 1-1 against Eastern Goldfields. That game was decided by one-on-one shoot outs which we unfortunately lost 3-2. The Masters went onto play for third position winning against Esperance 2-1 on Sunday morning.

Other hockey results

v Corrigin 9th June

C grade 0-2
Award to Morgan Chatfield

B grade 0-2
Award to Gabrielle Nenke

A grade 3-0
Goals Kelsie Adams (2), Tahryn Trevenen
Award to Tahryn Trevenen

Men 1-1
Goal Charlie

v Karlgarin/Hyden 23rd June

C grade won by forfeit

B grade 3-0
Goals: Danie Drummond-Hay, Jess Davidson, Karen Faulkner
Award: Helena Kendall

A Grade 2-1
Goals: Tahryn Trevnen (2)
Award: Danielle Robertson

v KK Vipers 30th June

C Grade
Goals
Award to

B Grade
Goals
Award to

A Grade
Goals
Award to

Lake Grace-Kukerin players

Jacob Nenke (4th from left back), Jamie Eggers (2nd from right back), Mitchell Smith (back right) and Charlie Marchetti (front left) with the Greater Wheatbelt side.



Local Representation at Landmark Carnival

Suzanne Reeves

Congratulations to Zhane Robertson and Bailey McGlinn who will be playing in the Colts section of this week's Landmark Carnival.

From the very successful Great Southern Colts Carnival that was held in mid-June at Kulin six selectors picked a squad of 50 players who had played well throughout the weekend. It is a combined side coming from Eastern Districts, Goldfields, Esperance, Ongerup, Upper Great Southern and Lower South West.

The original selection of 50 has since been whittled down to 30 and will form a team called Regional Districts. They will be playing at the Bendigo Bank Stadium at Mandurah against South-West, Great Southern Storm, Peel and Northern Suns (another combined side similar to Regional Districts) on Thursday 5th and Friday 6th. The finals will be played on the Saturday.

Selector, Shane Carruthers, said that this is an ideal opportunity for young players to have exposure at a higher level of the game, lifting their skills as they go up against opposition of a similar calibre. It also gives them opportunity to display their ability to scouts who will be present during the carnival.

Regional Districts were getting together for a couple days prior to the Landmark Carnival so that the team had the opportunity to get to know each other and do some training. The short time period since the Colts Carnival as well as physical distance has prevented the members getting together for regular training.

These opportunities wouldn't be possible without the generosity of sponsors such as Freight Line Group, Dyson Jones, Buswest, Bowden Select and Moylan Silos.



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Lake Grace - Pingrup Netball Club

Karen Bairstow



VS NEWDEGATE 23/06/18

The game was played out at Newdegate on the indoor courts and was played at a fast pace. Although we missed our first few shots at goals we were able to turn the ball over in defense and regain the lead by quarter time being 6 goals in front. Unfortunately in the second quarter Mel went down with a serious knee injury and we wish her all the best in her recovery. We are certainly going to miss you on court Mel. Through some tight defense we were able to create opportunities in attack and were able to outscore Newdegate in each quarter. **running out winners** 49 - 32. A great win girls and with two weeks bye we are in a good position to start the last round.

BEST ON GROUND - Joely Slinn who defended her heart out. Time and time again she was able to intercept the ball and pull in the rebounds. Joely willed herself to intercept the ball and made something out of an impossible situation. The team was able to build off her efforts. Well done Joely.

SECOND BEST ON GROUND - Sharon Lampard who continues to have an awesome season and runs hard and shoots great goals under immense pressure. Well done Shaz.

COACHES AWARD - Lauren Duckworth a true captions game just runs hard all game and her ability to get in the right spot to create a turnover was really important. She just lifts when the team needs it, great effort Loz.

We have a break before going into the last round but must keep the standard up and keep our fitness at a premium. Next game against Boxwood in Boxwood.

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Lake Grace/Pingrup Hockey Club

Lisa O'Neill



Round 9 led us to Newdegate to face the Lions. A game between the top two teams on the ladder promised a challenging 70 minutes.

We began by mixing up with the Newdegate girls, standing arm in arm and taking a minute to acknowledge the loss of Pete Roukens. Tameka was with us and showed tremendous strength in making our team complete.

Every player gave their absolute all in effort, and determination. The game was tough, bouncy, and had a feeling of mutual respect. Newdegate scored the first goal which was nearly called a short corner before the ball rolled in. Gun goalie Rosey Chircop held her own in the goals, preventing a number of attempts by Newdegate. A penalty flick was called in favour of LGPHC and our President Yasmine Featherstone carried out an excellent flick, resulting in a goal! The score was 1-1 for the remaining 7 minutes of the game; Until.....

Newdegate slipped a sneaky goal in a short corner with 2 incredibly short seconds on the clock.

Final score: Newdegate 2 LGPHC 1

Goal Scorer: Miss thrifty with a stick Yasmine Featherstone

Best on Ground: Lisa O'Neill

Coaches Award: Arlene Sutherland (Check out her bruise next week!)

Sadly, we are saying farewell to Emma Naisbitt. We hope you have an incredible time travelling overseas. You'll always hold a special spot in our club.

We are also losing our President Yasmine Featherstone, who'll be taking time to "wind back the clock on her hip" we wish you the best of luck in your operation and a speedy recovery. Never fear girls, Yasmine will be cheering from the sidelines. Its not all sad though! We'd like to say a huge welcome to Laura Ballard who debuted at Newdegate (who would have thought she has just had a baby) She is an awesome and talented addition to the team.

There will be some radio silence as we have a two week break so rest up ladies.

This is your captain speaking,
Over and out

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Lake Grace - Pingrup Football Club

Allan Marshall



LGPFC vs NEWDEGATE

Played at NEWDEGATE on 23/6/2018

The weather was overcast early with a light North Westerly breeze blowing diagonally across the ground.

LGP A RESERVES

The A Reserves match commenced at 11.15 am with the Bombers fielding a strong side on the day. Newdy were short a few players so the teams were evened up with LGP loaning the Lions a few. Dwayne Beaver was playing for Newdegate for the first time in 35 years, a big milestone. The LGP team were too strong for the Lions all around the ground, denying them easy passage into their forward 50 meters.

Quarter time score: LGP 3-4=22 Newdegate 1-0=6
More of the same during the second term with the Bombers in control.

Half time score: LGP 7-6=48 Newdegate 1-0=6

The Bombers continued to steadily add to their score during the third term.

Three quarter time: LGP 10-9=69 Newdegate 1-0=6

LGP ran out the match winning by 90 points but still an entertaining game of football with the A Reserve Bombers continuing to improve as the season progresses.

Final scores:

LGP 14-12=96 defeating Newdegate 1-0=6

Goal scorers for LGP: Jackson Callope 5, Damien Trevenen 3, Damon Pelham and Trivan Davey 2 each, Kael Gray, Alistair Hunt and Andrew Lewis 1 each.

Single goal scorer for Newdegate was Dwayne Beaver

Better players for LGP: Jackson Callope, Aaron Carruthers, Alistair Hunt, Nash Kirk and Marcus Hunt.

Best for Newdegate were D Giles, Tyson DeLandgrafft and Bryce Sinclair.

LGP award winners:

Best on Ground Alistair Hunt

Best on Ground runner up Nash Kirk

Coaches award Marcus Hunt

LGP JUNIORS

In the Juniors game LGP defeated Newdegate as the Junior Bombers continue to improve as the season progresses.

Final Scores:

LGP 15-21=111 defeated Newdegate 1-1=7

Fed by Fyfe awards: Linken Eaton and Luke Clifford

Whitestar Engineering award: Reece Duckworth

LGP LEAGUE

The match commenced at 2.15pm after the players from both teams observed a minutes silence in memory of Peter Roukens who passed away suddenly on Monday 11th of June. Both the Lake Grace and Newdegate communities were shocked by Peters' sudden death with wife Tameka having grown up in Newdegate.

The umpires in charge for today's match were Bill Smallwood and Ian Norrish. The early cloud had cleared away and we had near perfect weather for football. The Lions were straight out of the blocks having more drive forward and Dean Rintoul having a day out in the park. Unfortunately the Bombers lost Full Forward Tyson Bell during the first term with a suspected concussion. At the first siren the Bombers were at a 30 point deficit. Not looking good.

Quarter time score:

Newdegate 5-1=31 LGP 0-1=1

LGP scored their first goal within the first minute of the second term courtesy of Luke Bairstow followed by another by Luke Henderson. A third major was added to the LGP score about half way through the quarter and another near the half time siren. The Lions however added a matching 4 goals 3 to their score making the 30 point margin the same as at quarter time.

Half time score:

Newdegate 9-4=58 LGP 4-4=28

Alex Duckworth had been moved forward after the loss of Tyson Bell and kicked the first goal of the third term, keeping the Bombers in the game. Alex booted another and at the third term siren the Bombers had 4 majors for the quarter, clawing the margin back to 26 points in the Lions favour.

Three quarter time score:

Newdegate 12-6=78 LGP 8-4=52

The Bombers went into the final term with a chance of closing the gap and after the Bombers missing an easy chance, Alex Duckworth then was able to snap a major to get the spirits up with a 20 point deficit and plenty of time left. Unfortunately that was the Bombers last major for the match and the Lions went on to boot another 5 goals 5 to finish 50 points ahead at the final siren. Dean Rintoul was the LGP nemesis bagging 6 goals on the day and a lot of them were from 30-40 metres out.

Final scores:

Newdegate 17-11=113 defeated LGP 9-9=63

Goal scorers for LGP: Alex Duckworth 3, Chris Poot 2, Luke Bairstow, Joe Duckworth, Jack Trevenen and Luke Henderson 1 each.

Goal Scorers for Newdegate: Dean Rintoul 6, Darcy Thompson 2, Chris Wollaston 2, Harvey Lynch 2, David Newman, Jarrad Offer, Trent De Nardi, Ian Lloyd and Jacob Conti 1 each.

Better players for LGP: Alex Duckworth, Regan Smith, Chris Poot, Rohan Trevenen and Lachie Gray.

Better players for Newdegate: Darcy Thompson, Trent De Nardi and Dean Rintoul

Award winners for LGP:

Best on Ground: Alex Duckworth,

Best on Ground runner up: Lachie Gray

Coaches award: Rohan Trevenen.

Having had the bye on June 30th and the Landmark Carnival in Perth the next weekend LGP will next play on October 14th vs Boxwood at Boxwood.



Masterclass 101

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Learn how to make pantry and fridge staples, then transform them into beautiful, delicious dishes.

The menu at this demonstration-style class includes:

- Fresh ricotta (gf)
- Savoury herb baked ricotta (gf)
- Lemon and caper aioli (gf)
- “Wild” chicken salad (gf)
- Butter (gf)
- Almond milk (gf)
- Rhubarb and strawberry compote (gf)
- Almond milk custard
- Steamed orange puddings
- Citrus salt (gf)
- Brunch bread

Attendees will be sent a copy of the recipes demonstrated at the class. Selected menu items available for tasting at the end of the class.

16/7/2018 6:15 pm
Lake Grace Sports Pavilion
Bishop Street
Lake Grace
WA 6353

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PUBLIC NOTICES

Sally Dickinson

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

Dr Linda Haines

Is available in Lake Grace on Thursday 9th and Friday 10th August. Ring 9865 1208 for an appointment.

Cancer Support Coordinator

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

Lake Grace Op Shop

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

Lake Grace Lions Club

Meetings every 2nd (dinner meeting) and 4th Thursday of the month at the Men's Shed.
 Next meeting: 12th July

Lake Grace Development Association (Inc)

Monday 6th August, 7:30pm
 Men's Shed Meeting Room
 Bennett Street

CWA Meeting

Tuesday 10th July
 1:30pm at the CWA.
 New members always welcome.

What Movie Is That Answers

1. A Bugs Life
2. The Incredibles

FOR SALE

Caravan For Sale

Bremer Bay Caravan Park
 Great location - Site 51
 \$30,000
 Phone Shane 0427 651 491

Holyoake Community Alcohol and Drug Service

May Griffiths Counsellor/Diversion Officer
 Ph: 08 9881 1999

Holyoake's counselling service isn't just for the addict but is also for family and friends who are needing support. Funding is currently for one day in our area but due to lack of use in recent months we may lose this facility.

Community Midwife

Holly Brockway, 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 or Holly directly on 0429 127 197 to make an appointment.

Crisis Care Numbers

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

Community Clubs and Associations

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

CHURCH TIMES

Lake Grace Catholic Church

Sunday 8th July 8am
Sunday 15th July 6pm

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

Anglican Church of Lake Grace

Sunday 8th July No Service
Sunday 15th July 9am

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

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDAR

July

Fri 6	Op Shop open 9:30am - 1pm Fish & Chips @ Sportsman's Club Crochet @ CRC Driving Assessor in LG	Sat 14	Craft @ CWA Steak Teas @ the Sportsman's Club
Sat 7	Landmark Country Football Champs, Perth Great Southern Hockey Carnival, Esperance Winter Sports - Bye Roe Districts - Bye Golf - Open Day, 4BBB Stableford Rubbish tip open Craft @ CWA Steak Tea @ Sportsman's Club	Sun 15	Rubbish tip open
Sun 8	Golf - Stableford sponsored by Elders Rubbish tip open	Mon 16	Lakes Link News deadline Rubbish Collection Rubbish tip open
Mon 9	SwimAbility @ Narrogin Building Surveyor in LG Rubbish Collection Recycling Collection Rubbish tip open	Tue 17	School Back for Term 3 Lego Club @ Art Space 3:30pm Pilates Classes @ 6pm LG/P Football training Op Shop open 1 - 4pm Men's Shed (morning) SOYF Exercise 10am @ Shire Hall Chair Aerobics 10:30am @ Village Hall
Tue 10	CWA Meeting 1:30pm at CWA Rooms Foot Clinic @ Lakes Village Hall Pilates Classes @ 6pm LG/P Football training Op Shop open 1 - 4pm Men's Shed (morning) SOYF Exercise 10am @ Shire Hall Chair Aerobics 10:30am @ Village Hall Building Surveyor in LG	Wed 18	LG/K Hockey training Rubbish tip open
Wed 11	LG/K Hockey Training Rubbish tip open	Thur 19	safeTALK @ Newdegate Playgroup 9:30 - 11:30am Toy Library Open Pilates Classes @ 6am and 9am LG/P Football training Lakes Link News published
Thur 12	Pilates Classes @ 6am and 9am LG/P Football training Lions Club Meeting		
Fri 13	Op Shop open 9:30am - 1pm Crochet @ CRC Fish & Chips @ Sportsman's Club		
Sat 14	Winter Sports - Boxwood Hill v LG-P Roe Districts - Karl/Hyden v LG-Kuk Golf - Par - BBQ Tea sponsored by Primaries Rubbish tip open		

Coming Events

23rd July - SwimAbility @ Narrogin
 28th July - HACC Activity Day @ Village Hall
 1st August - My Health Record Community Information Session @ CRC 5:30pm - 6:30pm
 3rd August - Driving Assessor in LG
 6th August - LG Development Assoc Meeting
 8th August - safeTALK @ Lake King
 9th August - Dr. Linda Haines in LG
 10th August - Dr. Linda Haines in LG
 15th August - A Boy Named Cash
 21st August - Building Surveyor in LG
 22nd August - safeTALK @ Lake Grace
 4th September - Building Surveyor in LG
 7th September - Driving Assessor in LG
 12th September - First Aid Course in Lake Grace
 18th & 19th September - ASIST @ Newdegate

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

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.

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