

LAKE GRACE LINK NEWS

Produced at the
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Vol 21 Issue 13

Caring For Nepal

By Suzanne Reeves



Above: School children and knitters with blankets made for Nepal.

Right: Charlee Earnshaw, Tiffany Dufton, Emily Younger, Latisha McGlinn and Kaitlyn O'Neill with a selection of the blankets.

Following the devastating earthquake in Nepal on 25th April of this year, Lake Grace District High School Chaplain, Genni Curtin looked for a way that the children at the school could offer assistance in a way that their involvement could make a real difference.

An 'aftershock' in May brought the human toll to over 9,000 dead, a further 25,000 injured and hundreds of thousands homeless. When people have lost so much it can be difficult to know how to



help; however Genni in her indomitable style rallied her troops with the vision of knitting blankets to donate.

School children, staff, parents and community

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CRC Opening Hours
9:00am - 5pm
Closed from midday to
1pm for lunch on Mondays.

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 27th July

Next Edition
Thursday 30th July



Thanks

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

Dick Phillips

Gwen Oliver

Elsie Bishop

Thank you also to our many contributors of articles.

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335 copies printed and sold each fortnight

Editorial

- We have had good numbers for our crocheting workshop. Crocheting will continue every Friday from 10am to midday during the cooler months; we will be starting some new projects (beanie, basket) on Friday 7th August and will continue from there. Even if you're experienced at crocheting, or simply want to pick up a few tips such as reading patterns you are welcome to come along. If anyone has any 8ply acrylic that they are happy to donate we would be more than happy to take it off your hands.
- The CRC is hosting a writing workshop and we are still taking names. The workshop is an ideal opportunity to hone your writing skills.
- Our workshop on scams and your rights as a consumer has been put back to Thursday 20th August. The reason for this is that the Albany Legal Service were keen to come along and do a presentation on wills. We shall keep you posted on times etc as we get the workshop sorted. See below right.
- Also coming up is an author visit on Wednesday 16th September (see page 11). We are more than happy to start taking names so if you're interested please contact us.
- Our youth photo competition will be opening soon so if the kids have any photos they'd like to submit...we would be ecstatic....The open photo competition will be opening around October, we have scaled back to one competition per year as we found it was all 'a bit much' for the photographers with the months whizzing by too quickly and one competition merging into another.
- We have managed to secure an awesome guest speaker for our 'International Day of Rural Women' Sundowner that we will be celebrating on Tuesday 13th October, so save the date.



Suzanne Reeves

Workshop Calendar...

Crochet for Beginners - Every Friday 10am to midday. FREE. Please book in so that we have enough materials.

Forklift - 21st July 2015. Cost \$265.42 (non concession) and \$172.22 (concession). Limited places so get in quick to reserve your spot. If you would be interested in doing this then please give us a call.

News Writing for Beginners - 22nd July 2015. FREE for anyone submitting material to the Lakes Link News.

MC Licensing Training & Assessment - 14th September 2015. Cost is \$1,200 plus \$150 p/h for training.

Blogging - Date TBA. Cost TBA. A four hour workshop on setting up your blog and maintaining it, legalities and linking to your social media accounts.

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

Scam Alert - ATO

Following on from a local citizen receiving a scam call from someone purporting to be from the ATO we ask that everyone take note of the following.

The ATO takes the security and privacy of your personal information very seriously, and have a range of systems and controls to ensure that your information and transactions with them are safe.

They will never ask you for your tax file number (TFN), bank details or other personal information in an electronic communication to you (including email or text message).

If you've received fraudulent communication, you're unsure of the legitimacy of a communication that claims to be from the ATO or you think you have been a victim of a tax-related scam, call them on **13 28 61**.

If you receive an SMS or email asking for personal information, forward the entire email to ReportEmailFraud@ato.gov.au.

High Tea on Stubbs

By Suzanne Reeves. Photos Cheryl Chappell.

High Tea conjures up whimsical images of exquisite fine china, delectable petits fours, flowers and families stepping out in their Sunday best. Those who attended the Lake Grace Artist's Group High Tea at the Artspace wouldn't have been disappointed as they were waited on with the gentle tinkling tones of the piano in the background.

Held on Sunday 12th July funds raised from the 56 who attended, donations and the sale of raffle tickets and 'doggy bags' raised \$1,800; a significant dent in the \$14,000 needed to repaint the Women's Pioneer mural on the eastern side of the Plaza shopping centre.

The food provided would have given the loftiest Hotel a run for its money with a multitude of delectable delights plated up for the 'guests'. Food was all donated by members of the Artists Group with over 25 choices available. Waitresses in frilly aprons were on hand with bottomless tea pots and coffee pots to keep their guests fully hydrated.

China used on the day was loaned to the Artists Group by members of the community; if you have tea pots/sets that you are wanting to rehome the Artists Group would be grateful recipients.

Members dug deep into their wardrobes to produce a display of retro handbags. Plans are already afoot for the Artists Group to host another High Tea later in the year.

Winners of the raffles were Betty Naisbitt (1st), Anne Bishop (2nd), Phyllis Dunham (3rd) and Darren Spencer (4th). Darren's basket of goodies was a supply of lipstick and nail polish; something that no doubt he will happily pass on.



Clockwise from front left. Melissa Cugley, Jeanette Bennett, Rita Marshall (obscured), Lesley Duckworth, Helen Bennett, Henriette Jacobs, Cobi Stanton and Anna Strevett.



Waitress Tania Spencer provides table service to Greg Meston and Mary Naisbitt.



Looking very pleased to have been taken out for High tea are Graham Milton and Lawrie Dickins with their lovely wives, Lois Dickins and Amanda Milton.

Happy Birthday



18th July	Shane Giles Jed O'Neill
21st July	Phoebe Robertson (18)
22nd July	Blair Watson
23rd July	Charlie Lay
25th July	Ross Bowron
26th July	Kate Zweck Mackenzie Palmer Annie Argent Braxton Roukens
27th July	Bradley Watson Max Penny
29th July	Irene McGlinn Vicki Reynolds
30th July	Amy Carruthers Torah Robertson

What's Happening?

- Well done to Ongerup Football Association on winning Division 3 at the recent Landmark Country Championships. Final score Ongerup 11-14 (80) def. Central Wheatbelt 6-9 (45). Lake Grace/Pingrup had 9 players in the team and congratulations to Luke Bairstow who was picked for the Landmark All Stars team.
- Good to see some visitors back in Lake Grace for Turkey Day; Wayne & Debbie Barnett; Andy, Karen and Tim Young, Mike Clark and Marcus Owen.
- The kids will be back at school next week so everyone on a school bus route or driving around town, keep your eyes peeled!

Anniversaries



17th July	Helen & Clem Bennett
30th July	Diane & Geoff Desmond

Thumbs down to those who thought it was okay to damage the hockey oval a couple of weeks ago.

Thumbs up to Simon Trevenen who repaired the damage in time for the hockey game to go ahead.

Lake Grace Volunteer Fire & Rescue

The LGVF&R will be purchasing flood lights with the funds from the 2015 Fox Shoot.



Thank you to Fox Shoot organisers and participants for your support.

DIXON –WILCOX

Ned and Helena of Dunsborough/formerly Lake Grace, proudly announce the engagement of their youngest daughter Amber to Leam Wilcox, of Edinburgh, Scotland.

He's found his wee hen!
Congratulations from us all.



Lake Grace Pingrup Winter Sports



Shiver me timbers it's a

PIRATE NIGHT

Saturday 25th July vs Jerry

Arrrg me hearties!

From 7.30pm



Lake Grace Pavilion

Dress in your best pirate themed outfit
Go into the draw to win a treasure chest of goodies

Lake Grace Weather

- Terry Gladish



July Extremes

Highest Monthly Rainfall	128.1mm	1930
Lowest Monthly Rainfall	12.8mm	1937
Highest Number of Rain Days	23	1946
Lowest Number of Rain Days	3	1912
Highest Daily Rainfall	60.5mm	04/07/1930

Date	Min	Max	Rain
01/07	9.6	20.6	
02/07	12.1	16.4	.2
03/07	9.3	19.6	.8
04/07	8.4	18.8	
05/07	8.1	14.6	.2
06/07	4.8	15.7	.4
07/07	6.6	17.5	.6
08/07	7.0	11.3	1.4
09/07	0.2	11.6	.8
10/07	3.4	14.0	.2
11/07	6.2	12.8	
12/07	2.0	13.9	
13/07	1.4	14.2	
14/07	2.5	14.4	
15/07	4.8		0.4



Great Job Opportunity



The Shire of Lake Grace is looking for an enthusiastic and self motivated person to join our building team currently working on large community projects. The carpenter will be involved in constructing, erecting and repairing buildings and other structures made of wood, wood substitutes, steel and other materials. The work will vary according to the type of job: residential construction, other construction (commercial, industrial) or maintenance. The carpenter will work as part of a team with the aim of achieving a high quality of work in accordance with the strategic objectives and requirements of the Shire of Lake Grace.

APPRENTICESHIP OPPORTUNITY CARPENTER/JOINER

For further information contact Louka Shopov on 9890 2500 or email mis@lakegrace.wa.gov.au
To obtain an application package for this position please contact Lee-Anne Trevenen
at the Shire of Lake Grace on ☎9890 2500 or email cfa@lakegrace.wa.gov.au

Applications to be marked 'Confidential' and addressed to;

Chief Executive Officer,

Shire of Lake Grace, PO Box 50 Lake Grace WA 6353

Applications for the position close 5.00pm Friday 31 July 2015

The Shire of Lake Grace is an equal opportunity employer

Lake Grace Playgroup Yard Update

Amy Jones

If past Playgroup members were to walk into Playgroup today, I'm sure they couldn't help but to be impressed by the updates that have been done to the playgroup premises, both the yard and the inside of the building.

The Playgroup Committee of 2014 directed painting the inside of the building last year, along with new Ikea cubes to store toys and a general change-around of furniture placement. The 2015 Committee have now continued with this update, by refreshing the outside of the Playgroup building with new garden beds, tyre planters and by repainting the concrete sand retainer around the sandpit. The sand inside the sandpit was also replaced. As well as this, the Shire very kindly organised the repainting of the outside of the building, making the place look like new!

These things don't just happen, and Lake Grace Playgroup are very grateful to all those who donated things to help with the yard refurbishment and to those who donated their time in order get everything done.



Above: Reid and Max Stubberfield with Anton and Chase Kuchling with the dug out sandpit

More specifically, thank you to....

CCL Home Hardware - **Mark and Karen Seaman**

- Garden hose and attachments
- Plants
- Paintbrushes
- Children's watering cans

Lake Grace Tyrepower - **Peter Hudson**

- Old tyres for the planters (and some for future Lake Grace Artspace art projects.. Watch this space!)
- Thank you also to Ross Young for delivering the tyres directly to the playgroup premises



One of the new, freshly painted, tyre planters

Brett and Renae Willcocks

- Donation of paint
- Donation of reticulation and a timer
- Donation of plants
- Spending hours of your own time hooking up the reticulation, tidying the yard... Thank you to **Carol Willocks** for often helping Renae with the yard work too!

Jo and Leon Morgan - Donation of a trailer load of sheep manure

Elle Atwell and Lomas McPherson - Donation of a trailer load of manure

Rhiannon and Reid Stubberfield - Donation of plants

Ed and Theresa Naisbitt - Donation of Pea Straw

Reid Stubberfield and Anton Kuchling - Dug out old sand, collected and carted new sand and refilled the sandpit

Royce Taylor - Donating the new sand for the sandpit
And also a BIG THANKYOU to all members who got their hands dirty by digging, planting, spreading manure and pea straw and painting. It is very much appreciated!!



Playgroup children 'helping' with the yard update. L - R Max Stubberfield, James Morgan, William Morgan, Zach McPherson and Josh Willcocks

Stanley Robert (Bob) Watson

18/08/1926 - 28/06/2015



Eulogy read by Greg Carruthers.

My family have a long association with the Watson family. My grandparents and Bob's parents had a close association in the early days, with my late father (Hugh) and Bob being lifelong friends. I have also spent many happy times with Bob over my life. I consider it an honour to have been asked to deliver Bob's eulogy which has been prepared by his family.

STANLEY ROBERT WATSON (affectionately known by all as BOB)

Born 18th August, 1926 at Fremantle Maternity Hospital to Roy and Mary Watson, Bob was the youngest of three children. Roy and Mary took their new baby home to the North Lake Grace farm to join older brother Ray and sister Jean.

Bob started school at North Lake Grace Primary School at a very young age because the one teacher school staffed by Mrs Jean G'Neill (then Miss Mahood) needed extra students to make up the numbers. Bob often said he cried all day and didn't learn anything.

When Bob was about 10 years old he went to live with his Aunt Grace and Uncle Herb Ditchburn at North Kukerin so he could drive cousins Bill and Lorna to school in a horse and sulky because they were too young to travel on their own.

By the time he returned home a year later the family had moved to Tarin Rock and Bob started attending Kukerin Primary School. Pat was already at Kukerin and one day in the school playground when Pat was 11 and Bob 13, Bob was chasing a football and accidentally trod on Pat's foot. Bob was very apologetic and stayed for quite a while to make sure Pat was all right. Pat was very impressed and remembers thinking he was a nice boy.

At this time Bob and Jack Harvey used to ride the twelve miles to school together and Pat would join them as they passed Hillview farm along the way. Despite thinking Bob was "nice" she was too shy to ride with 2 boys so she always rode behind them.

Bob left school at the age of 14 after getting the "cuts" for something he always maintained wasn't his fault. He started packing his bag when the teacher said "What are you doing?" Bob said "I'm going home and I'm not coming back". And he didn't. So ended Bob's formal schooling and Pat was left to ride to school with Jack Harvey.

Bob continued to see Pat when he rode over to help Pat's father Jim Pettigrew cut chaff for payment of 2/- (shillings). No one is sure whether he really came to help out, earn money, or just to see Pat.

Bob continued to work on farms around Lake Grace until getting a job driving a truck for the Fleay family in Donnybrook.

Before starting the job there was the slight hitch of needing a driver's licence. Bob applied at Lake Grace but they refused knowing he was too young. Undeterred, he drove to Dumbleyung and managed to secure his licence along the way a few hours later.

All was well and Bob began work in Donnybrook. He drove one of the first truckloads of apples to be shipped overseas to army personnel during the war. His job also included driving the female workers to work and collecting them at the end of the day. Bob remembered being more interested in the girls than the apples. His time in Donnybrook ended when he got appendicitis and had to return home. After recovering from the operation he went shearing.

Sometime later while Bob was working for Harold Ditchburn, Bob, Pat and some friends went to a dance in Kukerin. After the dance Bob walked Pat back to the car and so began the romance that lasted 70 years.

They married when Pat was 21 and Bob 23. The honeymoon was a ferry ride across the Swan River and a visit to Perth Zoo. They began their very long and happy marriage on the farm at Kukerin. Three daughters arrived first, Lois, Valerie and Norma and then an unexpected but very welcome surprise son, Geoffrey. Bob was so excited that he went to the Kukerin Hotel, a place that he never normally frequented, and shouted the bar.

The years on the farm at Kukerin with a young family were amongst the happiest of their lives. Bob was very involved in the community serving in the volunteer bush fire brigade, taking part in many busy bees for various causes, running the fortnightly picture show in the local hall, assisting with the annual show and often working at the primary school getting the grounds ready for sporting activities. Bob was an active member of the Kukerin P & C for many years and served as President and Secretary at different times. He was awarded a Life Membership for his dedicated service and to this day is the only life member of the Kukerin P & C.

Bob made sure his family had a holiday every year. Each January he would put the hurdles on the truck, pack everything the family owned into it, and Pat, Bob, Grandma, the kids and even the dog would spend 3 weeks camping in Busselton.

Stanley Robert (Bob) Watson *(cont.)*

The kids always rode on the back of the truck and knew when Bob was rolling a cigarette and steering with his knee, because the truck would wobble all over the road. In the days when campers were still constructing their tent frames with ropes and wooden poles, Bob had skilfully constructed a steel framed tent, possibly the forerunner of today's modern foldaway tents.

Despite Bob leaving school so abruptly, he and Pat were determined their children would receive every opportunity. They managed to send all four children away to boarding school. Bob always said he owned a few bricks in Swanleigh and was eventually presented with a school tie for having continuously paid school fees for 16 years.

In 1965 the farm was sold and the family spent 2 years in Wagin before moving to Lake Grace into a new house built by John DeVree. They bought the North Lake Grace School Bus run and did the cleaning and gardening at the school.

Over the years they spent many happy times travelling around Australia, first in a tent and later in a caravan towed by a Dodge ambulance which Bob had converted into a magnificent camper van, painted pink and nicknamed "The Pink Panther".

Bob & Pat soon became involved in the Lake Grace community. Together they welcomed many new teachers to Lake Grace, often young graduates who were away from home for the first time. Friendly faces and a good home cooked meal made Lake Grace seem like a much better place.

Bob became a valued member of the Lake Grace Volunteer Fire Brigade, serving as Captain for 10 years and secretary for 3 years. In 1990 he was awarded a National medal for his outstanding contribution to the Brigade. Bob also joined the St John Ambulance and served in that role for many years.

Grandchildren had begun to arrive. They brought great joy to Bob and his face lit up when they were around. Danielle and Matthew always looked forward to their holidays, sometimes camping but usually at Nanna and Grandad's house.

Although somewhat reluctant to leave Lake Grace and the community he loved, Pat and Bob eventually retired to Busselton. They built a 4 bedroom house which has always been filled with family and friends on every possible occasion. It is the best motel in town.

Despite being happily settled near the beach Bob couldn't quite stop being a farmer and at every opportunity he was back at my farm in Lake Grace doing what he loved.

Retirement afforded Bob the time to pursue his hobby of collecting and re-building vintage engines. He spent many happy hours tinkering in the shed and proudly

displayed his restored engines on many occasions.

In due course more Grandchildren arrived. Brad and Erin developed a close and loving relationship with their grandparents as they spent many years staying with Bob and Pat after school until Norma and Vince returned from work.

When Val & Bruce moved 1300kms North to Nanutarra Bob found his perfect escape from the cold winters of the south west. Pat and Bob spent several months most years completing endless jobs – painting, repairing, cleaning and washing dishes all in the red dust of the Pilbara. Bob loved it and looked forward to his annual visit all year. Despite Val's protests one year Bob insisted on returning in January to complete a concrete path that he hadn't had time to do. It was 51 degrees in the shade and Bob was 80 years old but the path got finished.

When at home in Busselton Bob walked along the beach every morning (except Sunday – that was sleep-in day). He was up at 5am in summer and 6am in winter, always wearing shorts. Known by fellow walkers for his cheery greetings and by their dogs for his pocket full of dog treats, he was easily recognisable by his bandy legs.

In more recent years the great grandchildren made Bob smile, even when they were running riot around the house using his walker as a racing car.

Lily had learned to say "Grandad Bob" but to 2 year old Olivia he was still "Dad Dad Bob". In his last few days, the family said it was priceless to see Bob smile when he heard "Hullo Grandad Bob" on the phone.

Bob enjoyed good health until he was well into his 80's but even in the latter years he still enjoyed life and loved to sit out in the sun and go for walks, always wearing his favourite hat.

In conclusion, I would like to add a few thoughts of my own:

Bob was a great family man, I know the love he had for you Pat.

To his children, grandchildren and great grandchildren I know how devoted he was to you all.

His many friends were also very important to him. Many of you here today will be lifelong friends of Bob's. He was always respected by everyone who knew him.

Bob was Bob, just a wonderful man.

I would just like to say to Bob – Well Done on a Life Well Lived!

May you Rest in Peace.

From the Archives...July

1995 - Twenty years ago...

A tribute evening was held for Alan and Hazel Thiel recognizing their 35 years of school bus driving in Lake Grace. July 13 LLN

Local farmers Peter Taylor, Ron Boulton, Geoff Cugley and Roy Reid along with local dealer Terry de Vree travelled to the USA for a John Deere tour.

West Australian Premier, Mr Richard Court MLA, visited Lake Grace.

2000 - Fifteen years ago...

Bearing the Torch - Royce Taylor was honoured as one of 1059 West Australians and among 1,000 Olympians and community representatives throughout Australia to carry the Olympic torch. A strong Lake Grace contingent, including family, friends and students from the Year 7 class travelled to Albany to support Royce on Monday July 3rd, Day 26 of the relay.

Royce, currently in training for football, did not take on a specialised training program for the big event. Nor did he run practice laps around the paddock with a flaming branch. Accompanied by a local escort runner in case he tired, Royce ran 500 metres along the streets of Albany. A SCOG official was on hand with a back up lamp in case the flame should be extinguished. However, the weather was fine and the torch stayed alight.

The torch, 72 centimetres tall and weighing a little over one kilogram, is fuelled by a mixture of propane and butane. It has been tested to stay alight in a tropical downpour and resist winds of up to 65 kilometres per hour.

The design of the torch, with three layers representing earth, fire and water, is inspired by the Sydney Opera House and the Aboriginal boomerang. The inner layer of polished stainless steel contains the fuel system and combustor, which keeps the flame alight for up to 20 minutes. A fuel canister is contained within the middle layer of anodised aluminium coloured the blue of the Pacific. The outer layer of the torch is also made of aluminium with a specially textured white finish.

The torch relay continued through the south west of the State via such Olympians as Luc Longley and Shane Gould. In such good company, Royce has proud memories of this significant national event. He keeps both the torch and the uniform and plans to store them in display cases as family heirlooms.

2005 - Ten years ago...

Lake Grace Lions construct a fence around the gardens at the Lake Grace Hospital.

New footpaths are built at the western end of Lake Grace, linking the Lakes Village to the existing paths to the Hospital and along Absolon St.

Maria Regina Catholic Church turned 50.

Matthew O'Neill won gold with the WA U18 State Hockey team at the national championships in Wollongong.

Lake Grace St John Ambulance sub centre was nominated as Sub Centre of the Year and volunteer ambulance officer Meg Marshall was nominated for the St John Ambulance Volunteer of the Year.

The Lions Club instigated a grant to help local youth who are selected to participate in sporting events requiring travel. Four grants of up to \$250 per person were made available on application.

2010 - Five years ago...

Alan Stubberfield and Ray Bird were awarded Life Membership to the Lake Grace Volunteer Fire Brigade at the Captain's Dinner.

A community meeting regarding a solution to the Daycare building delays was well attended by 43 people and another 45 putting in their apologies.

NAB Rising Star, Nat Fyfe attended the LGP junior football training sessions as part of his commitment to the AFL.

Damage done to the Lake Grace Cemetery in the 2006 floods was repaired. Improvements included marking of 105 previously unmarked graves, the installation of an outdoor chapel and landscaped memorial garden. Reticulation, water tanks and an eco toilet were also installed.

The Golf Club held Talent Identification Coaching sessions with 31 junior golfers attending.

LG Golf Turkey Day was won by Craig Reeves after 21 years of trying.

Linda Bettenay Author Talk

Lake Grace residents are sure to be fascinated as Western Australian author Linda J Bettenay talks about her latest book at the Lake Grace CRC in September. After her very successful country tours in 2014, Lake Grace was on Bettenay's 'Must Visit' list.

After the amazing success of her first book 'Secrets Mothers Keep' she has recently released 'Wishes For Starlight' a story steeped in our state's past.

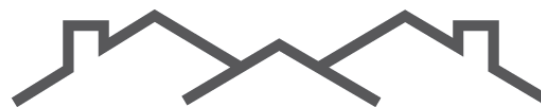
Bettenay will present a talk about her book and she will also explain how she uses historical fact to weave historical fiction.

The talk will be at the Lake Grace CRC on September 16th from 5:30pm - 7:00pm.

Please book on 9865 1470

or lakegrace@crc.net.au

For further details on purchasing the book, go to www.lindasbooks.com.au or visit Linda's Facebook page www.facebook.com/lindasbookswa.



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Drinking Alcohol Increases Your Risk of Cancer

Media Release

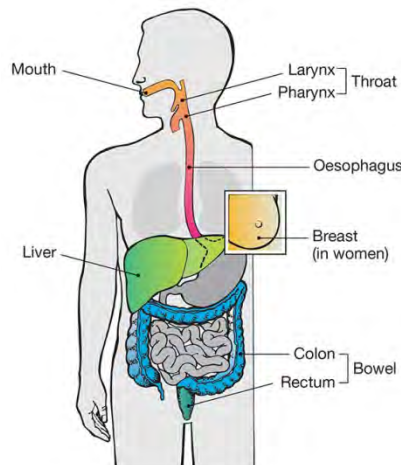
This month is Dry July and a timely reminder that drinking alcohol is a cause of cancer. There is now convincing evidence that alcohol can lead to cancers of the mouth, pharynx, larynx, oesophagus, bowel (in men) and breast. There is also probable evidence that alcohol can lead to cancers of the bowel (in women) and liver cancer. It is estimated that 5,070 cases of cancer (or 5% of all cancers) are due to alcohol use each year in Australia.

When it comes to cancer risk, there is **no safe level of alcohol consumption**. Even small amounts of alcohol increase your risk of cancer. The more you drink and the more often you drink, the greater your risk.

The world-leading cancer agency - the International Agency for Research on Cancer (IARC) - has classified alcoholic drinks and the chemical present in these drinks (ethanol) as a Group 1 carcinogen, which is the same classification as tobacco.

Other negative effects of alcohol

Drinking alcohol has a number of negative effects other than increasing cancer risk. Other health effects from risky alcohol drinking include damage to the liver, heart and brain, high blood pressure and stroke, and risks to unborn babies. Drinking alcohol at a young age can affect brain development and lead



to alcohol-related problems in later life.

So what should I do?

To reduce your cancer risk, Cancer Council WA recommends you limit how much alcohol you drink or better still, avoid drinking alcohol altogether. If you choose to drink, it is recommended you drink within National Health and Medical Research Council (NHMRC) guidelines, which advise no more than 2 standard drinks a day (for men and women); avoid binge drinking (drinking more than 4 standard drinks on a single occasion) and aim to have at least two alcohol-free days every week.

Tips for drinking less

- Setting limits for yourself and sticking to them
- Aim to have at least 2 alcohol free days per week
- Try refreshing non-alcoholic drinks – mineral water with

lemon, lime and soda water etc

- Try low alcohol or no-alcohol alternatives such as light beer or non-alcoholic beer
- Use standard drinks to monitor how much alcohol you drink. By converting what you drink into standard drinks, it is easier to keep track.
- Starting with non-alcoholic drinks and alternating with alcoholic drinks
- Drink slowly – take sips and not gulps. Put your glass down between sips.
- Avoid salty snacks – salty foods like chips make you thirsty, so you drink more.
- Avoid 'rounds'. Drink at your own pace, not someone else's. If you do participate in rounds, include some non-alcoholic drinks.
- Eating before or while you are drinking. Eating slows your drinking pace and fills you up.
- Finish one drink at a time: If people top up your drink it can be hard to keep track of how much alcohol you have consumed.



For more information and/or to book a talk about the prevention of cancer for your community please ring 9622 4326

Karen Hansen, | Regional Education Officer Wheatbelt | Cancer Council WA
khansen@cancerwa.asn.au

ON-SITE VAN FOR SALE

Bremer Bay Caravan and Camping Park
Van no: 44 Beachside.

22ft van in original condition but well maintained with hard annexe, verandah, garden shed and shady lawn area.

Top end of park close to the beach on the front white fence with ablution block at the rear.
 \$58,000 neg. WIWO or cleared out to your requirements.

Contact Peter Naylor Ph: 0458 351 008 or 0438 920 190



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HACC & MPS Activity Programs:

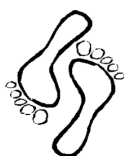
Foot Clinic

Tuesday 11th August

9.00—12 noon

All seniors welcome

(please provide your own
manicure set)



Chair Aerobics

Every Tuesday @ 10.45am

At the Lakes Village Hall

Exercises for people with limited mobility



Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

22nd July—puzzles

29th July—pamper

All welcome to come and join
in (bus transport available)



Bus Outing

Friday 14th August 2015

approx. 9.30am—11.30am

SwimAbility

Trips to Narrogin for hydrotherapy exercise
sessions at the indoor leisure centre:

Next trips will be on 20th July and 3rd

August

Call the hospital to book a place on the bus.

4th Friday Activity

Friday 24th July

Activities / Games / Trivia

10.00 am—1.30pm

Lake Village Hall

RSVP 21st July for catering



Call 9890 2222

during office hours

to get further information about HACC and
Hospital services

Winter Getting You Down?

Here are a few tips to help get you through:

- ☺ **Exercise** is great for relieving the stresses of life by releasing those “feel good chemicals” that improve your mood
- ☺ **Eat a healthy diet.** Avoid refined and processed foods and incorporate more complex carbohydrates.
- ☺ **Get some sun** as it can improve your mood. Lack of sunlight can cause many people to get depressed.
- ☺ **Treat yourself!** Have something to look forward to, to keep yourself motivated.
- ☺ **Avoid binge drinking.** Alcohol is actually a depressant and can bring your mood down.
- ☺ **Embrace the season.** Instead of always avoiding the cold, look at what you **can** do. The flies are nearly all gone so they won't be troubling you!



Immunisation:

Appointments are required

Contact Child Health Nurse ,
Di Poultny on ph: 9890 2246



Physiotherapist:

Cameron will be visiting Lake Grace
every Tuesday from now on.

Call Primary Health in Narrogin to make an
appointment ph: 98810 385.



Please bring your **Medicare Card** for all visits to the hospital

CBH Photo Competition Opens for 2015 "Life in the Wheatbelt"

Media Release

The CBH Group's annual Photo Competition is now open and this year we're asking you to share images of "Life in the Wheatbelt".

The CBH Group Photo Competition is now in its 15th year and this year's theme "Life in the Wheatbelt" offers photographers the opportunity to highlight their family, community, harvest, site and customers.

CBH Group Chief Executive Officer Dr Andy Crane said this year's competition will be a great opportunity for photographers to depict anything from the family farm to the ports that export grain to world markets.

"The Photo Competition is a chance for people to use their photography and video production skills to showcase WA's grain growing communities," said Dr Crane.

"This year the Countryman will highlight one entry each week on their front cover.

This will highlight many of the amazing images we receive each year through the competition.

CBH is focused on enriching regional communities and this is another opportunity to highlight regional life in WA through a creative project."

Entries will also be published in the Countryman newspaper and CBH Group and Countryman websites and social media pages throughout the competition.

The categories include best photograph and runner-up, best video, CBH Seedlings for children aged 5 to 12 years-old and the People's Choice award.

There is a range of great prizes to be won, including \$1000 entertainment packages with Crown Perth for accommodation, restaurants and spa treatments and a digital camera and Smiggle prize pack for the "Seedlings".

The CBH Group has partnered with the Countryman newspaper to host the People's Choice Award, one winner will be selected by the public through online voting at thewest.com.au/cbhphotocomp, via the CBH Facebook page, at www.cbh.com.au and during this year's field days.

Participants can enter a maximum of four photos (with a minimum of 1.5MB resolution per photo) online at thewest.com.au/cbhphotocomp or www.cbh.com.au. The competition will close 5pm 6 August 2015, so get started today!

Competition Terms and Conditions are available on the CBH Group website www.cbh.com.au.

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Caring For Nepal (cont.)



Above: Sam Curtin second from left with a few of the community knitters, Faye Ormerod, Linda Carruthers, Maureen Moulden and Lucy Farrelly.

members started knitting; some doing whole blankets while others created squares. More volunteers got in on the action, taking on the task of sewing these blankets together. Genni felt the project didn't just help Nepal but also brought the community into the school.

On Wednesday 1st July Genni invited volunteers that had helped with the project to come to the school for an assembly and to be a part of the presentation of the blankets to Genni's son, Sam Curtin, who will deliver the blankets to the Ujeli Care Centre in Nepal in December. Sam is in his fifth year of medical training to become a doctor and will travel to the clinic to volunteer his time during his study break.

The Ujeli Care Centre is located in Pokhara, the second largest city in Nepal after Kathmandu with a population of over 250,000. Although a mecca for tourists there is little in the way of health care for the locals and no hospital that is dedicated to children. Dr Dinesh Koirala opened the Ujelie Care Centre and he hopes that by demonstrating the need for such a facility that the Nepalese government will start diverting funds towards child health.

Aside from the centre itself Ujeli Care Centre has a number of projects on the go; health camps, water project, health education and a mothers program; all aimed toward providing medical support for children in need who couldn't otherwise afford it. Sam Curtin first became involved with Dr Dinesh and the Ujeli Care Centre after having travelled to Nepal on a volunteering trip in January 2012.

During the presentation Sam spoke about the clinic and how warm the blankets would make the

Nepalese recipients feel, with average minimum temperatures getting down to around 8°C in December, the blankets will be appreciated. Lake Grace's school children were excited to be a part of the project with 20 blankets being produced for the appeal.



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Perennials for profit forage shrubs & sandalwood support program

Wheatbelt NRM is offering seedling and expert support to help farmers incorporate forage shrubs and sandalwood into their farming systems.*

- *improve your soil*
- *feed your livestock*
- *diversify your income*

Successful applicants will receive approximately a quarter of the cost for up to 20,000 seedlings, as well as one-on-one support at the 'Soils, Sandalwood & Forage Masterclasses' being held during August 2015 at Pingrup, Corrigin and Moorine Rock.

To express interest in taking part in the support program, visit our website for program guidelines and application forms, or contact our office directly.

www.wheatbeltnrm.org.au/seedling-support

Applications close: 24 July 2015

* Applicants must be from within the Avon NRM Region.

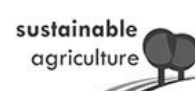
If you've already been successful with forage shrubs and sandalwood at your place, we'd also love to hear from you. We're seeking peer mentors to share their knowledge and experience with other farmers. Register your interest below.

Contact: Fiona Brayshaw | 9670 3110 | 0477 777 695
fbrayshaw@wheatbeltnrm.org.au | www.wheatbeltnrm.org.au

For a healthy, productive Wheatbelt



This project is supported by Wheatbelt NRM through funding from the Australian Government's National Landcare Programme.



Waldron Welcomes Six Local Community Water Supply Program Grants

Media Release

Six projects in the Wagin electorate have been identified for funding through the Community Water Supply Program (CWSP).

Member for Wagin Terry Waldron MLA welcomed this morning's announcement by Water Minister Mia Davies.

"I'm really supportive of water grants for regional communities. Lack of water is an issue that country communities continue to face, sometimes annually," Mr Waldron said.

"These grants assist in a number of ways, through projects that provide self-sufficiency, water re-utilisation opportunities, decrease salinity and increase storage capacities."

The six local projects include –

- Shire of Lake Grace - \$66,721 to optimise harvesting from two CBH stormwater capture dams.
- Shire of Jerramungup - \$56,800 to refurbish and replace old reticulation infrastructure.
- Shire of Kulin - \$89,660 to enlarge the Dudinin community dam.
- Shire of Plantagenet - \$59,660 to increase stormwater

harvesting in the town of Mt Barker and significantly improve its self-sufficiency by enlarging a storage dam.

- Shire of Wagin - \$26,400 to establish two 250kL tanks to store surplus desalinated water in the town of Wagin.
- Shire of Woodanilling - \$41,800 to increase stormwater harvesting in Woodanilling.

The CWSP provides grants for community water supply improvements in dryland districts receiving less than 600 mm average annual rainfall. The aim of the CWSP is to encourage investment by dryland farming, pastoral and remote communities in the planning, development and installation of reliable sources of non-potable community water supplies.

Mr Waldron said the Department of Water worked collaboratively with local governments and dryland communities in the development of community water supply proposals, which resulted in rural communities being better prepared for years of low rainfall.

Categories of work considered for funding under the program include: construction of community (non-pipeline) water supplies; enhancement of rural town water and remote community non-potable water

Continued page 33



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EMPLOYMENT AGENTS LICENCE No. 2338

At Agrecruit Employment we have been busy sourcing experienced farm workers ready to start in Sep/Oct for this harvest.

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Register your staff requirements with us **EARLY** to enable us to find you the best worker possible.

Our registration forms can now be completed online to save you time.

TO FIND OUT MORE CONTACT US TODAY

Diabetes Telehealth: Putting Country WA in Focus

Media Release

A partnership between Diabetes WA and the WA Country Health Service's Southern Inland Health Initiative (SIHI) is bringing diabetes education and support services to country WA where local services are not available.

"We know that, for many, distance from primary health care providers can be an obstacle to good health," said Diabetes Telehealth Coordinator Jo Rollinson.

"Recent statistics show that there are now more than 120,000 people living with diabetes in Western Australia. When you consider approximately 28.6% of people in Western Australia live outside major cities, and that the number of diabetes educators available in country WA is limited, that's a significant number of people who may be finding it hard to access services. That's where telehealth steps in.

"The Diabetes Telehealth service is about filling gaps and meeting a need identified in country WA, where diabetes educators are not available or not easily accessible.

"We're focusing on the Wheatbelt and Great Southern to start, but will be rolling the service out to other regions of WA over the remainder of the year."

Diabetes Telehealth uses videoconferencing technology to deliver diabetes education and support services. Instead of having to travel to the nearest major town to see a diabetes educator, clients access the free service by using videoconferencing facilities at their local community centre or other convenient healthcare venue. The service can even be available through a computer at the patient's own home (depending on their broadband service).

The service has already had success with one of its early clients, a retired farmer from the Great Southern who didn't think he needed much help managing his diabetes, but was interested in learning more about the service.

"He had a chat via videoconference, effectively face-to-face, with a Diabetes WA educator based in Perth who worked with him to review the management of his diabetes," said Amanda Lee, Diabetes Educator and Dietitian with the service.

"Following the consultation, our client made some positive changes to better care for his diabetes and has requested a further appointment to follow up.

"That's the beauty of this service – it's pretty close to a face-to-face consultation. As opposed to just a phone call, telehealth technology allows us to go further than just talking – we can actually see the physical condition of someone, build rapport, and even show them, or another family member, something that would otherwise be impossible to explain in such detail."

"This service is provided free to people living with diabetes in country WA, and available to people who can't otherwise access diabetes education and support. We may find that there is in fact an educator available in their area, in which case we act as a referral service for that provider.

"This is about offering the best care for people with diabetes so we always keep a client's broader care team up-to-date with things, maximising the prospect of sustainable health outcomes in the longer term" said Ms Rollinson.

Continued page 20

Lake Grace Transport

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- ◆ Forklift to load wool on farm
- ◆ Accreditation to load at Midland Brick
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Rex on 0429 649 021 or

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most days

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Thursdays	1pm-4pm
Monday & Tuesdays	CLOSED

Come & enjoy a tea/coffee with homemade cake
Bookings not essential, but appreciated.

Phone: 0447 651 418

St John Visit Lake Grace Playgroup

Amy Jones

Children are accident prone, to say the very least, and after some information sessions with representatives of St Johns, the mothers that attend Lake Grace Playgroup now feel better equipped to deal with the injuries that may befall their little ones.

Thanks to the organisation of Lake Grace Playgroup President Rhiannon Stubberfield, and Lake Grace St Johns representative Amanda Milton, the mothers that attend Lake Grace Playgroup have had the opportunity to attend three free and informative sessions which covered a range of topics. The sessions included what to do when our children have a seizure, fracture, eye injury, are bitten or burn themselves. We also learnt about a free phone app that is called Emergency+, which, when activated, can allow the call centre to know your exact geographical location. A handy thing when you are stuck on a gravel road or out in a paddock.

The sessions were run by a knowledgeable David Allen,

our community paramedic, whose calm and patient delivery of information was appreciated by all. Often he had to pause (or speak louder) while one of the playgroup children demanded attention, but he took it all in his stride, and didn't allow it to distract him from sharing what he knew.

"Do not hesitate to ring for the ambulance" Amanda implored, "that is, after all, what we are here for!". She insisted that the members of the Lake Grace St Johns are more than happy to drop what they are doing in order to help out in an emergency, and she said that the service was "under-used, if anything".

The older playgroup children also got a chance to explore a St Johns ambulance, which caused great excitement!

Also helping out, was St John members Diedre Trevenen, Ross Chappell and Jodi Sabourne.

Thank you to all St John members who attended these information sessions, Rhiannon and Amanda for organising them, and David for running them! Thank you also to Fiona Chatfield and Storm Major who helped supervise the children in the Playgroup yard so mothers could concentrate on what was being said. It all was much appreciated by the Lake Grace Playgroup members.



Standing L - R Elena Ferrari (holding Leonardo), David Allen, Kimberly Chappell (holding Ketarah), Amanda Milton, Elle Atwell (holding Zach)

Kneeling L - R Tameka Roukens (holding Kelsea), Rhiannon Stubberfield (holding Lily)

Open 5 Days

9am-4.30pm



Lake Grace Preserved Delights

Lemon Butter Tomato & Chilli Relish Polish Pickle
Tasty Chutney pear/Ginger Conserve
Fig Jam Plum Jam Lime Marmalade
Strawberry Jam Zucchini Pickle Tangelo Marmalade
Tomato & Apple Chutney

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*Where a Royal
Flush is better
than a
Full House*

Diabetes Telehealth: Putting Country WA in Focus (cont.)

The WA Country Health Service acting Chief Operating Officer Strategy and Reform, Helen Van Gessel, said the \$565 million SIHI Royalties for Regions' funding had provided opportunities for a coordinated and integrated approach to target diabetes in the Wheatbelt and Great Southern.

"The Diabetes Telehealth initiative is just one of a number of diabetes support services introduced in these regions through SIHI," Ms Van Gessel said.

The other key component of the service is the professional development of regional health care providers in terms of their diabetes management skills. Diabetes Telehealth is offering professional

development videoconferencing sessions to health professionals (initially in the Wheatbelt and Great Southern but eventually to staff across regional WA) who wish to upskill in diabetes education, clinical management and diabetes self-management.

The first professional development session, focusing on Diabetes Medications (Oral and Injectable), is planned to take place via videoconference in June.

To find out more contact Diabetes WA on 1300 136 588, speak with Diabetes Telehealth team members Christine Carne, Amanda Lee or Jo Rollinson, or email telehealth@diabeteswa.com.au.



WA Country Health Service
Department of Regional Development



“ Thanks to Health Navigator, I don't see my diabetes as such a problem anymore. ”

Jan, Health Navigator client.



Health Navigator is a free service helping people with **diabetes, heart failure, heart disease or long-term lung conditions** improve their health. We will work with you to make an easy to follow plan to look after your health. We use mainly phone and video conferencing, so you don't have to travel far from home to get the help you need.

If you want to get your health on track and spend more time doing the things you enjoy, contact **1300 650 803** and ask to speak to someone about Health Navigator. Or talk to your doctor about how Health Navigator can help you.

To see Jan's story, visit healthywa.wa.gov.au/healthnavigator



Health Navigator is a partnership between the Southern Inland Health Initiative (SIHI) and the Silver Chain Group.

ATTENTION: Lake Grace-Pingrup Netball Club

Please be advised that on Thursday the 23rd of July at 5:30pm, the LGP Netball Club will be holding a General Meeting at the Lake Grace Sportsman's Club and would love to see as many members there as possible!



If you have any items that you would like to put on the agenda prior to the meeting, please email your request to lgpnc@outlook.com.au

We look forward to seeing you there!

Bits & Pieces

One of the things I always remember as a saying of my fathers is: "Try to learn something new each day and then you will not only be a day older but also a day much wiser." Having applied this theory I thought I was quite knowledgeable but it appears there is always something new to learn and add to the old memory bank for future reference. As in, some of the old sayings. For example 'One for the road', 'Don't throw the baby out with the bath water', and 'It's raining cats and dogs'.

So if you didn't already know, here are the explanations of where these and others originated from. You may have seen some of these previously...

There is an old Hotel/Pub in Marble Arch, London which used to have a gallows adjacent to it. Prisoners were taken to the gallows (after a fair trial of course!) to be hanged. The horse-drawn dray carting the prisoner was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like 'ONE LAST DRINK'? If he said "Yes", it was referred to as 'ONE FOR THE ROAD'. If he declined, that prisoner was 'ON THE WAGON'.

So there you go... More bleeding history.

The next time you are washing your hands and complain because the water temperature isn't just how

you like it, think about how things used to be. Here are some facts about England in the 1500s.

Most people got married in June because they took their yearly bath in May and they thought that they still smelt pretty good by June! However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married! True!

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice, clean water and then all the sons and other men used the water. The women went next and finally the children were able to wash. Last of all were the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, 'DON'T THROW THE BABY OUT WITH THE BATH WATER!'

Houses had thatched roofs of thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (such as mice and bugs) lived in the roof. When it rained the roof became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, 'IT'S RAINING CATS AND DOGS'. There was nothing to stop things from falling into the house. This posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hanging over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, 'DIRT POOR'. The wealthy had slate floors that would get more slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on they added more thresh until it all started escaping outside when you opened the door. So a piece of wood was placed in the entrance way. Hence: a threshold.

(Getting quite an education, aren't you?)

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight, then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: 'PEAS PORRIDGE HOT, PEAS PORRIDGE COLD, PEAS PORRIDGE IN THE POT, NINE DAYS OLD'.

Sometimes they could obtain pork, which made them feel quite special. When visitors came over they would hang up their bacon, to show off. It was a sign of wealth that a man could 'BRING HOME THE BACON'. They would cut off a little to share with guests and would all sit around to talk and 'CHEW THE FAT'.

Continued page28



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CBH HARVEST CASUAL WORK 2015

Applications now open at careers.cbh.com.au

Positions available include:

- **Receival Point Operators**
(Plant Operators at Port Terminals)
- **Grain Samplers**
(including weighbridge duties)

CBH are looking for people to work at our grain receival points across the state for the harvest period commencing from early October. If you don't have industry experience, training will be provided before you start.

To find out more information or to apply – visit the Careers section on our website today.

Applications close 31 July, 2015

www.cbh.com.au

Shire of Lake Grace Community News

PO Box 50, Lake Grace WA 6353 | Ph: (08) 9890 2500 | Fax: (08) 9890 2599 | Email: shire@lakegrace.wa.gov.au



CEO's Corner

Budget 2014/15

With the financial year now rolled over Councillors have a busy few weeks ahead of them with final preparations and adoption of the 2015/16 budget underway. Councillors have been involved in budget workshops over the past eight weeks and with the calculations of the end of year financials now available the final determination of this year's rate increase will be the last step for Councillors in the budget process. Rate notices are due in your mailboxes in the first week in August.

ARC Program

The Shire advises that as of 20 July 2015, the Lake Grace Aquatics and Recreation in the Community (ARC) Program will be delivered by Letisha Marshall and Vanessa Tavares as a private business. The Lake King ARC Program will continue to be delivered by the Shire. A big thank you to Letisha and we wish her all the best for the future.

Lake Grace Saleyards

On Thursday 25 June 2015, the Shire President, Crs Hunt, Chappell and Clarke and the CEO met with representatives of the transport industry, agricultural service providers and local farmers to discuss the future of the Lake Grace Saleyards following expressions of interest in its sale. It was suggested that should the land be made available for an alternative higher value use, that an alternative but possibly lower scale facility would be required. Council will consider the matter at its 22 July Ordinary Meeting.

2015 Local Government Convention

The first week in August will see Crs DeLandgrafft, Armstrong, Sinclair, Hunt and Chappell attend the 2015 Local Government Convention in Perth. The Convention this year is themed *Local Government, Switched On*, and is aimed at inspiring new ways of thinking, innovative ways of working, and assisting Local Governments in shaping their own future. Over the two days Councillors will be kept busy attending a number of workshops and conference sessions,

attending the WALGA AGM, meeting with Government Departments and attending a dinner with the 4WDL Group (i.e. the Regional Grouping of the Shires of Williams, West Arthur, Wagin, Woodanilling, Dumbleyung and Lake Grace).



A reminder that during Local Government Week, there is the annual 'Banners in the Terrace' competition, where Shires submit banner entries for display along St Georges Terrace. This year's Shire of Lake Grace banner entry is a bright and colourful banner designed and painted by the Lake King Primary School students – a big thankyou to them from Council for their brilliant effort. The banners will be mounted and flown in St Georges Terrace during August – if you are down that way it is well worth taking a drive down the Terrace for a look.

Local Laws Review

The following amended and new local laws are now out for public comment:

- Activities on Thoroughfares and Public Places and Trading Amendment Local Law 2015;
- Bush Fire Brigades Amendment Local Law 2015;
- Cemeteries Amendment Local Law 2015;
- Dogs Amendment Local Law 2015;
- Extractive Industries Amendment Local Law 2015;
- Fencing Amendment Local Law 2015;
- Animals, Environment and Nuisance Local Law 2015;
- Health Local Law 2015;
- Local Government Property Local Law 2015;
- Standing Orders Local Law 2015;
- Pest Plants Repeal Local Law 2015.

Refer to the Public Notice elsewhere in this newsletter for information regarding the public comment process.

Neville Hale

Chief Executive Officer



Shire of Lake Grace Community News

PO Box 50, Lake Grace WA 6353 | Ph: (08) 9890 2500 | Fax: (08) 9890 2599 | Email: shire@lakegrace.wa.gov.au

Aquatic & Recreation for the Community (ARC)

July 2004, eleven years ago the Shire CEO at the time - Neville Hale had a mission to utilise and facilitate recreation facilities that were currently available in the Community.

The idea was to provide a range of aquatic and recreation programs to the community that would encourage health, fitness and wellbeing in a comfortable flexible and non-intimidating environment. Under the direction of Deputy CEO at the time Leonie McIlree, the ARC program was born. What started off as a trial summer program which focused on utilising the Lake Grace and Newdegate Swimming Pools became permanent.

ARC was initially funded by the Physical Activity Taskforce grant and supported by the Shire. Following the summer program, a winter program was trialed and became permanent in Lake Grace, and in the following years Newdegate and Lake King also joined the ARC program.

In 2006, ARC was recognised as the winner of 'Small Rural & Remote Community Program WA', was promoted throughout all of WA and became a leader for many other rural communities.

During the 11 years, community members staffed the program and participated in training and developing a range of qualifications that would ensure the delivery of a professional, high quality, health and fitness program. Great friendships were made within the ARC team and a great partnership with the community. Many thanks to Anna Taylor, Hayley Wisewould, Sharon Clunie, Melissa Clifford, Tahryn Trevenen, Anthony Lloyd, Lisa Chapman, Vanessa Tavares and Marie Martin whom have all contributed to the success of ARC.

Thanks also to Rachel Steen (Newdegate ARC), Anita Penny and Rachel Hardy (Lake King ARC) for their hard work and successes with ARC in their communities. Each one of the ARC Instructors delivered their classes with professionalism and skill, ensuring their participants the best service and care. It has been an amazing experience working with each instructor, one to be proud of.

If ever there was a doubt that a program such as ARC would be worth the work or even be able to survive, the proof has been in the support both in the classes and on the street. During the life of ARC in Lake Grace

approximately 2,460 classes have been delivered with approximately 17,000 attendances recorded.

THANK YOU THANK YOU THANK YOU to anyone who has ever attended a class, fitness session or completed an ARC survey. You are the people who have made ARC the success it has been.

On a personal note, I consider myself to be one of the fortunate people who got to do what they love everyday as a job. I have met and worked with some truly incredible people and am very grateful for the opportunities that ARC has given me in my 11 years with the program. Heartfelt thanks to my family and extended family and friends for their patience and ongoing support during this time. I am writing this with tears in my eyes thinking of the memories that have been made and the people I have met, but with my excitement in my heart with opportunities that lay ahead. This has been an experience of a lifetime.

Again many many thanks, and wishing you all good health.

Letisha Marshall

Membership Reimbursements

The Shire would like to advise people who have membership tickets and paid for classes in advance.

Please come to the Shire office or 9890 2500 to arrange reimbursement.

ARC Farewell

A big thank you to Letisha Marshall for her hard work and dedication to the ARC Program for the past 11 years as coordinator/instructor.

Letisha has been the driving force for the success of the ARC Program in Lake Grace and initiated the program for Newdegate and Lake King. We wish her all the best in her new business enterprise and will miss her in the office.

Thank you also to ARC instructors over the years, Anna Taylor, Sharon Clunie, Missy Clifford, Hayley Wisewould, Lisa O'Neill, Tahryn Trevenen, Anthony Lloyd, Marie Martin and Vanessa Tavares.





Shire of Lake Grace Community News

PO Box 50, Lake Grace WA 6353 | Ph: (08) 9890 2500 | Fax: (08) 9890 2599 | Email: shire@lakegrace.wa.gov.au

Office Opening Hours

Monday to Friday

8.30am - 4.30pm

Wednesday 8.30am- 4.00pm

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

Licensing Opening Hours

Monday, Tuesday and Thursday 8.30am - 4.15pm

Wednesday and Friday 8.30am - 4.00pm

Tip Opening Hours

Lake Grace

Monday, Wednesday, Saturday & Sunday

7am - 6pm

Newdegate

Wednesday 9am - 3pm

Saturday 8am - 12pm

Lake King & Varley

Open Every Day

Waste & Recycling Pick up Dates

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

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

Lake Grace	Newdegate
27 July	20 July
10 August	3 August

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.

Driving Assessor

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

Friday 7 August 2015

Friday 4 September 2015 - to be confirmed

Please contact the Shire's Customer Service Officer for an appointment.

You can now book your PDA online. For more information visit www.transport.wa.gov.au

Building Surveyor

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

Tuesday 28 July 2015, Tuesday 11 August 2015

To make an appointment please contact Josiah on 0438 811 944.

Wanted - Old Photographs

The Shire has received a request to re-instate a water fountain and plaque that was previously located at the Lake Grace Roadhouse in celebration and recognition of the opening of South Lake Grace Water Pipeline Project.

Both the water fountain and plaque formerly located at the cnr of Stubbs St and South Rd were removed at the time of the truck bay improvements and now unfortunately cannot be located.

The Shire is looking to replicate the water fountain and plaque and is seeking community assistance in finding a photo or information to help with the process.

Is there anyone out there with a photograph of the official opening or knows of someone with a photo?

We would love to hear from you. Please contact Jeanette Bennett at the Shire Office on

☎9890 2500 if you can help

Thank you.

Ordinary Council Meeting

The next Shire of Lake Grace Ordinary Council Meeting will be held:

Wednesday, 22 July 2015, 3.00pm Location Council Chambers Lake Grace



Shire of Lake Grace Community News

PO Box 50, Lake Grace WA 6353 | Ph: (08) 9890 2500 | Fax: (08) 9890 2599 | Email: shire@lakegrace.wa.gov.au

Bushfire Officers for the upcoming 2015/16 fire season appointed by Council at the 24 June meeting. The Officers names are submitted to the Government Gazette (the State Publisher Official Magazine) for official gazetted by the Shire.

Chief Fire Control Officer:

Brad Watson

Deputy Chief Fire Control Officer– Lake Grace:

Doug Dunham

Deputy Chief Fire Control Officer – Newdegate

Wes Hall

Deputy Chief Fire Control Officer – Lake King

Richard Metcalf

Fire Weather Officers

Lake Grace: Doug Dunham

Newdegate: Wes Hall

Varley: Steven Davies

Mt Madden: Lindsay Brownley

Lake King: Richard Metcalf

Deputy Fire Weather Officers

Lake Grace: Brad Watson

Newdegate: Ian Lloyd

Bill Lloyd

Varley: Craig Newman

Lake King: Hugh Roberts

Mt Madden: Bernie Giles

Harvest Ban – CBH Advisory Officers

Mt Madden: Lindsay Brownley

Lake King: Jason Sugg

Varley: Steven Davies

Newdegate: Bill Lloyd

Buniche: Tim Lloyd

Lake Grace: Scott Strevett

Kuender: Terry Smith

Dunn Rock: Bernie Giles

Fire Control Officers Permit Issuing FCO's with Two Way Radios

North Lake Grace:	Doug Dunham (Base)	Brad Watson
	Leon Morgan	Glen Willcocks
	Evan Wyatt	Greg Carruthers

Non Permit Issuing FCO without Two Way Radio

North Lake Grace Ross Chappell

Permit Issuing FCO's with Two Way Radios

South Lake Grace

Scott Strevett (Base)	Kevin Naisbitt
Cameron Clarke	

North Newdegate

Barry Ness (Base),	Ron Shalders,
Craig Shalders,	Ian Lloyd,
Bill Lloyd,	John Dunkeld,
Tim Lloyd,	Greg Dunkeld,
Pete Walker	

South Newdegate

Matt Cugley	Simon Cugley
Wes Hall	Peter Kennedy
Syd Walker	Geoff Richardson

Lake King/Varley

Richard Metcalf (Base) Arthur Sugg (Base)

Jorg Brinkmann

Craig Newman

Steven Davies

Jason Sugg,

Hugh Roberts

Mt Madden/Dunn Rock

Bernie Giles

David Roberts

Lindsay Brownley

Peter Newman,

Rhys De Landgraft

David Tonkin

Newdegate Town

Lake Grace Town

Sam Stubberfield

Lake King Town

Ross Dunkeld

Varley Town

John Zurnamer

DUAL FIRE CONTROL OFFICERS FOR THE SHIRE OF LAKE

GRACE Representatives from the Shire of Lake Grace to be appointed as Dual Fire Control Officers for the following Shires for the 2015/16 Bush Fire Season:

Ravensthorpe

Matt Cugley

Simon Cugley

Jerramungup

Bernie Giles

Kondinin

Hugh Roberts

Kulin

Doug Dunham

Evan Wyatt

Steven Davies

Dumbleyung

Kevin Naisbitt

Leon Morgan

Kent

Leon Morgan

Esperance

Richard Metcalf

DUAL FIRE CONTROL OFFICERS Dual fire Officers appointed from respective Shires for the 2015/16 Bush Fire Season are as follows:

Jerramungup/Ravensthorpe Peter Wisewould

Jerramungup/ Kent Quentin Brown

Jerramungup/Lake Grace Paul Hislop

Jerramungup/Gnowangerup Ray Trevaskis

Jerramungup/Albany Rohan Murdoch

Authorise the following persons to issue clover and proclaimed plant burning permits during the 2015/16 season in conjunction with the closest available Fire Control Officer to the person making the application.

- Chief Fire Control Officer
- Deputy Chief Fire Control Officers
- Chief Executive Officer
- Manager Corporate Services

Authorise the following persons to supply information relating to harvest bans for general radio broadcasting during the 2015/16 season.

- Chief Executive Officer
- Chief Bush Fire Control Officer
- Manager Corporate Services
- Deputy Chief Bush Fire Control Officers
- Base Radio Operators and their Spouses
- Community Emergency Services Manager

Sleep Specialist Comes to Lake Grace

Amy Jones

Despite popular belief, one of the most precious things to a mother of young children is not actually the smile of their child, or the sound of their laughter. While these things brighten our day no end, the real thing that every mother would truly love, is a decent night's sleep!

Getting our children to 'make it through the night' is often a topic of discussion around the table at Lake Grace Playgroup (and I suspect around a lot of tables at a lot of different playgroups!) which is why Rhiannon Stubberfield, President of Lake Grace Playgroup organised for 'The Gentle Sleep Specialist' Tara Mitchell, to drive from Perth to Lake Grace to run a 'Sleep Seminar' for mothers in the Lake Grace Shire.

Held in the new part of the sports pavilion, the seminar ran on Tuesday the 23rd June and went for three hours. Tara provided plenty of opportunities for questions which allowed mothers to ask about individual sleep problems they have with their children. She also reinforced the need for a routine and firm boundaries when it came to bed time. For a lot of us, it was interesting to hear what we were doing wrong, as well as what we were doing right, and quite a few of us realised how our children had been 'playing us'.

Mothers came from near and far, with over 40 attending the event, and I don't think there is very much 'playing up' happening with the children in Lake Grace Shire at bedtime any more!

Many thanks to The Shire of Lake Grace for providing most of the funds for this event. Also thanks to members of Lake Grace Playgroup for providing the yummy morning tea and light lunch. Also thanks to Missy Clifford and Storm Major who babysat the older children at the Playgroup grounds, so we mothers could concentrate on what Tara was saying. But most of all, a big thank you to Rhiannon, for organising such a successful seminar.

If you would like to know more about Tara Mitchell, please visit her Facebook page by searching 'The Gentle Sleep Specialist'



Above: The Lake Grace Playgroup Committee with guest speaker Tara Mitchell.

(L - R standing) Rhiannon Stubberfield, Tara Mitchell, Jo Morgan, Elle Atwell, Nikki Lewis, Renae Willcocks (front) Amy Jones, Lisa O'Neill (holding Jed).

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Expressions of Interest

St John Ambulance First Aid course
Register your interest with Terry Gladish at
the Post Office.



Bits & Pieces

Those with money had plates made of pewter. Food with a high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and guests got the top, known as 'THE UPPER CRUST'.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around, eat, drink and wait and see if they would wake up. Hence the custom of 'HOLDING A WAKE'.

England was small and the local folk started running out of places to bury people, so they began to dig up coffins, take the bones to a bone-house and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So they would tie a string on the wrist of the corpse, thread it through the coffin and up through the ground

and tie it to a bell. Someone would have to sit out in the graveyard all night ('THE GRAVEYARD SHIFT') to listen for the bell. Thus someone could be either 'SAVED BY THE BELL' or else be considered a 'DEAD RINGER'!! And that's the truth!

Now, whoever said history was boring???

So get out there and educate someone! Share these facts with a good friend, like I just did!



All Wintersports Players, sponsors and supporters

Save The Date
'80s Prom night

Wintersports Presentation Dinner
Saturday 19th September

Dress: Glamorous 80s prom

NEWS WRITING FOR BEGINNERS

Lake Grace CRC
Wednesday 22nd July 10am - 3pm

- What makes interesting news
- The structure of news stories (and how they differ to creative or feature stories)
- How to write a media release for your community group or business
- Technical requirements of a media release
- How to sell it to the media

Please RSVP to the CRC on 9865 1470

This workshop is FREE for current and potential contributors to the Lakes Link News.

A minimal charge will apply to all other attendees.



Men at the Shed

Suzanne Reeves

Every Tuesday it's a hive of activity at the Men's Shed, some of the activity is centred around the workshop area while the remainder is around the 'kitchen table' the hub of any good organisation. With an average of 15 turning up each week, there are plenty of projects on the go.

With groundwork started on their new premises behind the current St John Ambulance Sub Centre the Men's Shed members are getting quite excited about the future of their organisation. Currently still working out of the Lake Grace District High School's manual arts area (or D&T in today's language), the members have been grateful for the opportunity to use the schools premises and their excellent equipment.

Christmas trees are walking out the door and Easy Gate Tensioners are still in the process of being made. New projects on the go are a Toy Box and Wishing Wells; all made from recycled timber from pallets. The Men's Shed is a fantastic way for men to get together, help each other out, have a chat or work on their own project.

Right: Chris Harvey and Graham Nolan remove nails from the pallet timber.



Great Job Opportunity



This position is required to work in a team environment responsible for performing tasks and duties including maintenance of parks, gardens, road verges, installation of road signs, guide posts, weed control, stormwater drainage and culverts cleaning to achieve high quality of work in accordance with the strategic objectives and requirements of the Shire of Lake Grace.

Town Maintenance Personnel Permanent Full Time

For further information contact Louka Shopov on 9890 2500 or email mis@lakegrace.wa.gov.au

To obtain an application package for this position please contact Lee-Anne Trevenen at the Shire of Lake Grace on ☎9890 2500 or email cso1@lakegrace.wa.gov.au

Applications to be marked 'Confidential' and addressed to;

Chief Executive Officer,

Shire of Lake Grace, PO Box 50 Lake Grace WA 6353

Applications for the position close 5.00pm Friday 31 July 2015

The Shire of Lake Grace is an equal opportunity employer

Puzzles & Stuff

Some words from the 02/07/2015 edition of Boggle

Laughable
Haulage
Beluga
Blague
Algae
Algal
Alula
Bagel
Belga
Bulla
Gable
Galah
Galea
Halal
Label
Laugh
Legal
Able
Ague
Alae
Alba
Alga
Bael
Bale

Ball
Beau
Blag
Blah
Gala
Gale
Gall
Hale
Hall
Haul
Heal
Hula
Leal

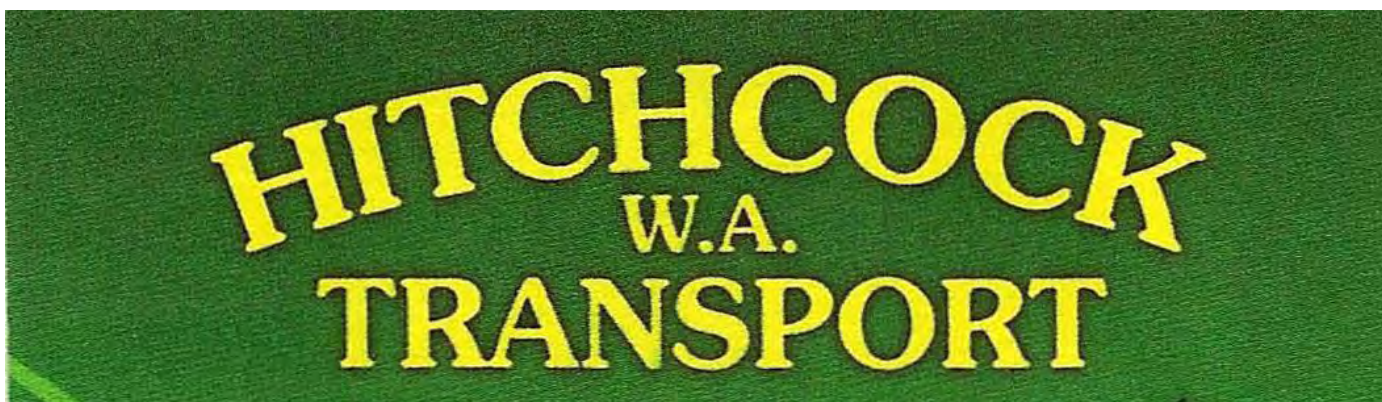
7	1	6	3	5	4	9	2	8
2	3	8	1	6	9	4	5	7
4	9	5	8	7	2	6	1	3
5	8	2	9	4	6	7	3	1
1	4	3	7	8	5	2	6	9
6	7	9	2	1	3	8	4	5
9	6	1	4	3	8	5	7	2
8	5	7	6	2	1	3	9	4
3	2	4	5	9	7	1	8	6

Answers to 02/07/2015 Sudoku

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

A	U	I
S	E	N
C	L	M

This week's Boggle



Cash for Scrap - Scrap Removal

We clean your property and remove any unwanted scrap and you get cash

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DUAL CAB MANUAL
\$44990 drive away
normally \$52.5k

DUAL CAB AUTO
\$47950 drive away
normally \$55.6k

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TOYOTA

Why Write a Media Release

Suzanne Reeves

So you would like to be able to write a good media release or article? We at the Community Resource Centre would like that too. In today's fast paced world it is considered the job of the business or organisation to be able to 'put themselves out there' and although social media, internet and email has seen the death of many legitimate means of communication, a well written media release hasn't gone out of style.

The Lake Grace Community Resource Centre has hired the services of local journalist Sarah Allen to run a Media Writing Workshop on Wednesday 22nd July. This workshop is a follow on from our 2014 Community Newspaper Workshop but will focus entirely on written content, rather than the design of a publication.

For some the thought of publishing their words is akin to a poke in the eye with a sharp stick; in reality it should be easier than holding a conversation. As we all know a conversation can go downhill rapidly if the wrong thing is said - there are no taking back words, just apologies afterwards. The written word however can be shaped into exactly what you want it to be; you can sleep on it, and then you can edit it.

So why write a media release? The short answer is to get free publicity, something that is invaluable to the

many community groups or organisations who limited marketing budgets. Having that publicity appear in the news section of the media makes it all the better – one of the benefits of publicity over paid advertising is that readers attach a greater credibility to something they see in the media as opposed to that same item being promoted through a paid ad. Using a press release to gain publicity helps your group or organisation get the word out not just to your own members, supporters and volunteers, but to potential supporters, members and volunteers – providing opportunities for growth.

The CRC's workshop will make sense of the art of writing a media release, enabling you to cut through the jargon and say what needs to be said in plain English!

If you would like to attend then you need to call the CRC on 9865 1470 as soon as possible and book your place.

The workshop is free for anyone who currently submits or plans to submit to the Lakes Link News. For others there will be a charge for catering.

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Email: adminlge@bigpond.com

Waldron Welcomes Six Local Community Water Supply Program Grants

Continued from page 17

supplies; and refurbishment of strategic agricultural area water sources pipeline projects.

In 2015, 11 local governments across the Mid West, Wheatbelt and the Great Southern regions will receive \$888,097 to help fund new projects.

Since 1996, more than \$4.7million has been allocated to 99 projects through the Community Water Supply Program.

Further information is available by contacting the Rural Water Planning team on freecall

1800 780 300 or E: ruralwater@water.wa.gov.au.

Grant details

The individual projects for 2015 Community Water Supply Program (CWSP) grants in the Wagin electorate are:

Shire of Lake Grace - \$66,721 to optimise harvesting from two CBH stormwater capture dams which have a total capacity of 16,300kL in Lake Grace. The project will improve existing aging pipe work and distribution infrastructure between two 100,000kL town dams and storage tanks totalling 200kL at the local sports grounds. Optimising stormwater capture and upgrading facilities will assist the Shire to continue their water efficiency measures in Lake Grace and avoid reverting back to expensive scheme water for irrigation. The Shire of Lake Grace is contributing \$27,000 to the project.

Shire of Jerramungup - \$56,800 to refurbish and replace old reticulation infrastructure. The Shire adopted water efficiency measures in the 1980s to conserve scheme water use by establishing a treated stormwater and effluent system to irrigate Jerramungup town scapes and sporting ovals. Upgrading the infrastructure and water treatment facilities will ensure the Shire maintains compliance with Department of Health standards and continues self-sufficiency and fit for purpose use of water for irrigation. The Shire of Jerramungup is contributing \$27,976 to the project.

Shire of Kulin - \$89,660 to enlarge the Dudinin community dam from 12,000kL capacity to 25,000kL capacity. Water from the dam will be pumped into a 120kL storage tank and made available as a non-potable emergency water supply for the surrounding farming community. The project will reduce farmers' reliance on scheme standpipe use for emergency water and save farmers up to \$20,000 per year. The dam will provide an important strategic water supply during periods of water deficiency for local farmers. The Shire of Kulin is contributing \$38,500 to the project.

Shire of Plantagenet - \$59,660 to increase stormwater harvesting in the town of Mount Barker and significantly improve its self-sufficiency by enlarging a storage dam in the Frost Park sporting precinct. Harvested water

from the surrounding catchment will be diverted into the Frost Park dams and will increase the town's non-potable storage capacity to approximately 158 ML. With additional improvements to the existing town Govt dam the project will eliminate scheme water use for irrigation of all sporting facilities in Mount Barker and provide additional emergency farm and fire fighting water. The Shire of Plantagenet is contributing \$57,887 to the project.

Shire of Wagin - \$26,400 to establish two 250kL tanks to store surplus desalinated water in the town of Wagin. Currently Wagin Shire pumps approximately 60-90 ML of saline groundwater each year to control groundwater rise and prevent secondary salinisation in the town. This project is a great initiative and partnership between the Wagin Shire and UniGrain Pty Ltd to utilise the water which is currently discharged into nearby Slippery Lake. UniGrain Pty Ltd will treat the water using reverse osmosis to meet its industrial needs and provide an additional 4ML per year that will be piped back to the new tanks in Wagin. The water will provide an important non-potable emergency supply for local farmers and supplement townscape irrigation. Scheme water savings are estimated at \$10,000 annually. The Shire of Wagin is contributing \$20,950 to the project.

Shire of Woodanilling - \$41,800 to increase stormwater harvesting in Woodanilling. Water will be harvested from the large recreational pavilion roof and stored in a new 250kL tank. In the past there has been a heavy reliance on local scheme standpipes for emergency farm water. Installation of a standpipe will establish an important fit for purpose emergency off-farm supply for the community. The increased storage capacity will also reduce scheme water reliance and supplement irrigation of townscapes and sporting facilities. Scheme water savings are estimated at \$2,500 annually. The Shire of Woodanilling is contributing \$17,748 to the project.

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.



WESTERN AUSTRALIAN
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2015 Local Government Elections

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LET'S VOTE – 2015 Local Government Elections

Lake Grace Pingrup Junior Football

Janine Watson

There were some important Footy games on the weekend. Landmark Carnival, Adelaide's first game back and the Ongerup Juniors' Matches at Domain Stadium.

The weekend for the Yr 6/7's included three games. The team in demand began with a half time game at Claremont home ground against Wembley. From here the team headed straight over to Domain Stadium for the half time little League match to play against Mandurah. Four players from Lake Grace Pingrup represented Ongerup on the ground Josh Pearce, Jackson Callope, Josh Cameron and Rory Murray. On Sunday the team played against Marist Juniors, whom must have had fresh legs. The weekend finished with a sausage sizzle and awards sponsored through Claremont Football Club.

56 Auskickers from Ongerup also ran out in front of the sell out crowd on Saturday night, including twelve Lake Grace/Pingrup Yr 2/3s. The first quarter dragged out for the players, it didn't help that the ball was held up at the Eagles end and not a lot of footy action at our end. Though the roar of the crowd, emotional start and jiggling kids was certainly an experience.

Second quarter and it was time to head to the designated change rooms. Excitedly the kids were ready too quickly with another long wait and again in

Continued page 38



Michael Watson, Griffin Naisbitt, Jasper Marshall and Cambell Chatfield with Chris Trevenen (Goal Umpire) at the Eagles v Adelaide match.



Great Job Opportunity



The Shire of Lake Grace is looking for a person who is committed to their Community and has the passion to provide a safe and healthy environment for all users of the facility by ensuring all facilities are cleaned and maintained to the required standard.

CLEANER—LAKE GRACE TOWNSITE

CASUAL

To obtain an application package for this position please contact Lee Trevenen Coordinator Finance & Administration at the Shire of Lake Grace on ☎9890 2500 or email lee@lakegrace.wa.gov.au

Applications to be marked 'Confidential' and addressed to;

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

Applications for the position close 4.00pm Friday 7th August 2015

The Shire of Lake Grace is an equal opportunity employer

Lake Grace Pingrup Football Club

Allan Marshall



ROUND 9

Thanks to our sponsors for this week who were Lake Grace Hotel-Motel, Farmworks and Greenline AG John Deere.

LGPFC vs NEWDEGATE Played at Lake Grace on 4th July 2015.

The weather was fine and overcast with a light Northerly breeze for the second Derby of season 2015.

LGP RESERVES

The Reserves game commenced at 11.15 am with the Bombers fielding a record line up of 38 players which was a combination of recruiting some older players and the school holiday kids. Players from LGP were allocated to Newdegate who had only 14 starters but still left a large number of young Bombers on the bench to be rotated.

The Bombers were out of the blocks early with Bailey McGlinn booting the first major followed by goals from Regan Smith, Brady Carruthers and others in a very one sided but entertaining first quarter of football. You can't beat the skill and speed of youth as Newdy found out with a scoreless first term.

Quarter time score was

LGP 6-2 (38) Newdegate 0-0 (0)

Newdegate scored the first goal in the second term to put them on the board but then the carnage continued with the Bombers adding another six goals with players rotating on and off the ground to give everyone a piece of the action.

Half time scores stood at

LGP 12-6 (78) Newdegate 2-0 (12)

The second half was all Bombers again with a highlight being comeback recruit Drew Marshall scoring a major after receiving a beautiful pass in the goal square from Jack Trevenen outside the 50 metre arc. The Bombers added a further 11 goals, 11 behinds to run out winners by 143 points.

Final scores were

LGP 23-17 (155) defeated Newdegate 2-0 (12)

Major goal scorers for LGP were Jack Trevenen and Aiden Sadler-Marks with three each.

Better players for LGP were Grant O'Neill, Matt Sinclair, Aiden Sadler-Marks, Bailey McGlinn, Nash Kirk, John Callope, Jack Trevenen, Sam Fortina, Regan Smith and many others impressed. Lake Grace/Pingrup certainly have numbers and talent when we get them all together.

Awards: Best on Ground Sam Fortina, Runner up Best on Ground Bailey McGlinn and coaches award went to Ethan Hancock.

LGP JUNIORS

In the Juniors game LGP 12-9 (81) defeated Newdegate 2-2 (14).

Fed by Fyfe awards went to Brady McGlinn and Mitchell Hawley.

LGP were too good with the bigger boys in their side moving the ball around with precision.

LGP LEAGUE

Chris Trevenen celebrated his 150th game for the Bombers, running through a banner as they ran onto the ground. Well done Chris. Reuben Smith celebrated his 100th game in round 7 against Borden at Pingrup on June 20th.

Commenced at 2.15pm with umpires Bill Smallwood and Ian Norrish in charge of today's match. Newdegate won the toss and elected to take the slight breeze and kick to the South end of the ground.

The Newdegate Lions were the first to score a major followed by the Bombers and at the 8 minute mark the score was 1 goal apiece in a tight contest right up to the first break.

Quarter time score was LGP 1-0 (6) NGT 2-2 (14)



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Lake Grace Pingrup Football Club



The second term saw Newdegate pull away from LGP with their talls being able to intercept the ball in the contested marks creating turnovers in their backline consistently. The Bombers did not seem to be able to get numbers to the ball in the contests which added to their woes of losing Kane Pinney and Tyson Bell to injury before half time.

Half time scores stood at LGP 3-2 (20) NGT 8-7 (55)

During the third quarter LGP rallied and attacked the ball harder pegging the Lions back and finishing the term just 18 points behind which was a good effort after earlier losing two of our better players.

Three quarter time scores LGP 7-7 (49) NGT 10-7 (67)

The Newdegate Lions came out in the final term to play footy and dominated, adding 7 goals 4 behinds to the Bombers 1 goal 1 behind to win by 57 points.

Right: Chris Trevenen being carried off the field by team mates Justin Carruthers and Luke Bairstow after his 150th game on 4th July against Newdegate.

Picture: James Trevenen



Congratulations to Reuben Smith who celebrated playing his 100th game for the Lake Grace/Pingrup Football Club on Staruday 20th June in Pingrup against Borden. Reuben is shown being carried off the field by his team mates after the game.

Photo: Deb Badger.



Lake Grace Pingrup Junior Football (cont.)

the tunnel before the half time siren. A visit from the Eagles mascot was a terrific distraction.

At last it was time to sprint out all the way across the field, with the aid of Josh the Umpire and followed closely by our two goal umpires Chris Trevenen and Kevin Naisbitt. LGP players were able to have a game amongst themselves with six a side, coached by Grant Marshall.

Half time flew by and all too soon it was time to make way for the Eagles to come back onto the ground.

An experience of a life time. Appreciation is extended to Tom Moir, WAFC and NAB for enabling our Junior Stars this opportunity.



Coach Grant Marshall preparing the kids for the big game.

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Lake Grace - Kukerin Hockey Club



Danielle Robertson

Lake Grace-Kukerin v Karlgarin/Hyden 4th July 2015

C Grade 0-8

Award to Matilda Ditchburn

B Grade 2-3

Goals: Fletcher Taylor (2)

Awards: Jordan Dowdell and Brittany Doney

A Grade 0-0

Awards: Stevie Sutherland and Annie Argent

Desperately short of C graders this week we pulled kids in from wherever we could to fill a side. Big thanks to all those who filled in for us. Well done to Matilda Ditchburn on playing her first game and listening really well to those helping on the sideline. Our C Grade remains in 5th position for the moment.

B grade also had a few fill-ins with regular players not being available. Great tussles between Fletcher Taylor and Matt Rogers (K/H) made for a very exciting game with neither player willing to give in. Unlucky not to equal the score before the final whistle our B grade will

remain as contenders for the wooden spoon for another week. Still five games to go though and always in with a chance.

The A Grade game was a hard fought power struggle from the first whistle. Neither team was willing to give up possession and both made good forays into their attacking circles. Phoebe Robertson, Michelle Carew-Reid and Sharni Chiswell made great ground in attack and were really, really, really unlucky not to score on a number of occasions in what became a very intense game. Our defence were kept busy and made some outstanding clearances and saves to keep the score to nil. Kaitlyn Taylor was consistent in centre half as always and directed play efficiently. Our A grade will remain in third position only one point behind second.

A well-earned rest on the 11th and then back up to Bruce Rock on the 18th for the first game of the last round.

Thanks as always to the Lake Grace Sportsman's Club and the Kukerin Hotel for their continued support.

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Please contact Jenna Mouritz at Eastern Wheatbelt for further details and to schedule an appointment.

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Lake Grace Medical Centre

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Lake Grace Pingrup Netball Notes

Joely Slinn

A grade. The ladies went out with fire in their bellies to win this game, and my goodness they did. LG winning over Newdy by 8 goals. A huge well done to every player who stood their ground and did exactly what coach Kaz had asked. A well deserved win over the derby. Best On Ground (BOG) went to Magdalen Trevenen who played Goal Attack for the whole match, her drive into the shooting circle was outstanding and her shooting skills were spot on to top it off. Coaches award went to Kira Stephens who stepped in to help A Grade this week, she slotted in perfectly, wearing an attack then defence bib, her fitness is outstanding.

B grade. The girls played a great game, never giving up and putting up a great fight. With a lot of one on one collisions the girls bounced straight up and kept going. Coach Sym is proud of you for the consistent courage and determination from you all. The final score was Newdegate 30 - LGP 12. BOG went to Sonia Harris in the Goal Defence bib, for her interceptions and ball skills being shown down the court. Coaches award went to Hannah Beatty in Wing Defence, who had some great interceptions also and never left her player.

Juniors. With 3 juniors absent, it was great to have Ruby Stanton and Reegan Marshal back on our team. It is so good to see these young girls listening and eagerly

applying coaches instructions! The juniors played a consistent game today. It was good seeing them share the ball around. For the majority of the game most took on the task of moving back, giving them the time and space to lead forward. BOG went to Kaitlyn O'Neill for sharing the ball to all players and for amazing shots at goals! Coaches award went to Jessie Walton, who played various positions always listening carefully to what was asked of her. The girls showed great sportswomanship, playing out of position for half the game against a much younger team. Defence players aren't supposed to be able to shoot that well Camryn!!! The final score was LGP 23 - Newdegate 8.

Nettas. A massive well done to all the young ladies who have shown so much interest and happiness towards the game. Your smiles and laughter are what it's all about. Your skills are improving every week keep going. You're the next stars for this club!

Congratulations to Sharon Robinson for winning the \$100 raffle - thanks to all who bought tickets. Thanks also to the Junior and Netta parents for the doughnut stall. Your efforts are much appreciated. So many people commented that they look forward to playing in LG for the doughnuts!



Shop 5, Lakeway Shopping Centre,
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Thursday July 30th
10.00 - 4.00
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Lake Grace Golf Club Notes

Craig Reeves. Photos Stephanie Lay.

5th July 2015

The Presidents Day was a two person ambrose played in fine conditions. Competition was fierce with 18 out for a stroll with their earthmoving equipment.

Winners for the day were Kingsley Strevett and Peter Hudson with an admirable score of 81-13½ -67 ¾ nett. With only one point the difference runners-up were Captain Merv Spurr and his playing partner Peter Lay with 82-13¼ - 68¾ nett. Hardest triers for the day were Nick Maalouf and Scott Strevett.

Good to see some visitors out on the course Phillip Fleay and Rebecca Reeves who with their respective partners Reid Stubberfield and Craig Reeves recorded good scores of 83-15 ½ -67 ½ nett and 77-13¼ - 63¾ respectively but were ineligible for the win.

The Club looks to have a new prospective golfer in the fold with Bob Palmer coming out for a hit, not sure if Murray got all his golf clubs back in the same condition as they went out in but according to Chad he's due for a new set!

Novelties on the day were:

Nearest the Pin No. 4	Alan Stubberfield
Nearest the Pin No. 6	Michelle Lay
Nearest the Pin No. 15	Kingsley Strevett
Nearest the Pin No. 18	Alan Stubberfield
Long Drive No. 1	Craig Reeves
Long Drive No. 10	Stephanie Lay
Long Putt No. 9	Bob Palmer
Best 3 rd No. 5	Craig Reeves
Best 2 nd No. 7	Matthew Spurr
Best 3 rd No. 13	Craig Reeves
Best 2 nd No. 16	Craig Reeves

Turkey Day 2015

Good conditions resulted in some excellent scores with even the NAGA's not being far off the pace. Sponsored by the Taylor Family it was great to see Bevan on hand for the presentations. Twenty five players took to the course, this included four ex residents vying for the Visitors trophy.

Winners for the men were father – son duo, Kevin and Jamie Eggers with a winning score of 51 points. Runners-up were a pair of veterans, Murray Stanton and Nick Maalouf with 46 points; Murray dodged a bullet by not

taking part in a father-son duo. Proud to strut their feathers were Kingsley Strevett and Derek Stanton with 37 points.

Winners for the ladies were Stephanie and Michelle Lay with 38 points.

Winning for the visitors was Mike Clark and Craig Reeves with 50 points.

Novelties were as follows:

Nearest the Pin No.4	Murray Stanton
Nearest the Pin No. 6	Michelle Lay
Nearest the Pin No.15	Dean Sounness
Nearest the Pin No.18	Craig Reeves
Longest Drive No. 1 (Men)	Garry Leo
Longest Drive No.10 (Ladies)	Michelle Lay
Longest Putt No.9	Milton Reynolds

A casserole tea with plenty of tall stories followed.



Turkey Day Winners for the men were Kevin and Jamie Eggers with sponsor Bevan Taylor and Club Captain Matthew Spurr.



Although they had a respectable score of 37 points, Kingsley Strevett and Derek Stanton had the dubious honour of wearing the feathers.



Winning for the ladies was Michelle and Stephanie Lay, pictured with sponsor Bevan Taylor.



Shire of Lake Grace PUBLIC NOTICE

Proposed, Amended, New and Repeal Local Laws



Notice is given that the Shire of Lake Grace proposes to amend the following local laws:

- Activities on Thoroughfares and Public Places and Trading Amendment Local Law 2015;
- Bush Fire Brigades Amendment Local Law 2015;
- Cemeteries Amendment Local Law 2015;
- Dogs Amendment Local Law 2015;
- Extractive Industries Amendment Local Law 2015;
- Fencing Amendment Local Law 2015;

The **purpose** of the **Activities on Thoroughfares and Public Places and Trading Amendment Local Law 2015** relates to the control of activities in thoroughfares and public places and trading.

Effect: Some activities are prohibited; some activities are permitted only under permit in thoroughfares and public places. The local law also enables a local government to require house numbering and the erection of fences in certain circumstances.

The **purpose** of the **Bush Fire Brigades Amendment Local Law 2015** is to amend the provisions about the organisation, establishment, maintenance and equipment of bush fire brigades.

Effect: To align the existing local law with changes in law and operational practice.

The **purpose** of the **Cemeteries Amendment Local Law 2015** is to provide for the orderly management of the public cemeteries in the Shire of Lake Grace.

Effect: To ensure compliance by all persons engaged in the administration of the cemetery, burying deceased in the cemetery, or otherwise providing services to or making use of the cemetery.

The **purpose** of the **Dogs Amendment Local Law 2015** is to make provisions about the impounding of dogs, to control the number of dogs that can be kept on premises and the manner of keeping those dogs.

Effect: To extend the control over dogs which exist under the *Dog Act 1976*.

The **purpose** of the **Extractive Industries Amendment Local Law 2015** is to establish requirements and conditions with which extractive industries within the district must comply;

Effect: To provide for the regulation, control and management of extractive industries.

The **purpose** of the **Fencing Amendment Local Law 2015** is to provide a sufficient fence for purposes of the *Dividing Fences Act 1961* and to state the materials to be used and safety measures to be taken for some types of fencing.

Effect: Augments the compliance requirements of the *Local Government (Miscellaneous Provisions) Act 1960* with respect to the erection and maintenance of fencing.

Notice is given that the Shire of Lake Grace proposes to make the following local laws:

- Animals, Environment and Nuisance Local Law 2015;
- Health Local Law 2015;
- Local Government Property Local Law 2015;
- Standing Orders Local Law 2015.

The **purpose** of the **Animals, Environment and Nuisance Local Law 2015** is to provide for the regulation, control and management of animals and the prevention of environmental damage and nuisances within the District.

Effect: To establish the requirements with which any person keeping animals, or undertaking activities that have the potential to impact the environment or create nuisance, must comply.

The **purpose** of the **Health Local Law 2015** is to provide a statutory means to effectively control issues that have the ability to adversely impact on the health and well being of the community.

Effect: To allow health related issues to be sufficiently controlled so as to provide an acceptable standard for the maintenance of public health in the community.

The **purpose** of the **Local Government Property Local Law 2015** is to regulate the care, control and management of all property of the local government except thoroughfares.

Effect: To control the use of local government property. Some activities are permitted only under a permit or under a determination and some activities are restricted or prohibited. Offences are created for inappropriate behaviour in or on local government property.

The **purpose** of the **Standing Orders Local Law 2015** is to provide the rules for the conduct of meetings of the Council, Committees and electors.

Effect: To result in the orderly and effective conduct of meetings; greater community understanding of the meeting process; better decision making by the Shire; better outcomes from decisions made.

Notice is given that the Shire of Lake Grace proposes to repeal the following local law:

- Pest Plants Repeal Local Law 2015;

The **purpose** of the **Pest Plants Repeal Local Law 2015** is to remove the requirement for landowners to control and eradicate declared pest plants on their properties.

Effect: To remove control on the spread of declared pest plants.

A copy of the proposed local laws may be inspected at or obtained from the Shire of Lake Grace, 1 Bishop Street, Lake Grace 6353 during business hours or via the website www.lakegrace.wa.gov.au.

Written submissions about the proposed local laws may be made to the Chief Executive Officer, Shire of Lake Grace PO Box 50 Lake Grace WA 6353 by Friday 14th August 2015.

Neville Hale

CHIEF EXECUTIVE OFFICER

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Contact;

Letisha - 0427 649 030 letishaholmes@westnet.com.au

Vanessa - 0447 552 658 vanessa_alves_7@hotmail.com

CLASSIFIEDS

PUBLIC NOTICES

CWA Meeting

Held the second Tuesday of the month at the CWA rooms. 1:30pm start.
Next Meeting - 11th August

Sally Dickinson

Counsellor for Southern AgCare.
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Lake Grace Library & Resource Centre Meeting

Tuesday 3rd November
11am at the Library

CHURCH TIMES

Lake Grace Catholic Church

Sunday 19th July

Ravensthorpe	8:30am
Varley	11:00am
Lake Grace	6:00pm

Sunday 26th July

Kukerin	8:00am
Lake Grace	10:00am

For inquiries and request for home visitation, please contact Fr Gayan Thamel on 9865 1248.

Anglican Church of Lake Grace

Sunday 5th July

Lake Grace	9:00am
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Sunday 11th July

Lake Grace	9:00am
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Enquiries: Father Dave 0427 545 560
Terry Gladish 9865 1022



For Public Comment

Kent Road - Road Name Change Proposal

Council, at its June 2015 Ordinary Meeting, considered an application to change the name of a portion of the road currently known as Kent Road to Crook Road.

Kent Road is located approximately 4km southeast of Pingaring and runs southeast from North Burngup Road to a T-junction with Holme Road, then continues at right angles back into T-junction with North Burngup Road.

The portion of the proposed name change is from the northernmost intersection with North Burngup Road to Holme Road.

As its first step in considering the road name change proposal, Council agreed to advertise within the Pingaring community and surrounds to:

- Seek historical information on the road named Kent Road; and to;
- Seek comment on the renaming of the road to Crook Road.

Comments are invited in writing by Friday 31 July 2015 to be addressed to:

CEO, Neville Hale
Shire of Lake Grace
PO Box 50
Lake Grace WA 6353

or via email to shire@lakegrace.wa.gov.au
The report presented to Council at its June 2015 meeting can be accessed via the Shire's website www.lakegrace.wa.gov.au, follow the links to the June Council Meeting minutes - refer Item 11.1.

For further enquiries please phone Rohan Bishop at the Shire Office on ☎9890 2500

Senior Citizens Luncheon

Thursday 6th August

Catered by the Catholic Ladies,
Please contact Genni Curtin
on 9865 1122 to RSVP

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Camera Club	Nicole Argent	0428 315 773	knargent@bigpond.com
Craft Group	Meet at the CWA Building Saturdays from 11am onwards		
CWA	Irene McGlenn	08 9865 1148	irenemcglenn@bigpond.com
Early Learning Centre (Daycare)	Chloe De Frenne	08 9865 2568	lakegraceelc@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Amy Jones	0400 206 321	lakegraceplaygroup@mail.com
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Amanda Trevenen	0488 216 601	amanda.harrower@hotmail.com
Winter Sport			
Lake Grace Golf Club	Gary Frost	0429651094	golfclub@lakegrace.wa.au
Lake Grace Gymnastics Club	Vynka Lay	0429 651 072	bvlay@bevanlayspreading.com
Lake Grace-Kukerin Hockey Club	Natalie Lee	0427 189 827	lgkhockeyclub@outlook.com.au
Lake Grace/Pingrup Football Club	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Lake Grace/Pingrup Hockey Club	Taryn Borgward	9820 1049	taryn@pingruptraders.com
Lake Grace/Pingrup Jnr Football	Missy Clifford	0407 190 177	lgpjfc@gmail.com
Lake Grace/Pingrup Netball Club	Vynka deVree	0427 774 024	joelvynk@dodo.com.au

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Sally Dickinson 0427 192 155 Southern AgCare Counselling	Kids Helpline 1800 55 1800 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	Relationships Australia Fair Programme 9336 2144 www.wa.relationships.com.au 1300 364 277
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	

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
Andrew Walker (<i>President</i>)	9865 1241	9865 1921
Len Armstrong	9871 1334	9871 1317
Ross Chappell	9865 4058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Jeanette de Landgraft	9838 9062	9838 9041
Steve Hunt	9865 1650 0427 651 585	
Allan Marshall	9865 3022	9865 3012
Dean Sinclair	9874 7045	9874 7005
Murray Stanton	9865 1329	9865 1223

COMMUNITY CALENDAR

July

Fri 17	Meals available at the Sportsman's Club Physio (Jenna M) in Lake Grace Crochet Workshop at CRC Seniors Christmas in July
Sat 18	Craft Group at CWA 11am onwards Rubbish tip open Meals at the Sportsman's Club Hockey - Bruce Rock v LG-Kuk Winter Sports - Boxwood Hill v LG/P Golf - Kukerin Open Day
Sun 19	Rubbish tip open Golf - Stableford (Club Day)
Mon 20	Rubbish Collection & rubbish tip open Swimability in Narrogin
Tue 21	Chair Aerobics 10:45am at Village Hall SOYF Seniors Program-10am @ Shire Hall Men's Shed 9.30am-12 noon Weight Watchers @ Village Hall Forklift Workshop Foot Clinic Primary Health Physiotherapist in LG
Wed 22	Rubbish tip open News/ Media Release Writing Workshop Shire Council Meeting HACC Activity & Morning Tea 10-11:30am Physio (Jenna M) in Lake Grace
Thur 23	Playgroup (9:30am—11:30am) Toy Library (9:45am) at RSL Golf - EGSLGA Foursomes - Pingaring LGP Netball Meeting
Fri 24	Meals available at the Sportsman's Club HACC Bus Outing Tapas & Moroccan cooking w/shops at Kulin Crochet Workshop at CRC 10am
Sat 25	Rubbish tip open Craft Group at CWA 11am onwards Meals at the Sportsman's Club Hockey - LG-Kuk v Corrigin @ Kukerin Winter Sports - LG/P v Jerramungup Winter Sports - Pirate Night

Sun 26	Rubbish tip open Golf - Captain's Day 4B Aggregate Par
Mon 27	Rubbish Collection & rubbish tip open Recycling Collection Lakes Link News Deadline
Tue 28	Chair Aerobics 10:45am at Village Hall SOYF Seniors Program-10am @ Shire Hall Men's Shed 9.30am-12 noon Weight Watchers @ Village Hall Primary Health Physiotherapist in LG Building Surveyor in Lake Grace
Wed 29	Rubbish tip open HACC Activity & Morning Tea 10-11:30am Physio (Jenna M) in Lake Grace
Thur 30	Lakes Link News Published Playgroup (9:30am—11:30am)

Coming Events

1st August - Golf - Newdegate Open Day
 3rd August - LG Development Assoc Meeting
 5th August - Camera Club meeting
 6th August - Senior Citizens Luncheon
 7th August - Driving Assessor in Lake Grace
 11th August - Foot Clinic
 4th September - Driving Assessor in LG - TBC
 20th August - Pizza Night at the Sportsman's Club
 20th August - Scams Workshop
 10th September - Talking Soil Health
 11th September - Talking Soil Health
 16th September - Linda Bettenay Book Launch
 19th September - Winter Sports Presentation Night
 13th October - International Rural Women's Day
 24th October - Garage Sale Trail
 19th December - Pingaring 90th Christmas Tree

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

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.

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