

LAKE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
School Place

PO Box 177 Lake Grace WA 6353
Ph (08) 9865 1470 Fax (08) 9865 1471

Email: lakegracecrc@westnet.com.au

ABN: 19 498 730 152

Website: www.lakegracecrc.net

19th July 2018

\$1.20 inc GST

Vol 24 Issue 14

Captain's Dinner

Suzanne Reeves. Photo Lois Dickins.



Lake Grace Volunteer Fire Brigade Captain Reid Stubberfield with award recipients Chad Stanton, Alan Stubberfield and Lawrie Dickins with 'Wicked Witch of the West' Di Desmond.

Being Friday 13th 'dressing up' was encouraged for the annual Captain's Dinner for the Lake Grace Volunteer Fire Brigade.

Held at Walker's Hill Vineyard a great night was had by all with recognition given to three of the organisation's long serving members.

Alan Stubberfield received his 35 years National Medal, well done Stubby!

Lawrie Dickins, attending as the Grim Reaper, received his 25 years National Medal.

Getting two awards was Chad Stanton; the Captain's Award as well as a 15 year National Medal.

Well done to all of the volunteers of our local Fire Brigade who drop everything to attend fires and accidents as needed.

CONTENTS

• Page 3	Editorial
• Page 4	About Town
• Page 5	Keeping Safe with Elders Insurance
• Page 6	Health Record
• Page 7	Farewell to the Frosts
• Page 8,9	Peter Roukens Eulogy
• Page 11	Greetings from Elsie Griffin
• Page 13	Looking After Yourself
• Page 16	NBN Scams
• Page 17	Police Page
• Page 18	Free Mammograms for Lake Grace
• Page 19	Hospital Page
• Page 20	Getting to Know You

Page 21-24	Shire Pages
Page 23	Getting to Know...
Page 26	Noongar Culture Centre
Page 27	Captain's Dinner
Page 28	Puzzles & Stuff
Page 29	Children's Activity Page
Page 30,39	What Was Happening 10 Years Ago
Page 31	Diabetes
Page 32	Bits & Pieces
Page 34	Christmas in July
Page 38	Lake Grace-Pingrup Netball
Page 40	Lake Grace-Pingrup Football
Page 41	Golf Notes

LAKES LINK NEWS 2018 Advertising Rates

	Non Profit Org	Members	Non Members
Classified	FREE	FREE	\$1 per line
Public Notice	FREE	N/A	N/A
1/8 page	FREE	FREE	\$13.50
1/4 Page	\$13.50	\$16.50	\$19.50
1/2 Page	\$22.00	\$27.50	\$33.00
Full Page	\$37.50	\$50.00	\$60.00
Insert (d/s)	\$33.00	\$33.00	\$44.00
Thank You's	FREE	FREE	FREE
Editorial	FREE	FREE	FREE
Colour	\$165.00	\$165.00	\$200.00

Conditions do apply.

CRC Opening Hours

9:00am - 5pm

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

Deadlines & Editions

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

Next Deadline
Monday 30th July

Next Edition
Thursday 2nd August



Thanks

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

Elsie Bishop

Gwen Oliver

Dick Phillips

Thank you also to our many contributors of articles.

DISCLAIMER

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

300 copies printed and sold each fortnight

Editorial

- Our Mental Health Commission **safeTALK workshop** was meant to go ahead in Newdegate this week, unfortunately we've had to postpone due to lack of numbers. This same workshop is coming up in Lake King (8th August) and Lake Grace (22nd August). This is a 1/2 day training in suicide alertness, the steps involved in connecting people to the right services. This workshop is suitable for EVERYONE. Although it is being held during work hours it is well worth taking the time off work to attend; perhaps your employer would see it as being valuable training that you could utilise in your place of work. **safeTALK's impact in 2016 was 82,189 participants, 64,107 interventions and 8,975 suicides being prevented.** We are taking registrations so please phone or email if you would like to attend.
- Thank you to those who have returned their 'What do YOU want' questionnaire; your input helps. Coming up we have a 'Writing For Your Local Paper' workshop; this will be happening on Tuesday 22nd August. Also coming up is an information session on **Planning Your Funeral**. Might sound a bit gloomy but it is something that is going to happen to all of us so you might as well make the transition a little smoother. This will be held at 10am on Thursday 30th August.
- Our **LCDC** was looking a bit feeble at the AGM but the committee have elected to keep it going in the short term in the hope of bringing some fresh new members into the fold. It's not a demanding group and only meets when it needs to. For more information go to page 39.
- As per below (and on page 6) a representative from **WAPHA (WA Primary Health)** will be at the CRC on the 1st August to talk about 'My Health Record'. This information session is relevant to anyone with a pulse! It is an ideal opportunity to learn more about the record system that will hold all of your health information online.
- My apologies to everyone who has had to use the seminar room while the split system has been out of action. A new one should be fitted in the near future and everyone will be able to feel their feet on those cold days.

Suzanne Reeves

Canvas Capers

For all of your PVC and canvas requirements.

Specialising in custom made roll tarps.

You can text/email your requirements through....

Bevan Taylor

P: 0427 649 027

E: bevantaylor69@gmail.com

ABN: 90 048 355 279

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

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

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

Media Workshop - Want to write media releases or articles? This would be the workshop for you. Free for anyone who contributes to the Lakes Link. There will be a small charge for anyone else. Tuesday 22nd August.

Planning Your Funeral - Have all of the say in your last hurrah! Find out more about funeral insurance and bonds. Get some of those tricky questions answered. Thursday 30th August, 10am.

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

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

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

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

What's Happening?

- Farewell to Gary and Nola Frost who after 40 years of Lake Grace living have relocated to Perth.
- Congratulations to Lauren and Kevin Caffrey on the arrival of their baby girl; hopefully more information and a photo in the next edition.
- Sympathy to the family and friends of Milton Reynolds who passed away on Monday 16th July. The funeral will be held on Tuesday 24 July, 11am at the Catholic Church.
- Our condolences also to Anna and Michael Naisbitt and family following the passing of Anna's father Gilberto 'Rocchi' Rocchiccioli on the 3rd July.

The LGDHS P&C would like to thank our local community for your generous support with our recent wood raffle.

Thank you!

The winner was Janet Berendse. We raised \$830, this will help our high school students get to Canberra for their school camp next year!

Walker's Hill Vineyard

I recently had the privilege to dine at Walker's Hill Vineyard, with family and friends. The food and service, together with the atmosphere, was both professional and welcoming. Tanya and Jarrad are excellent hosts, being in attendance, but not intruding. Tanya remembered dietary requirements from previous visits and made sure there was plenty of variety on the menu. Music was pleasantly in the background. All was capped off with a roaring fire, on a cold, rainy night.

Annie Slarke

Happy Birthday



20th July	Jonti McKenzie
21st July	Phoebe Robertson (21)
22nd July	Blair Watson
23rd July	Charlie Lay
	Taj Maere
25th July	Ross Bowron
26th July	Kate Zweck
	Mackenzie Palmer
	Annie Argent
	Braxton Roukens
27th July	Bradley Watson
	Max Penny
28th July	Declan Franks
29th July	Irene McGlinn
	Vicki Reynolds
30th July	Amy Carruthers (18)
	Torah Robertson
1st August	All Horses
2nd August	William Morgan
	Andrea McPherson

Anniversaries



30th July

Di & Geoff Desmond

Thank You

A big thank you to all my beautiful family and friends who helped make my 80th birthday such a wonderful celebration. The cards, emails, phone calls, personal wishes and meal sharing all made me feel special, but humble.

Annie Slarke



Keeping Safe With Elders Insurance

Kerry Hitchins

Last Tuesday saw Elders Insurance host a demonstration of the Safe Ag System. Elders Insurance has partnered with Sage Ag Systems to help spread the word about Worksafe's requirements and how to manage your business's processes.

Complying and managing the requirements of Occupational Safety and Health has become a large part of any business. Farming, with its high injury and death rate, is increasingly being targeted by authorities to ensure compliance.

To help farmers meet these regulatory requirements, Safe Ag Systems was developed to provide agribusinesses with farmer friendly online solutions for managing Workplace Safety. The system can be used anywhere on the farm, via smartphone or tablet. The system can be accessed offline, so even if connectivity is poor, inductions, maintenance and hazards records can be completed in the paddock.

Remember, everyone engages 'workers' in their business. WHS legislation does not differentiate between an employee, contractor or a family member working on your farm. If you have a worker coming onto your farm – you hold the

same legal obligations to provide them with a safe work environment and safe systems of work as you would an employee.

Safe Ag Systems have a 7 day free trial available from their website: <https://safeagsystems.com>

If a system is purchased Safe Ag will work with you, at your pace, to set up the system to meet your needs. They issue regular updates and when there is a change in WHS policy, you'll be kept up to date with actions you may need to take.

If you would like some more information on Safe Ag Systems, just pop into the Elders Insurance office for a chat



Narrogin
Cottage Homes



Unit For Sale

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

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

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

My Health Record – Your Health in Your Hands

Media Release

Making notes about medication, trying to remember test results and carrying paper records when visiting healthcare professionals will be simpler with My Health Record.

Having a My Health Record places your health in your hands. My Health Record is a digital summary of your key health information being created for people who choose to have one to improve their healthcare.

It means your important health information such as allergies, immunisations, current conditions and treatments, medicine details, pathology reports or diagnostic imaging reports can be digitally stored in one place. It allows your nominated health care providers access to a summary of your health record when needed.

Real and ongoing benefits from My Health Record will be felt over time as more and more health information is added to a person's My Health Record.

Already 5.8 million Australians have one, and by the end of 2018 a My Health Record will be created for every person with a Medicare card or Department of Veterans' Affairs card, unless they choose not to have one.

How Will My Health Record Help You?

Some of the benefits include convenient access to your healthcare information in one place which can be accessed by doctors, specialists or hospitals that you choose to authorise. It can also be accessed when travelling around Australia.

In a medical emergency and you are unable to communicate, healthcare providers can quickly access health information they need to give you better treatment.

My Health Record can also include an Advanced Care Plan document outlining your wishes in the event you become very ill. This way your authorised healthcare professionals can view the plan and act according to your wishes.

Privacy

The protection of patient information and privacy is critical and there are strong safeguards in place to protect health data in Australia.

Data cannot be used for commercial and non-health-related purposes, including direct marketing to consumers, insurance assessments, and eligibility for welfare benefits.

Insurance companies will not be able to access the data. Strict privacy controls, set by the individual, are a key component of My Health Record. Individuals may set controls on their entire record, with a Record Access Code (RAC), or on particular documents within the record with a Limited Document Access Code (LDAC).

A person can also choose, through their My Health Record settings, to be notified by email or SMS when a healthcare provider organisation accesses their record for the first time.

Security

My Health Record has security controls that protect health records from unauthorised access and guard against cyber-attacks including secure gateways and firewalls, encryption, authentication mechanisms, and malicious content filtering.

The Australian Digital Health Agency's Cyber Security Centre monitors for suspicious activities.

During the opt out period – 16 July to 15 October - individuals who do not want a record will be able to opt out by visiting the [My Health Record website](#) or by calling 1800 723 471 for phone based assistance.

The new records will be activated when an individual login for the first time or when healthcare providers access records in treating their patients. Two years of Medicare and PBS data will be uploaded, unless an individual chooses not to include this information.



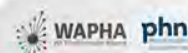
My Health Record - what's in it for you?

Community Information Session

By the end of 2018 very Australian will have a digital My Health Record, unless they actively choose not to. Having a My Health Record means that a summary of a persons important health information like allergies, current conditions and treatments, medication details, pathology reports or diagnostic imaging reports can be digitally and securely stored in one place.

You are invited to attend a FREE information session on My Health Record run by WA Primary Health Alliance on the following date:

When: Wednesday 1st August, 2018
Time: 5:30pm - 6:30pm
Where: Lake Grace CRC
RSVP: Email maya.cherian@wapha.org.au or call 0428 132 486



Farewell to the Frosts

Suzanne Reeves

Last week we waved farewell to the Frost's as Gary and Nola drove off into the sunset to enjoy retirement and cultivate some new adventures in the big smoke.

Gary ventured west from his old stomping ground of Dumbleyung in October 1978 to help set up the local branch of Farmers Centre. At the time he was stepping out with young Dumbleyung lass, Nola Ladyman.

In January of 1979 Nola moved to Lake Grace as a young bride and she and Gary have been a part of the fabric of Lake Grace every since.

While Gary had worked at Farmers Centre for the last 40 years Nola had a variety of employment; initially starting at Westpac Bank before working at the sports store, doctors, health shop, school and of course driving the school bus.

In 1986 the duo became a trio with the arrival of Trent, he was followed by Jessica in 1988 and Braden in 1990. Throughout their time in Lake Grace both Nola and Gary have contributed to the community; sporting clubs, P&C and craft. Both were happy to share their skills and knowledge which made them valuable assets to every organisation they got involved in.

For many years Gary was the resident junior golf coach; teaching the finer skills of the sport to the youth while also keeping his own skills up to scratch. Nola has passed her love of sewing onto some willing learners as she helped out with dressmaking and patchwork classes run by Kerry Hitchins.

So from the community of Lake Grace, arrivederci!!



FYFE TRANSPORT

NEW

Liquid Fertiliser Service

Consider us when ordering
your liquids.

Phone

David 9865 1129

Liam 0417 915 314



Peter Roukens

10th June 1982 - 11th June 2018

An edited eulogy / service as read by civil celebrant Bridget Williams-Stephen.

Good morning everyone... on behalf of Tameka, Brax, Kelsea, and Jordon and John Vicki and Rob'... welcome... we all know why we are gathered here today...we are here to say farewell to Pete, the most loving ...and the most loved man in the worldand more importantly we are here to celebrate his life.

I didn't know Pete but I met and spoke with his family to help me to see him through their eyes ... having spoken to Tam, I understood entirely why they chose not to have a traditional funeral for Pete today and instead hold a private cremation for Pete beforehand. The reasons are simple. Pete always walked tall and proud and he would hate to have to be "carried" in here to the pavilion. Doing it this way means that he arrives here in Lake Grace and he stays here in Lake Grace, with Tameka and the children.

After this ceremony, you are all invited to stay on here to continue sharing stories and memories ...

Pete's unexpected passing will have left such deep feelings of loss and grief amongst you...especially those who were closest to him. This morning is about supporting each other in acknowledging those feelings which may also help in finding some comfort and some peace.

We will make space for all the emotions that cascade over us in this moment ... inevitable sadness but also light heartedness and laughter and that's important! Tameka said that Pete would be so happy if he knew that today people would be smiling.

Talking to Tam, Vicki, John and Rob, I sensed very quickly that if we are to truly pay tribute to Pete, we must steer clear of long drawn out sad speeches if we can... and focus upon the things about Pete that will make us smile and create happy memories... and there are so many of those.

Pete had a unique combination of characteristics and skills. He was a gentle giant who worked hard and lived by strong values of honesty and loyalty and family love. He was very practical and there was nothing he couldn't turn his hand to, and he was also creative and artistic.

Pete was born on 10th June 1982 in Mount Lawley. The first born child of Vicki and John Roukens. It won't surprise you I'm sure to learn that Pete was long and skinny...and a beautiful placid and happy baby... because he pretty much always remained that way!

John and Vicki shared a lovely story about how one morning when he was only 6 weeks old, they woke up after an undisturbed night's sleep, and at a normal time in the morning and heard...nothing! They flew to his cot with that 'what's up urgency' and there he was ... sleeping oh so peacefully! ...He slept through the night from 6 weeks and parents amongst you will know how unusual that is!

Pete's first school was in Bassendean Perth...and that's

about as much as we need to say about school really because it wasn't a highlight for him...Pete thought that school was just somewhere to go between weekends!



In February 1985, baby brother Rob was born. Pete was 2 and three quarter years old at this time, and in preparation for becoming a 'big brother' Pete had had his dummy confiscated... But wait! He could see that this little baby that was now living in their house with them... had his dummy! (of course it was a different one but he was only 2 and three quarters and it looked the same!)

Pete saw this as an opportunity to get his fix of dummy sucking, and used to sneak under Rob's cot blankets head down and bum upgrab the dummy...get his fix...pop it back into Rob's mouth and go back to bed with Vicki and John looking on smiling!

Now that pretty much summed up the relationship between Pete and Rob from then on! ...Pete did things his way and that didn't usually match Rob's way of doing things from breakfast time onwards!

Sport played a big part in Pete's life from a young age... as a child, having joined the cubs, he loved soap box racing with his best mate Kass Paans ...they competed together and their claim to fame was Kass coming first and Pete second in the Australian Soap box championship! Pete loved going fast!

He began playing basketball at 8yrs old - he went on to become a very skilful player and loved it! He was a member of the Great Southern Development Squad and played at the Lake Grace and Newdegate Country week festivals. Pete was also a footballer and was awarded the fairest and best for Railway's club in Albany.

When Pete left school he went to Tec and did aquaculture, he then went to work pruning grape vines in Franklin. He also went to work at the port in Albany... now if this job doesn't epitomise Pete's amazing work ethic his resilience, and his tolerance... nothing does.....his job was to go down into the hull of the fishing trawlers where the temperature was minus 37 degrees... and then lug 20 kg Patagonian tooth fish up onto the deck and the awaiting transport!

In those days he had dreadlocks which would freeze in that temperature and his work mates used to snap them off! Pete's creative spirit took over and he glued them to a portrait he painted of himself at the time!

Pete used to do seasonal harvest work for CBH at Lake Grace, of course they loved him there and at 23 they offered him a full time job and he became a pest

Peter Roukens *(cont.)*

controller for CBH ... otherwise known as "Pesty Pete." His loyal and dedicated brilliance over the years has been rewarded ten-fold by the respect and friendship and high regard he is held in, by his bosses and peers alike. His hard work and dedication to his job is evidenced by the support CBH is giving to his family... and they want you to know how much they appreciate that.

Family meant absolutely everything to Pete. His loving Mum and Dad Vicki and John, and his brother Rob, his aunts, uncles and cousins and his Oma and Opa must be mentioned because they were so very important to Pete during their lives...may they both rest in peace.

There are of course all Tameka's family who played a big part in Pete's life ...Here is what Tameka said about this...

"Pete's first time meeting my family was when we had a dress up party for an 18th. Mum had organised the costumes... we were running late, so it was "Hi Pete nice to meet you .. here's your costume ... you are Bam Bam". (from the Flintstones).. you will see a pic in the slide show it's a ripper..)

"Pete treated my 4 sisters as his own, which was another reason I loved him.

My mum Sandy always held Pete in the highest regard. She said "When she had her 5th child Brittnee, people said .. aren't you sad you haven't had a son? And my mum always said no.. because I have 5 daughters, and one day I will have 5 sons. She knew I could not do better in life than Pete .. he was my man.

"My Dad Dennis, loved to have a beer with Pete and enjoy a bit of man time. Dad treated Pete like a son too.

"My Father Jim, says that I had the best man ever, one in million even though they rarely caught up .. he knew Pete was just such a nice guy and perfect for his only daughter. Jim also commented on how good looking and handsome Pete is .. AND HE SURE WAS !!!!

"Grandparents and cousins all got to know Pete .. as you do .. and like everyone in Pete's life people quickly realised what a great guy he was and how dedicated he was to me and the children and they loved him as part of our family."

It was in 2005 that Pete and Tameka first crossed paths, here in Lake Grace. They say best friends know you better than you know yourself ...well, the next time they met was when Tam's best friend Karissa set them up to meet at the Kulin Bush Races....their relationship blossomed and they fell in love and married in 2010. Their wedding car was Pete's first ever car bought when he was 17...his '73 Kingswood.

Then Pete and Tameka went on to have the 3 lovelies here in the front row... Brax was born first and he will be 5 in July, then Kelsea who was 3 in March... and then came the baby of the family Jordon who will be 2 in October...

Let's stop there for a moment and focus on these three...there is a lot of love in this family... Pete was the best dadand love doesn't stop because we do ...

love is endless and it is important that the children continue to hear and feel that here...we want them to have happy memories of today ...

We are coming to the end of this part of the celebration of Pete's life.

Everyone will always wish that Pete had stayed much longer with us and that he had not left so soon. We will always remember him and all that he has given to us in his life and we will value who he was for us. He will always be with you... be in your hearts.

Pete's gift to the world is undoubtedly his loving family, they are his legacy, and it's at times like these that we appreciate the wisdom and innocence of children...and when Brax saw that his mum was sad he didn't want her to be sad and he said " Mummy.. Daddy wouldn't want you to have sad eyes, Pappy has sad eyes and Daddy wouldn't want that".

We are going to have some quiet time now, while we listen to some music and everyone has an opportunity to spend a few minutes with your own special thoughts and memories of Pete.

Some of you may wish to use this time for your own private prayer, or to share a silent word of unfinished conversation...

On behalf of Tameka John Vicki and Rob, thank you all for being here.

McKenzie Rural Contracting

Specialists in;

- * Rural fencing
- * Sheep & Cattle yard construction
- * Neeta Screen
- * Security Fencing
- * Small Excavator Hire
- * Insurance Claims

Servicing Lake Grace & surrounding areas

WE TRAVEL ANYWHERE !

Free measure & quote

For all enquiries please contact us

Jeff : 0458 693 014

Symone : 0437 430 093

Email : jmckenzie80@bigpond.com

Find us on Facebook to see our work

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

KUKERIN SHADE SHEDS



- Shade sheds for vehicles, caravans, boats etc.
- Shade stables for horses
- Dangerous goods storage sheds
- Chemical sheds
- Quickshade and Canvacon products

www.shadesheds.com.au

Contact Damion & Susi Leo on
0427 646 043 for more information.



Lake Grace Weather



Date	Min	Max	Rain
4/7	7.1	14.9	
5/7	5.2	13.1	
6/7	2.4	15.7	
7/7	7.4	15.2	
8/7	5.3	16.2	
9/7	3.0	18.4	
10/7	2.1	19.9	
11/7	7.0	20.3	
12/7	7.2	18.5	
13/7	9.2	16.7	0.8
14/7	5.0	15.9	
15/7	5.4	16.0	
16/7	8.3	17.1	
17/7	4.2		

What's Happening at the Pingrup CRC...

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

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

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

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

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

First Aid Kits

Are now available for purchase at
CCL Hardware Lake Grace.

CWA Bookings

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

What's Happening at the Newdegate CRC...

MoveSmart - Every Thursday at 9am.

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

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

For more information please call 9871 1791

Greetings from Elsie Griffin

Christine Griffin

Elsie left Lake Grace unexpectedly in January and didn't get a chance to say goodbye to her many friends.

While she misses Lake Grace and her friends, she is now settled at Banksia Park in Calista and involved in the many activities and making new friends and getting lots of visits from her family who are all much closer to her new home.

She is in touch via Facebook so if anyone wants to send her a friend request, she would love to hear from you.

Her new address is Banksia Park, 20 Bright Rd, Calista 6167.

Hopefully she will get back for a visit in the future.

This photo is taken on "grandchildren day" at Banksia Park. Elsie had one grandchild, five great grandchildren and two great great grandchildren attend.



Introducing the new face of Summit in your local area.



Mark Stephens

0427 766 517

mstephens@summitfertz.com.au

Mark has worked in the agricultural industry for over 20 years and has great understanding of local farming practices.

Talk to Mark about your fertilizer requirements.

SUMMIT 
QUALITY TECHNICAL SERVICES

Dumpleyung
Kent
Lake Grace
Wagin

www.summitfertz.com.au

MAPSZO

**MAXam
FLO**

MIGOUR

**SUMMIT
FERTILIZERS**



Exciting Job Opportunity

Final Trim Grader Operator Full Time

76 hours worked over a 9 day fortnight

Subsidized staff housing is available

The Shire of Lake Grace is seeking an experienced and reliable Final Trim Grader Operator to join our Infrastructure Team

The Final Trim Grader Operator will be responsible for construction and maintenance activities, associated with the Shire's road network.

As the successful candidate, you must be able to demonstrate previous experience in final trim grading and the ability to operate graders to a high complexity. You must be able to understand and implement quality control techniques. You will have the ability to read and understand plans and instructions, with the capability of directing and coordinating the standard of production and quality of other operators, on multiple types of machines. You will hold a Traffic Management Accreditation and Valid White Card.

For further information and to obtain an application package please contact:

Cheryl Cavanagh, Executive Assistant

on 08 9890 2500 or email shire@lakegrace.wa.gov.au.

Applications to be marked 'Confidential' and addressed to:

Chief Executive Officer

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

Applications for the position close 4.00pm on Friday 20 July 2018

The Shire of Lake Grace is an equal opportunity employer

Looking After Yourself

May Griffiths - AOD Counsellor, Holyoake

Life needs balance; this is the lesson I learnt, when caring for a loved one who had an addiction. By looking after ourselves we “don’t fall apart at the seams.” When we look after ourselves, we can continue to care for the one we love.

Loving another who has an addiction takes much of our emotional and physical energy. The art of balancing life is what you do and what you want to do sorted into priorities. Simply; life revolves around work, rest and play. When we balance work, rest and play in our lives, we are taking the best care of ourselves possible. But, life is not always this simple. Circumstances beyond our control will prevent us from taking time out for rest and play. When we are in the midst of caring for our loved one we will often not realise that we have forgotten to take some time to care for ourselves.

Work needs to remain in its proper place; work is not only being employed. Work includes volunteering, working on the family farm, being a stay at home mum, household chores, caring for a family member. All these fall under the heading of “work” and it requires time and energy from us. It is also the biggest chunk of our waking hours in the day, if we are not careful all of our waking hours can be spent on “work”. To be at our best we need to balance work with rest and play, sometimes both of these can be put aside for various reasons.

Play is anything that energises us. Gardening does this for me, but you might consider gardening work. I’m not a sporting person, maybe you are and this energises you. If it is then find a sport you enjoy or join a team – or join the gym if that is what you love to do. Play should include some form of physical activity, as much as we can. Play takes up the smallest chunk of our waking hours, but has the most physical benefit to our bodies.

Rest can include a lot of different things; rest rejuvenates us, so that we can be at our best emotionally. What can you do for you?

- Take time out for yourself; this can include joining a community group (local papers have lists of groups that meet in your area). Visit local craft/sewing shop or church they will often run groups. The most important thing I found in my personal experience was not to break connections with the community you belong to.
- Going for a walk: while walking reflect on what you see, hear, feel, and smell so your mind is not concentrating on the problems associated with the addiction.
- Have a “cuppa” with a friend – regularly
- Reading a book in a quiet and tranquil spot.
- Watching TV and/or playing games on electronic devices are good for chilling out, they are useful for short periods of time, but shouldn’t make up the bulk of your rest time, as these activities don’t rejuvenate us.

- Have a “date night” (or afternoon), if you live with your partner or significant other, this time provides a special place that both of you can connect and build each other up. (if the partner/significant other has the addiction then you need to set up boundaries while on the “date”)
- Sleep is an essential part of our rest. Our bodies need on average 8 hours of restful sleep. Restful sleep relies on a good pre-bedtime routine. Switching off your T.V. is important as research shows that the light emitted from electronic devices in the last 10-15 minutes before retiring to bed hinders a restful sleep. Your routine can include shutting the home up for the night, turning off lights, personal hygiene, setting the alarm, then retiring to bed. By following a routine your body adjusts and follows the routine leading to restful sleep. (If you suffer from continued sleep disturbances please seek professional help)

Another area that is often ignored when we are caring for another is our diet. This article doesn’t have the scope to address everything diet, but what I will encourage is this, as much as possible don’t consume “fast or convenience” foods on a regular basis. Our diets also need to be balanced with proteins, carbohydrates (fruit, vegetables & grains), and healthy fats (e.g.: olives, olive oil, and avocado, fatty fish like salmon). A balanced diet enables us to work, rest and play.

This list of caring for ourselves is not exhaustive there are many things that can be done that is right for you. Seeking professional help is quite possibly the hardest thing to do for many of us. Speaking of what is not right in our lives is hard and takes courage. Counselling gives us an advocate who sits with us in a safe environment, where we can offload all our problems in a confidential space. Counselling can assist us to care for ourselves by offering non-judgemental options that we may not have thought of. They will journey with us for as long as we need them.

If the one you love has an addiction and you need help to take better care of yourself, please contact a counsellor at Holyoake – Wheatbelt Community Alcohol & Other Drug Services – 9881 1999.

For further information <https://www.thinkmentalhealthwa.com.au/about-mental-health-wellbeing/ways-to-look-after-your-mental-health/>

Upgrade to the Amelup Curves Complete

Media Release - Rick Wilson

Road safety upgrades to improve heavy vehicle operations on Albany Lake Grace Road (Chester Pass Road) at Amelup Curves – in Western Australia's Great Southern region are now complete, ensuring freight movements are safer and more efficient.

Deputy Prime Minister and Minister for Infrastructure and Transport Michael McCormack said the popular tourist road was on a major freight route and had seen a number of incidents in recent years, including heavy vehicle roll-overs.

"Around Australia, the Liberal and Nationals' Government is investing in road projects to ensure people can get home sooner and safer, as well as boosting productivity, especially in the regions," Mr McCormack said.

"Chester Pass Road is a key transport corridor linking Albany to the Southern Wheatbelt, so these upgrades will significantly increase road safety for heavy vehicle operators - as well as for locals and tourists travelling to the Stirling and Porongorup Range."

Western Australian Minister for Transport Rita Saffioti said the construction of two new bridges would increase

efficiency for freight operators as well as greatly improve safety for all road users.

"Two new bridges were constructed over Martaquin Creek and Ongerup Creek to help mitigate the effects of flooding, which had been causing significant disruption to freight operations," Ms Saffioti said.

Member for O'Connor Rick Wilson said the upgrade included widening and realigning four kilometres of road and improving drainage for two intersections between North Stirling Road and Smith Road.

"I believe many road users will be thrilled to see these vital upgrades now complete and I thank local residents for their patience and cooperation during this time," Mr Wilson said.

The \$11 million project was jointly-funded, with the Australian Government providing \$8.8 million and the Western Australian Government providing \$2.2 million as part of the \$55.25 million Western Australia Regional Road Safety Package.

lake grace engineering

***Hydraulic Hose Crimping & Fittings**

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

*General Steel Repairs & Fabrication

*Stainless Steel Fabrication

*Insurance Work

*Aluminium Fabrication including boat repairs, boat trailers, canopies & toolboxes

*Sandblasting & Spray Painting

*Transport Equipment Fabrication & Repairs

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

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

Email: adminlge@bigpond.com

Lion's Change-Over

Neville Moulden

The Lions Club of Lake Grace has had another busy fortnight with the annual change-over to the new Lions year and induction of a new member into our Club.

This all took place at the Lake Grace Hotel on the evening of Saturday 30th of June 2018 when 24 Lions members, partners and invited guests filled the dining room for a meal followed by the brief ceremonies to complete the formalities of the evening. President Shashi Holla welcomed all to the function and then handed over to the outgoing Zone Chairman Haydn McInnis who completed his three year term in office and his last official duties being to induct our new member and swear in the new committee.

We have been very fortunate to attract a young and enthusiastic member, in the new manager for Lake Grace Farmers Centre, Malcolm Harwood to join our Club. We look forward to having Malcolm and wife Kiri with their family in our midst and hope they enjoy their time in the Lake Grace community.

As there were no changes to office bearers for the upcoming year the change-over was kept short and sweet which allowed President Shashi to close the meeting by 9.00pm and wish all those who had travelled to attend a safe journey home.

Below: New Lions member Malcolm Harwood with Neville Moulden.



Above: Lions members and their partners at the Changeover dinner.

Lake Grace Transport

Twice weekly freight service to and from Perth

- ♦ Secure depot in Perth to drop freight off. Depot is C/O BW James, 19-21 Hodgson Way, Kewdale.
- ♦ For all your wool and general freight
- ♦ Forklift to load wool on farm
- ♦ Accreditation to load at Midland Brick
- ♦ We also cart bulk grain, fertilizer, lime, gypsum and firewood

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

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



Protect Yourself From Scams

Media Release - NBN

NBN Co is alerting the community to be aware of scammers asking for personal information and financial details.

Scammers are increasingly taking the opportunity to impersonate NBN Co and take advantage of consumers, including those living in retirement villages.

NBN Co Chief Security Officer, Darren Kane said:

"It is important to be aware that NBN Co will never make unsolicited calls or door knock to sell broadband services. NBN Co may make calls to individuals registered on our Medical Alarm or Fire and Lift registers but will never request payment or bank account details during these calls.

NBN Co also does not request payment in relation to matters relating to medical alarms.

"NBN Co is the company building and operating Australia's wholesale broadband network, and as a wholesale-only company we do not sell broadband packages directly to consumers. There are times when NBN Co may contact you directly as part of the network rollout, but never to request payment for services over the **nbn**™ network.

"Protect your personal information by being on guard, verify who are you are talking to and do not give your personal details or bank account details to an unsolicited caller."

NBN Co advises the following steps be taken to help protect yourself from scammers:

- Do not share your bank or personal details with an unsolicited caller or with those who door knock claiming to be from NBN Co and trying to sell you an **nbn**™ service or seek payment for related services;
- If you think you have been a victim immediately report the scam to your bank or financial institution, and the police;
- If you have any questions about how these types of scams relate to you or would like further assistance please contact IDCARE on 1300 432 273; and to protect others, report scams to the ACCC via the [SCAMwatch report scam page](http://www.scamwatch.gov.au/report-a-scam) (www.scamwatch.gov.au/report-a-scam) or by calling 1300 795 995.

Have you told anyone about your funeral wishes yet?



To discuss pre-arranging your funeral or to make an appointment, call the friendly team at Dawsons. If you are unable to come into the Narrogin office, we are more than happy to come to you.

We are also your local Monumental Agents

New Work, Granite & Marble, Repairs & Restorations, Bronze & Engraved Plaques

120 Federal Street, Narrogin, 6312
Phone: (08) 9881 1161 • Fax: (08) 9881 3644
Email: support@dawsonsfuneral.com.au
Web: www.dawsonsfuneral.com.au



DAWSONS
FUNERAL HOME



POLICE NEWS

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

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

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

G'day all,

This newsletter's theme will be mostly around public safety and the reason I have chosen to write about this is because there has been little in the way of crime and disorder in recent weeks – you should all be pleased to hear!

In small towns such as ours an incident of any kind is amplified by the compact nature of our communities. A burn out in the street is far more commonplace in a place like Midland than it is in Varley or Pingrup, but when they do happen we all get to hear about it in one way or another. In Midland and other highly urbanised areas they'd happen most days of the week. It's just that people that live there are almost used to it.

Now, my job isn't really to update you every time a crime occurs in one of our towns, however it is my job to keep you all safe which is why I do write about incidents that may be of public interest or of a significant arrest. So, from a local perspective some of you may hold the view that Lake Grace is under siege from drug addled burglars and that practically everyone under 60 has a weed habit to rival Snoopy Dog.

Western Australia Police now has local crime statistics on a page that all of you can view and see how safe (or not) your suburb is.

The address is:-

<https://www.police.wa.gov.au/Crime/CrimeStatistics#/>

It makes for interesting reading and will surprise and reassure you at the same time I hope. Lake Grace had a total of 9 offences reported to Police last year, Newdegate had 6 reported crimes in the same period. This obviously doesn't take into account unreported matters (for which there is clearly no data) and overall perceptions around community safety. But looking at comparable towns nearby you'll see that we have significantly lower crime than Ravensthorpe or Gnowangerup. It isn't down to me alone, as you'll see that historically Lake Grace and Newdegate are safe places to live. And long may that continue.

That said we still need your support and information and we appreciate the calls that we do get – and we try and act on them as best we can.

With the end of the winter sports season in sight we will be upping the number of afternoon patrols we conduct and be out breath testing as much as we can. Drug testing is being rolled out to smaller sub districts and we will soon have the equipment to perform drug testing on the side of the road.

We had our "Cuppa with a Coppa" at the Newdegate CRC today and took away some feedback on how we can do better. Thanks to those that took the time to drop by and also thanks to Clare and Hope for organising the CRC venue. We will make it a regular thing and hopefully do one again in the coming spring.

As always we can be contacted at the station on **9890 2000** and in the case of an emergency dial **000** as per normal. If you get Albany Station a message can be left for us with them – please be patient!

Till next time

Sergeant David Ellis

Lake Grace Freight Depot

We are agents for:



Toll Ipec



Startrack



Kalexpress / Quality



Freightlines Group
(Esperance)



Stirling Freight

Depot open:

7am - 11am and 3pm - 6pm weekdays
7am - 10am Saturdays
Closed public holidays

Any enquiries contact:

Rex - 0429 649 021
Tracy - 0447 759 246
rexwalker70@gmail.com

Free Mammograms For LAKE GRACE Women

Media Release

If you are a woman aged 40 or over you can access the FREE screening mammography service in Lake Grace. **BreastScreen WA's mobile service will be located at Lake Grace Shire Hall, Bennet Street from 14/08/2018 to 21/08/2018.**

Breast cancer is the most common life threatening cancer for women and one in eight women in Australia will develop breast cancer in their lifetime.

Having a screening mammogram (breast x-ray) every two years significantly increases the chance of a woman surviving breast cancer and reduces the amount of treatment required. More than 75% of breast cancers occur in women over the age of 50. Research shows that screening is most effective for this age group.

BreastScreen WA's Medical Director Dr Elizabeth Wylie, said screening mammography was the most effective method for early detection of breast cancer.

"Screening every two years is vitally important to increase the chance of a breast cancer being detected when it is too small to feel or be noticed. Finding a cancer at this early stage often means that the breast cancer is small and more treatable".

"A free screening mammogram is one of the best things that women can do to look after their health. Breast screening saves lives and only takes 20 minutes," said Dr Wylie.

Screening mammograms may detect 70-90% of breast cancers.

Any woman with a persistent change in a breast should see her doctor immediately.

The mobile service will then be moving to Dumbleyung and Wagin.

BreastScreen WA encourages women to make an informed decision about having a mammogram. For more information please visit the BreastScreen WA website www.breastscreen.health.wa.gov.au

To make your free screening mammogram appointment – book online www.breastscreen.health.wa.gov.au or call 13 20 50.

Early detection is your best protection.

CCL Hardware

8 Stubbs Street
Lake Grace WA 6353
PHONE: 9865 1104



GO WHERE THE TRADIES GO

The proper hardware store

Opening Hours

Monday - Friday: 7:30am - 5:30pm

Saturday & Sunday: 8:30am - 11:30am

Local Stockists of:

- ☐ Kleenheat Gas
- ☐ Nursery supplies & plants
- ☐ Bulk soils & mulches
- ☐ Tools, hardware, steel & timber



LAKE GRACE HEALTH SERVICE



providing 24 hour Emergency Health Care Services
and Community Care Services to Lake Grace and the surrounding district

Telephone: **9890 2222** Fax: **9890 2202**

HACC & MPS Activity Programs

SwimAbility

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

Chair Aerobics

Every Tuesday
10.30am
Lakes Village Hall

4th Friday Activity Day

Friday 28th July 2018

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



Government of Western Australia
North Metropolitan Health Service



Women 50 years or over,
have a **FREE** breast screening
mammogram every two years.
Once is not enough.



The BreastScreen WA mobile service will be at:

Lake Grace Shire Hall

Bennett Street

from 14 - 21 August 2018

Dates are approximate and may be subject to change.

For an appointment
book **online** or phone **13 20 50**



www.breastscreen.health.wa.gov.au

CRUTCHES

**Do you have crutches at home
that you no longer require?**
**Please bring them back to
the hospital a.s.a.p.**
(our stocks are getting low!)

Child Health Clinic



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

Getting To Know...

By Rosie Timperley

1. **Name:** Jason Lip
2. **Occupation:** Technical Officer for the Shire of Lake Grace
3. **How did you come to live in Lake Grace?** I moved out here after being accepted for my current position, all the way from Perth. (As an aside, I had never driven more than 100 km in a single day while living in Perth but the 800km round trip for the interview was terrifying)
4. **What do you like about your job?** The variety of my work. I have a hand in almost every area of Shire work (mostly backend stuff but sometimes customer requests too) besides the deeper finance stuff. Very rarely are there days that are the same, work-wise.
5. **Which actor would play you in a movie?** Larry David. He's the only awkward weirdo who can truly capture me.



6. **If you could only keep one album, which one would it be?** I'm not generally into music, but it would have to be the original soundtrack to an old game called Touhou Koumakan: Embodiment of Scarlet Devil. The soundtrack is done completely with synth instruments in midi format, so the quality isn't exactly the best and it sounds quite different from the real instruments it is emulating, but the composition is amazing and it crosses more than a few styles of music. More importantly it helped me out of a bit of a dark period so despite being a great soundtrack it holds deep personal meaning to me. As a distant followup, I would like to keep Mouth Moods by Niel Cicierega. It has a great comedic narrative arc when listening to the album from the beginning, and it just gets funnier with repeated listens.
7. **Where would a dream holiday destination be for you?** Not a holiday per se, but I would like to take a trip into space and experience zero gravity. Having to throw yourself through the air to get anywhere would be really fun I bet.
8. **What is something that annoys you?** When something breaks and I can't find out why. The most frustrated times I've been in the past decade have all been related to my computer not working.
9. **What is one of your hobbies?** The main one would be video games, though it goes a lot further than just playing them. I follow the industry itself, look through sales data, discuss game design and analyze writing/dialogue/localization, watch conferences and read up on the history of the industry as well. The other hobby is sleeping in.
10. **If you won \$10 million in charity and chose to give some to charity, which one would you choose and why?** Médecins Sans Frontières, or Doctors Without Borders. I believe it is extremely important to provide medical care to areas without any, are lacking sufficient infrastructure or require extra capacity temporarily due to disasters. Medical aid should be a basic human right and MSF provides that in the places where it is most needed, in circumstances often dangerous.

OBORNE CONCRETE



Chemical Sheds * Boomspray Pads
House Pads * Silo Pads * Driveways
Super Sheds * Workshops

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

Small and Large Loads
Grant Osborne - Lake Grace

Mobile: 0427 651 367
osborne.concrete@gmail.com
facebook = Osborne Concrete

Shire of Lake Grace

Community News



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

Email: shire@lakegrace.wa.gov.au

*CEO's Corner***Flooding Event**

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

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

As at 30 June 2018, the Shire has spent \$5,121,728 on repair works to reinstate the road network as a result of February 2017 Flood Event. This figure doesn't include work undertaken throughout June. As a result of the WANDRRA claim, \$153,400 is the minimum contribution our local government has had to make towards the repair works. On top of that figure we also spent \$78,578 using our own works crew, these funds are not eligible to be refunded.

Currently Main Roads WA has reimbursed the Shire \$3,133,395 to June 30. We have Claim 6 with Main Roads totaling \$911,450 awaiting approval with Claim 7 being \$844,904 being prepared for submission to Main Roads.

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

2018 WA Local Government Convention

The 2018 WA Local Government Convention is due to take place at the Perth Exhibition and Convention Centre, on 1 – 3 August 2018. The Local Government Convention brings together local governments from all over WA and is an important event on the Local Government calendar. Deputy Shire president Cr Steve Hunt, Cr Deb Clarke, Cr Roz Lloyd, Cr Peter Stoffberg and I will all be attending this event.

The theme for this year's convention is 'Ready and Relevant' and has been designed to encourage us to reflect on where we are as a sector, and to plan for the challenges ahead. With a host of exciting guest speakers, including Anh Do, Dr Geoff Raby, Mark McCrindle and Billie Jordan, we are all very much looking forward to this event.

**Banners in the Terrace**

Held each year alongside the annual Local Government

Continued over ...

Shire of Lake Grace Community News *Cont.*

CEO Corner *Cont.*

Convention, the Banners in the Terrace Competition highlight the variety of landscapes, lifestyles and communities that exist across WA.

Local Governments were able to submit an entry in five different categories covering schools, community groups, creative artists and professional or digital, with the banners on display along St Georges' and Adelaide Terraces thanks to Convention Supporter the City of Perth.

This year our banner was designed by Newdegate Country Women's Association and it will be on display from Sunday 22 July – Saturday 28 July 2018.

2018 Regional Telecommunications Review

The Regional Telecommunications Independent Review Committee will conduct reviews into the adequacy of telecommunications services in regional, rural and remote parts of Australia. The Committee (RTIRC) is established approximately every three years by Part 9B of the *Telecommunications (Consumer Protection and Service Standards) Act 1999*.

As part of the review, the committee will consider:

- How regional communities can maximise the economic benefits of digital technologies
- How regional Australians use their broadband service and how they could achieve further benefits from it
- The outcomes achieved through the Mobile Black Spot Program, and
- Remaining gaps in mobile coverage in regional Australia.

Submissions are due by Sunday, 5 August. They can be made by post to
2018 Regional Telecommunications Review Secretariat
Department of Communications and the Arts
GPO Box 2154
CANBERRA ACT 2601

You can also have your say online through the following webpage <https://www.communications.gov.au/have-your-say/2018-regional-telecommunications-review>

Road Works

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

- Lake Grace Plant Repairs
- Relocating stockpiled blue metal from Magenta Road to Biddy Camm Road and from Holt Rock South Road to Biddy Camm Road, and retrieving signs
- Lake Grace Rural Signs and Guideposts
- Lake Grace Tip – fill from Carruthers Pit to Tip
- Newdegate Drainage – fixing of failed culvert on North Newdegate Road

Lake Grace Maintenance Grader has carried out the following work:

- West Kuender Road
- O'Neill Road
- Naisbitt Road
- Treloar Road
- Griffin Reward Road
- Road inspections carried out as a result of recent rain

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

- Biddy Camm Road
- Hewsons Road

The Newdegate Maintenance Grader has carried out work on:

- Newdegate North Road
- Witham Road

Parks and Gardens

The Town Maintenance Crew has carried out the following work:

- Lake Grace Town Street Maintenance – checking of town site, clearing of drain grates, whipper snipping, removal of trees and branches, slashing of open areas, spraying of lane ways and industrial area, hedging and pruning of trees
- Lake Grace Recreation Ground Maintenance – marking of football oval, weeding and sanding around ovals, and mowing of ovals
- 3 Clark Avenue, Lake Grace – garden clean up
- Lake Grace Hall – checking of retic and general garden maintenance
- Lake Grace Cemetery – clean up and spraying
- Shire Administration Building – clean up and mowing of lawns
- 6 Banksia Place, Lake Grace – mowing of lawns
- Small plant repairs
- Depot operating and repairs – clean-up of dog pound
- Lake Grace Tip – works request to replace bins
- Lake Grace Airstrip – spraying
- Lake Grace Visitor Centre – general garden maintenance and hedging
- Newdegate Hall – general garden and retic maintenance

Building & Maintenance

The Building and Maintenance Team have carried out the following work:

- 6 Banksia Place, Lake Grace – internal painting completed
- Shire buildings and house – cleaning and servicing of air conditioners
- Newdegate Lesser Hall – lifting of paving to add extra storm water pipe to relieve water problem prior to the repair of the hall floor and reinstate paving

Denise Gobbart
Chief Executive Officer

Shire of Lake Grace Community News *Cont.*

Ordinary Council Meeting

The next Ordinary Council Meeting will be held:

Date: Wednesday 25 July 2018

Time: 3:00 pm

Location: Council Chambers

1 Bishop St Lake Grace

Members of the public welcome

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

Hirer Responsibility when using Shire Public Buildings

All people, groups, sporting clubs who hire public buildings are responsible for the cleaning of the facility once used.

If tables and chairs are set up by the group they must also be packed away. All rubbish is to be put into bins provided. Hirers are responsible to ensure all stoves are turned off. Hirers are responsible for any damages incurred while hiring facility.

Shire employed cleaners are responsible for the general cleaning of a facility, they are not responsible for cleaning up and putting away tables and chairs after a function by a hirer.

Affiliation fees are set up to help cover some of the costs in maintaining the buildings for the hirers use which includes but not limited to; general cleaning, water and electricity usage.

Cat Trap Hire

If you are being kept awake at night by singing cats or ones that are fighting please be aware that the Shire has a cat trap available for hire, \$50 bond which will be returned to you upon the return of the cat trap.



Power Outages

Customers affected by power outages lasting 12 continuous hours or more, may be eligible for an \$80 service standard payment.

To find out if you are eligible go to: <https://westernpower.com.au/power-outages/make-a-claim/>



Check out our website www.lakegrace.wa.gov.au

State Library Online

Did you know that library members have access to a state-wide collection of eBooks, eAudio, eMagazines and video streaming, all for free?

By signing in with their library card, members can enjoy BorrowBox and OverDrive for a wide selection of bestselling eAudiobooks and eBooks, while RB Digital offers current and back issues of popular eMagazines. Kanopy delivers one of the largest collections of indie films, classic cinema, festival and educational documentaries right to your device or compatible TV!

Please visit the Shire website in the library tag at www.lakegrace.wa.gov.au for more details on how to access and enjoy these free resources.

Pension and Senior Card Advice

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

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

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

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

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

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

Shire of Lake Grace Community News *Cont.*

Office Opening Hours

Monday - Tuesday - Wednesday - Friday

8.30am - 4.30pm

Thursday 8.30am- 4.00pm

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

Transport & Licensing

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

Monday, Tuesday and Wednesday 8.30am - 4.15pm

Thursday and Friday 8.30am - 4.00pm

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

Please ensure you arrive at the counter with sufficient time for your transaction to be completed by closing time, this is because it is necessary for staff to reconcile Department of Transport transactions each day.

Please keep in mind that farm equipment and Learners Permit transactions can take up to 45 minutes or more.

Driving Assessor

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

Friday - 3 August 2018

Friday - 7 September 2018

Bookings are essential for all Practical Driver's Licence Assessments and we advise that there is a waiting list, so booking in advance is highly recommended.

Lake Grace has one assessment day each month held on the first Friday of the month.

For more information visit www.transport.wa.gov.au.

Building Surveyor

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

Tuesday 21 August 2018

Tuesday 4 September 2018

For an appointment contact Josiah on 0438 811 944.

Environmental Health Officer

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

Tip Open Hours

Lake Grace

Monday & Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm

Saturday 9am - 1pm

Lake King & Varley

Open Every Day

Waste & Recycle Pickup

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

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

Lake Grace	Newdegate
23 July	30 July
6 August	13 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.

Office Opening Hours

Lake Grace Public Library School Place Absolon St

Monday - Thursday 9am - 5pm

Closed for lunch 12.30 - 1pm

School Holidays

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

Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm

Closed for lunch 12noon - 1pm

Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd

Tuesday and Thursday 8.30am - 3.30pm

Everyone welcome



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



SHOWS ON THE GO VOTED

COUNTRY ARTS WA & ACT-BELONG-COMMIT PRESENT

A boy named ★
CASH
 ★ JOHNNY CASH TRIBUTE SHOW ★

starring
Monty Cotton

Country Dress Themed

WED 15 AUGUST, 7.30PM
 LAKE GRACE SHIRE HALL

BAR AVAILABLE
 Bring Your Own Nibbles

Bookings: Shire of Lake Grace ☎ 08 9890 2500,
 or Lake Grace Post Office ☎ 08 9865 1047

LOCALLY PRESENTED BY LAKE GRACE ARTIST GROUP & SHIRE OF LAKE GRACE

Adult: \$30 | Concession: \$15 | Youth (15+): \$15 | Family (2x2): \$60 | Tables of 6: \$150 (Extras \$25 each)

Recommended for audiences aged 15+

Followed by Local Musicians

AS SEEN ON THE VOICE!



Department of
Local Government, Sport
and Cultural Industries



COUNTRY
ARTS WA



GWN7

jAlly



Introducing the Bilya Koort Boodja

Media Release

Centre for Nyoongar Culture & Environmental Knowledge

The Bilya Koort Boodja Centre for Nyoongar Culture and Environmental Knowledge will officially be opened in Northam on Saturday, 11 August 2018 with a cultural celebration to mark the beginning of a premier destination for people seeking the ultimate Aboriginal cultural experience.

Chief Executive Officer Jason Whiteaker said "We see this facility as a cornerstone attraction for the region, a must see for people travelling into the area and a draw card for visitors from the metropolitan area".

Engagement with the local aboriginal community was an important focus of the Council to ensure that they have the opportunity to drive the stories which will be told in the Interpretive Centre. This project provides an opportunity to better reflect the Aboriginal culture in the region and will encourage an understanding of how to better develop our local environment.

Chief Executive Officer Jason Whiteaker said "It was our intention to officially open the Centre in July however with the interactive experiences of the Centre being a major feature, a decision was made to postpone

the opening to ensure that all technical components were correctly installed and operational so that the quality of the Centre was not compromised."

The cultural celebration will provide the community with an opportunity to engage in some cultural activities that will appeal to everyone, and it will officially mark the opening of the Centre.

Further information about the Bilya Koort Boodja Centre is available from the website www.bilyakoortboodja.com.

LCDC Meeting
Wednesday 8th August
10am
@ the Lake Grace CRC
All welcome!!

STEVE & KIM CRUTCHING AND DIPPING Lake Grace

Always looking for more work for our
3 stand crutching Cradle.

Fully staffed by experienced crutchers, wool
handler and stockman. Contract rates, quick and
efficient with our modern equipment.

We have room available for bookings in our
winter/spring program during July and August.

Any queries on Plunge Dipping are welcome.
Book in.

Contact Steve 0428 651 053
or
Overseer Lomas 0458 729 738

MOBILE MECHANICAL SERVICES

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

What we Do:

Car Servicing and Repairs
4WD Servicing and Repairs
Truck Servicing and Repairs
Small Motor Servicing and Repairs (eg Chainsaws, Generators)
Windscreen Replacements (Truck, 4WD and Car)
Licence Inspections
New Car Tyres (Goodyear, Dunlop, Maxxis etc)
Agricultural Tyres (Seeding Tyres)
4WD Tyres and Truck Tyres
Computerised Wheel Alignments
Air Conditioning (Regasing only)

What we Sell:

New and Second Hand Tyres (Agricultural, Truck, 4wd and Car)
AC Delco Batteries
V-Belts
Filters
Bearings
Radiator Hose
Oils
Chainsaw Sharpeners
Blue Steel Boots
Car Accessories
Call Krissy now on 98651291 or Paul on 0437 204 909 to see how we can assist you!

Leukaemia Foundation officially launches new home base in WA

Media Release

Australians diagnosed with a blood cancer such as leukaemia, lymphoma or myeloma, will now be able to stay at the Leukaemia Foundation's brand new purpose-designed self-contained accommodation units located in Stirling Cross, close to Perth treatment centres and Leukaemia Foundation services.

It's the first time all of the Leukaemia Foundation's essential services will be based in one central location in the organisation's 25 year history in Western Australia. In the past ten years alone, the Leukaemia Foundation in Western Australia has provided more than 27,000 free nights of accommodation, as well as more than 12,500 trips through its patient transport service. There are ten fully equipped one and two bedroom apartments as part of the new Stirling Cross facilities which will now provide families from regional Western Australia and other states with vital accommodation when they are forced to relocate to Perth for life saving, blood cancer treatment.

Leukaemia Foundation CEO Bill Petch said the new units represents a significant milestone for the Leukaemia Foundation supporting West Australians living with blood cancer.

"For the majority of people living in rural and regional areas of Western Australia, a blood cancer diagnosis

means they have to move immediately to Perth and begin treatment; for many, within 24 hours of diagnosis," Mr Petch said.

"To relieve this stress and financial burden, the Leukaemia Foundation offers free accommodation to these people and their families while they are undergoing treatment in Perth.

"With the co-location of accommodation with our blood cancer support services and administration office, we will be close at hand in a brand new, safe and secure 'home away from home', with incredible amenities and, importantly, all major treatment hospitals accessible within 25 minutes of the complex," Mr Petch said.

The Leukaemia Foundation will lease 10 apartments for accommodation after the generous support of former West Australian and Businessman of the Year Adrian Fini. The services include a ground-floor commercial space where the fit out and furnishings were supported through a personal donation by Mr Fini and his wife Michaela as well as funding from the Western Australian Government through Lotterywest.

"This is an exciting outcome for the Leukaemia Foundation and will help ensure people living with blood cancer in Western Australia are able to access high-standard accommodation options," Mr Petch said

"The Leukaemia Foundation receives no direct or recurrent government funding, so we are very mindful of how we spend the money we raise. This is a cost-effective accommodation solution allowing us to be responsive in delivering a vital service, close to essential amenities and accessible to the major treatment hospitals of Perth.



**CANVAS OR HEAVY DUTY CLOTH
CUSTOM SEAT COVERS**

**4wds, Trucks, Machinery, SUV's,
Buses, Commercial Vehicles**

Free Postage

P: 1300 103 103

E: admin@sandgropercovers.com.au

W: sandgropercovers.com.au



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.

Puzzles & Stuff

Some words from the 5th July edition of Boggle

Answers to 05/072018 Sudoku

Reporters	Prose
Restorer	Retro
Porters	Ropes
Terrors	Spore
Errors	Sport
Pester	Spree
Poster	Steer
Preset	Store
Presto	Terse
Repose	Rose
Resort	Rote
Sorter	Seer
Stereo	
Peers	
Pores	
Poser	

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

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

C	G	L
I	S	U
N	P	A

This week's Boggle

Trivia Questions

See next week's edition for the answers

- Who is the only female artist to have 6 albums debut at number 1 on the Billboard charts and the only one to have all of her albums debut in the two top slots of the chart?
- What is the only mammal that can truly fly?
- What is the English translation for the name of the German automaker Volkswagen?
- What country is named for its location on the equator?
- The headquarters of the United Nations is located in what city?
- What city connects two continents?
- Which of the traditional five senses are dolphins believed not to possess?
- In the Harry Potter series, what is the name of Harry's pet owl?
- Who is the author of the book "A Brief History of Time"?
- In humans, what is the only internal organ capable of regenerating lost tissue?

Answers from 05/07/18

- Scotland
- Leonard Cohen
- The Rolling Stones
- Tokyo
- Finland
- Sherlock Holmes
- English
- Sandwich Islands
- To be played softly
- 1877

Katanning Vet Clinic

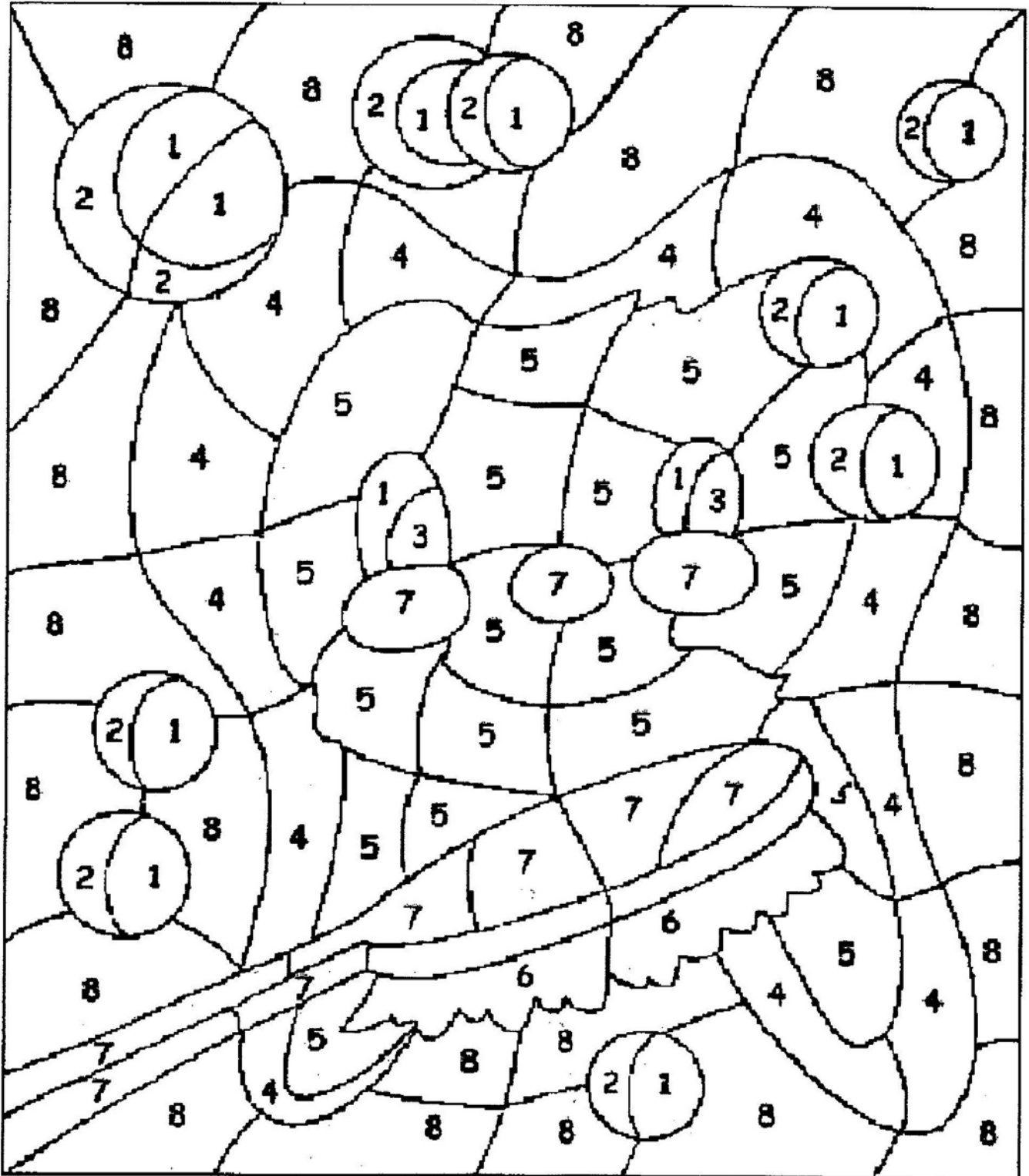


Phone: 08 9821 1471
 Fax: 08 9821 1473
 A/H Emergencies: 0427 017 462
 3/114 Clive Street
 PO Box 841
 Katanning WA 6317
www.kojonupvethospital.com.au
kvc@kojonupvethospital.com.au



Children's Activity Page

Colour by number



1- light blue 2- dark blue 3- black 4- tan 5- white 6- yellow
7- red 8- green

So What Was Happening 10 Years Ago in LG?

As recorded in the Lakes Link News (2008)

In 2008 the paper continued strongly, with many contributing news and articles.

Volunteers who worked on the paper during 2008 were Gwen Oliver, Sandra Richter, Gabby Trevenen, Maurie Gilson, Allan Zweck, Heather Bell, Jamie Bell, Simon Bell, Brendon Bell, Trish Medlen, Eileen Mather, Rebecca Roper, Jane Bushby, Tania Spencer, Mary Naisbitt, Sheryl Smith, Leanne Mahoney, Kim Hawtin, Amber McPherson, Caryn Kirk, Cheryl Chappell, Lesley O'Neill, Danielle Robertson, Clare Cable, Michelle Dunham, Rebecca Reeves, Elsie Bishop, Genni Curtin, Beth Curtin, John Curtin, Wendy Saunders, Nat Curtin, Craig Reeves, Joan de Vree, Ross Chappell, Dot Kennedy, Rachel Pelham, Christine Fyfe, Helen Hunt, Nadene Owen, Diane Rickard, Alex Reeves, Nola Frost.

In 2008 some of the news that was reported on included:

- Citizenship awards: Sarah Allen, young citizen; Elsie Bishop, citizen of the year, Back to Beenong/Burngup was the event of the year
- *Len and Shirley Elliott celebrate their 60th wedding anniversary*
- Curtin family once again training for Rotto swim
- Synthetic turf being laid on new tennis courts
- Lake Grace Cricket Club hold a 20 year reunion from their 1987/88 premiership
- Wire knitted snake appears at the Recreation precinct
- Public meeting held to discuss Men's Shed proposal
- Wagin team win Lake Grace Bowls Classic
- Thin Red Line exhibition opens at Art Space
- Tania Spencer receives \$10,000 NAB WA Sculptor Scholarship for her Pythonosaurus which has been sold to a collector
- John de Vree receives Lions Club award, Melvin Jones Fellowship
- Swimming Club wins E Grade in a Country Pennants swim meet
- Greenstone Easter Hoedown well attended
- Red Cross volunteers recognised for their many years of service
- Local horse riders raise money for heart monitor for hospital
- *Newdegate Research Station a community cropping venture for Lake Grace and Newdegate*
- 100 travellers stop for Driver Reviver
- Lake Grace / Kukerin boys win cricket's Lynch Shield
- Lake Grace Pingrup Football Club host carnival in prelude to seasons start
- LGDHS P&C finance a coming events sign for school
- 10 stall holders at Lake Grace Market Day
- Allan Zweck and Nadene Owen collate information on WWI veterans
- *Mocktail Ball held as part of National*

Youth Week

- Mental Health workshop held
- 10 local students take part in 'Learn to Surf' camp
- Archery lessons for youth held
- Fitball classes held with Anna Taylor
- ANZAC Commemorative service hosted by school
- Toy Library receive funds from IGA Community Chest
- *Lake Grace Art Space host their first solo exhibition from an out of town artist (Helen Seiver)*
- Old Drive-In equipment donated to the Museum of Motion Picture Technology
- As part of grassroots football AFL players, Cale and Mitch Morton are on hand to support the Lake Grace Pingrup junior football team
- Community crop is in the ground
- Danielle Robertson and Caryn Kirk shave for a cause
- Kerrie Argent holds her first solo exhibition, 'Canopy' at the Katanning Art Gallery
- Genealogy workshop held at the Telecentre
- *Lake Grace Grainpool open their new office with a beer tasting opportunity*
- Driving Assessments moved from local police to DPI staff
- LGDHS students hold 'Save a Soul' night
- Chad Stanton and Craig Reeves win gross for Men's Open golf day
- Robyn Slarke and Genni Curtin speak at CWA International Day which was featuring Pacific Islands
- Nationals pursue Telecentre funding increase
- Lake Grace DHS win Interschool Chaplain's Club (soccer)
- *Graham Milton and Gary Frost win Turkey Day (golf) third year in a row*
- Hospital receive new heart monitor machine courtesy of over \$10,000 raised by Hoedown and Horseride
- Football club donate \$2,000 to RFDS from funds raised during Colts Carnival
- Local delegates, Elsie Bishop & Annie Slarke attend CWA state conference
- Bowling Club to convert surface from turf to synthetic
- EGS Ladies Golf Association have their 20th event at Lake Grace
- 17 from Maria Regina parish travel to Sydney for World Youth Day
- *St Anne's Anglican Church celebrates its 50th birthday*
- Shire receives Lotterywest funding for gravemarkers
- Lake Grace Hockey Junior Boys win premiership 5-0
- 'Wax and Wipe' exhibition opening
- Across the Lake winery wins trophy at Sheraton Wine Show
- LGDHS community service programme to be put on

Diabetes: Differences and Myths

<https://thediabeticjourney.com/5-differences-type-1-type-2-diabetes/>
<https://www.diabetesaustralia.com.au/myths-facts>

Top Five Differences Between Type 1 and Type 2 Diabetes

1. CAUSES

Type 1 Diabetes is an autoimmune disease. The immune system mistakes the insulin producing cells in the pancreas as "invaders" and attacks them. Once this happens, the cells can no longer produce insulin and a person is therefore insulin reliant for life in order to stay alive.

Type 2 Diabetes is a metabolic condition. It's when the body doesn't produce enough insulin or becomes resistant to it. The condition can sometimes be controlled with proper diet and exercise, or a drug to enhance sensitivity to the body's insulin production. But sometimes natural insulin production is insufficient and insulin injections are then needed to sustain normal blood glucose levels.

2. INSULIN PRODUCTION

People with Type 1 Diabetes DO NOT produce insulin. Insulin is a hormone that a working pancreas releases to allow glucose (sugar) from carbohydrates that's eaten to be absorbed for energy. Without this hormone, the body starves and eventually dies. This is why everyday insulin injections is necessary for survival and early diagnosis detection is so important.

Insulin is normally still produced by people with Type 2 Diabetes. In order to regain sensitivity to insulin, proper diet and exercise is recommended. In some cases, insulin injections are needed to keep diabetes in better control.

3. PREVENTION

Currently, there is no prevention for Type 1 Diabetes. Researchers are hard at work and there are preventative studies being done to find answers (<https://www.trialnet.org/>). Type 2 Diabetes is not always preventable but by staying active and eating healthy it can lower the risk of developing.

4. TREATMENT

The treatment for Type 1 Diabetes is insulin injections and constant blood glucose monitoring. There is no diet, exercise, or any amount of weight loss that will cure Type 1. Type 2 Diabetes has a few options available, ranging from lifestyle changes, oral pills, and/or insulin injections. Both require careful vigilance in order to obtain good control.

5. RISK FACTORS

Risk factors for Type 1 Diabetes include: Family history, genetics, and environmental factors (such as a virus). Risk factors for Type 2 Diabetes include: Genetics, lifestyle choices, and being overweight.

Myth - Diabetes can be prevented

Fact - Not **all** types of diabetes can be prevented. Type 1 is an autoimmune condition, it cannot be prevented and there is no cure. The cause of type 1 diabetes is still unknown.

Strong international evidence shows diabetes prevention programs can help prevent type 2 diabetes in up to 58 per cent of cases. There is no single cause of type 2 diabetes, but there are well-established risk factors. Your risk of developing diabetes is also affected by things you cannot change such as family history and ethnicity.

Myth - You have to be overweight or obese to develop diabetes

Fact - Being overweight or obese is a risk factor for type 2 diabetes but it is not a direct cause. Some people who are overweight may not develop type 2 diabetes while some people who are of a healthy weight will develop type 2 diabetes.

Type 1 diabetes is not preventable and not associated with weight, physical inactivity or any other lifestyle factors.

Myth - You only get type 1 diabetes when you're young

Fact - The onset of type 1 diabetes occurs most frequently in people under 30 years, however new research suggests almost half of all people who develop the condition are diagnosed over the age of 30.

Myth - You only get type 2 diabetes when you're old

Fact - Type 2 diabetes usually develops in adults over the age of 45 years but is increasingly occurring in younger age groups including children, adolescents and young adults.

Myth - Only people with type 1 diabetes need insulin

Fact - Type 2 diabetes is a progressive condition. 50 percent of people with type 2 diabetes will need insulin after 6-10 years of being diagnosed with diabetes because the pancreas produces less insulin over time. Taking medication when required can result in fewer complications in the long-term and is part of managing type 2 diabetes.

People with type 1 diabetes depend on insulin replacements every day of their lives. They must test their blood glucose levels several times throughout the day.



Bits and Pieces

Kevin Seaman

Well, well, well, here I am again, feeling like Lazarus, that gentleman who rose from oblivion to bring happiness to the world. I hope that by putting my trusty pen to paper, with my array of knowledge, my quirky sense of humour and bagful of funny jokes will not only make you a wiser person but!! Make you LOL. (That's computer talk for "laugh out loud".) See, you may have learned something already - what LOL means in today's lingo.

Let's start with some funny, deep, humorous, hilarious questions.

1. Why are apartments so close together?
2. What idiot put an 's' in the word lisp?
3. If man evolved from apes, why do we still have apes?
4. Why do they call it a TV set when you only get one?
5. Why is the word 'abbreviation' so long?
6. If you had amnesia and then were cured, would you remember that you forgot?
7. Is it true that cannibals won't eat clowns because they taste funny?
8. Why do we press harder on remote control buttons when we know the battery is dead?
9. "I am" is reportedly the shortest sentence in the English language. Could it be "I do" is the longest sentence?
10. Why do sky divers wear helmets?

Bits and Pieces

July, half the year's gone already; July, half the winter's gone. But you wouldn't know it going by the contents recorded in the rain gauge and the fine sunny days. With the winter days as such, it does not lend itself to my favourite vocation, ie. lighting the fire, playing good music and settling in to my big rocker chair with a good book to read (one of the bonuses of being retired.) If you want some good reading, the following are some books for topnotch reading:

Peter Watt: An Australian author who writes about Australian heritage following the exploits of the Duffy and McIntosh families. His first three books, *Cry of the Curlew*, *Shadow of the Osprey* and *Flight of the Eagle* leave you wanting to read more about our own exciting country and how we grew to what our nation is today.

Beverley Harper: Described as the Australian Wilbur Smith for her description of adventure in the African environment. (I thought she was a touch better.) Beverley only wrote seven and a half books before she tragically passed away. Her husband finished the last one, *"The Footprints of Lion."* (2004) From her first book, *"Storms Over Africa"* (1996) and some of her following novels, *"People of Heaven"* (1999) *"Jackals*

Dance" (2001) and *"Shadows in the Grass"* (2002) left no doubt that the world had lost one of stories exceptional tellers.

John Grisham: Those of you reading who settle down with a good, fast flowing, exciting drama will know most of his books revolve around courtroom dramas. But not one I just finished titled *"The Painted House"*. A story told through the eyes and ears of a seven year old boy who is raised on a cotton picking farm in Alabama, USA. Something different but very entertaining.

Oh oh! Nearly out of my allotted space in this edition of the Lakes, so I had better finish off with "LOL" stories (jokes) to make you possibly want to read the next edition.

A couple in their nineties are both having some short term memory loss. While in for a checkup, the physician says that physically they're okay but since they're having trouble remembering things, they might want to start writing things down. Later that evening, they're sitting and reading when the husband gets up.

"Would you like anything from the kitchen?" he asks.

"Some vanilla ice cream," his wife replies.

"Okay"

"Shouldn't you write it down so you don't forget it?" she asks.

"Don't worry, I won't forget."

"Well," she says, "a few raspberries on top would be great. You want to write that down?"

"I've got it, honey. A bowl of vanilla ice cream with raspberries on top."

"And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?"

A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!"

He waddles out to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs and gives it to his wife.

She stares at the plate a few seconds, then says, "You forgot my toast."

And finally...

And God promised men that good and obedient wives would be found in all corners of the world. Then He made the earth round... and he laughed and laughed and laughed.



Kulin **Community Bank®** Branch

Move to a local bank.

When you move your banking to Kulin **Community Bank®** Branch you'll have access to great banking products, premium customer service and a deeper satisfaction of knowing your banking is making great things happen within your community.

Give Jocelyn or Tom a call on
9880 1422 to discover the impact your
banking can have.



Bendigo Bank

Bigger than a bank.

bendigobank.com.au

Bendigo and Adelaide Bank Limited, ABN 11 068 049 178 AFSL/Australian
Credit Licence 237879. A232496-02 (404811_v4) (9/07/2018)



Christmas in July

Colleen Kingston

Seniors day out was a trip to Corrigin for a 'Christmas in July'. The community bus was full of happy passengers ready for the day ahead.

The day was perfect weather wise - no complaints, the crops were looking good with some canola out in flower.

It seems that the Tin Horse Highway is having a spruce up as many horses have had a fresh coat of paint.

We stopped at Gorge Rock for a quick look around with some of the more adventurous climbing the rock to view the pool. There is interesting memorabilia to be seen, definitely worth a visit.

Corrigin Museum was very interesting and a credit to all who put it together. Eric gave a short talk on how it all began and its history.

It was interesting listening to the stories of what it was like way back then, everyone had a story to share. The history of the area was well presented and worth a visit.

Christmas lunch at the Hotel went down well. A few of us didn't think we could eat what was put before us but we cleaned up with everyone happy with their meal.











Above: Elsie Bishop thanks Eric for his presentation at the Corrigin Museum.

Below: A good time was had by all in Corrigin.



NRM/Landcare*Within the Shires of Kent & Lake Grace***EXPRESSIONS OF INTEREST******* Due By Tuesday 24th July 2018 *****

Via our Community Capability Grant (State NRM Program) we are encouraging the lodgement of expressions of interest with any of the following NRM/Landcare topics, which will be used to develop funding opportunities and/or approval of regulated activities.

	Weather & Emissions	<ul style="list-style-type: none"> Weather forecasting and recording systems, integrated with project demonstrations. Carbon emission offsets via carbon credits from soil storage & vegetation storage.
	Renewable Energy & Recycling	<ul style="list-style-type: none"> Solar, wind, geothermal and biomass (biogases and bioliquids) energy systems. Composting of green-waste & other local recycling opportunities.
	Waters - Surface & Subterranean	<ul style="list-style-type: none"> Aquatic water-bodies (lakes & wetlands). Drainage/excavation (&/or pumping) of waterlogged/saline lands (<i>regulated activity</i>). Paddock contouring & controlled traffic.
	Soils & Ag Groundcover	<ul style="list-style-type: none"> Paddock soil-zone capability assessments. Trials – soil amelioration & fertilisers. Trials – ag groundcover (<i>crops, pastures, fodder shrubs and agro-forestry</i>).
	Livestock & Fisheries	<ul style="list-style-type: none"> Fencing for pasture/fodder management. Training: MLA Ram-Select project. Training: DAFWA Life-Time Ewe project. On-farm fishery opportunities (<i>yabbies, etc</i>).
	Invasive Species & Bushfire	<ul style="list-style-type: none"> Management of ferals (<i>1080 baiting, etc</i>). Management of weeds. Management of bushfire risk, including prescribe burns (<i>regulated activity</i>).
	Biodiversity & Bushland Linkages	<ul style="list-style-type: none"> Fencing for livestock exclusion from remnant vegetation, waterways and reveg. areas. Revegetation &/or artificial habitat. Clearing native vegetation (<i>regulated activity</i>).
	Heritage - Sites, Trails & Gardens	<ul style="list-style-type: none"> Access control and signage to protect and promote heritage areas. Citizen science investment in natural areas. Development of trails &/or gardens.

Please Lodge Interests To:

Mr Paul Leoni – NRM/Landcare Community Support Officer, Shire of Kent.

Mobile: 0419-615-126, Landline: 9829-1051, Fax: 9829-1083.

Email: lcdc@kent.wa.gov.au

NRM/Landcare*Within the Shires of Kent & Lake Grace*

Landholder Accreditation For Use of 1080 Poison Bait *For Fox & Rabbit Control*

Use of 1080 baits to manage foxes and rabbits (& other vertebrate pests) requires a permit. To receive a permit landholders must successfully complete approved user training for 1080 use to be eligible for the permit. These workshops provide:

- Access to approved user certificate; followed by,
- Access to permit application.

Options:

Thu 26th July, 1pm to 4pm – Newdegate Golf Club.

Fri 27th July, 8am to 11am – Nyabing Pavilion.

Fri 27th July, 1pm to 4am – Katanning DPIRD Office.

Attendance:

***** Please bring a copy of your farm map to facilitate your permit application.**

- To Register for the Newdegate & Nyabing Workshops

Contact Paul Leoni on 9829 1051, 0419-615-126 or e-mail lcdc@kent.wa.gov.au

- To Register for the Katanning Workshop

Contact Brenda Hawryluk on 9821 4327 or e-mail events@katanninglandcare.org.au

BBRF Successful Round 2 Projects Announced

Regional Development Australia Newsletter

The Australian Government Department of Infrastructure and Regional Development recently announced the projects that have secured grants through the Building Better Regions Fund (BBRF). Congratulations to the four successful projects in the Wheatbelt.

Infrastructure Stream -

- Shire of Toodyay - \$4.7 mill to develop a sport and recreation precinct
- Shire of Trayning - \$363,317 for the aquatic centre redevelopment
- Shire of Lake Grace - \$20,000 towards refurbishing the Varley museum

Community Stream -

- Narrogin - \$19,500 for Regional Early Education and Development (REED) Leadership Capability Building in the Wheatbelt's Child Care Sector.

The Department is forecasting that the third round of the Building Better Regions Fund will occur prior to the end of this year. Potential applicants are encouraged to contact us early to discuss your proposal and to take advantage of the support and resources we offer.



OPEN
most days

Wednesday – Sunday
Monday & Tuesdays

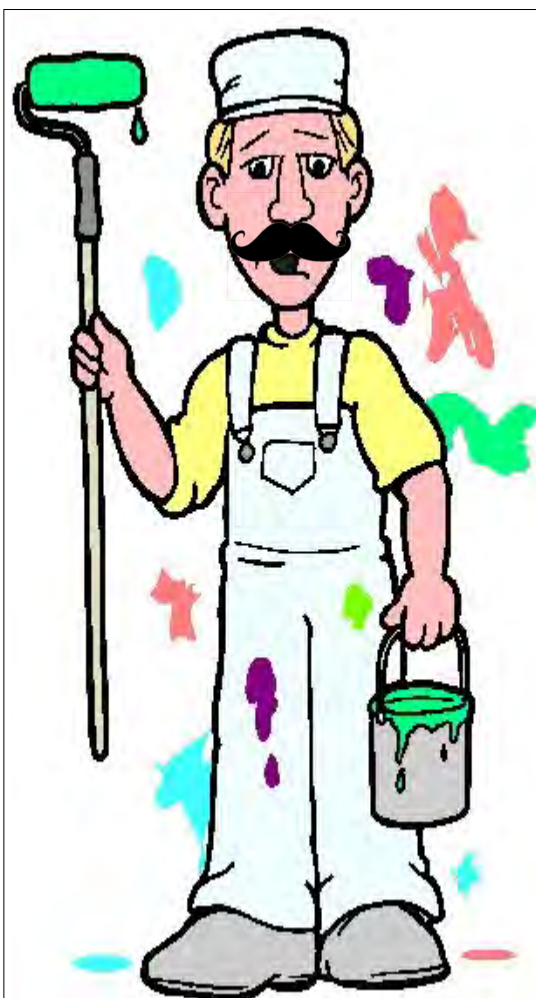
10am – 4pm
CLOSED

Come & enjoy a tea/coffee with homemade cake

Bookings not essential, but appreciated.

Phone: 0447 651 418

Facilities not air conditioned



PAINTING

Reg. # 4709

Domestic, Commercial, Industrial,
Farm Painting Specialty.

Clean, Precise and Quality work.

Local references available.

For FREE Quotation and Booking

Call Mick

0419 701 332

Lake Grace - Pingrup Netball Club



Karen Bairstow A Grade; Sarah Allen B Grade

Vs Boxwood 14/07/18

A GRADE

The first game of the last round was down at Boxwood. The wind was gusty which made it a bit tricky for playing netball. The Boxwood girls jumped us out of the blocks and got a five goal lead before we steadied and scored our first goal. Both teams had a lot of possessions but couldn't make good use of it and we found ourselves behind at all changes. To the girls credit they continued to keep trying hard and stayed just close enough to Boxwood who were shooting some nice goals. The three quarter time break couldn't come quick enough for the girls to regroup and after getting 6 goals behind early in the final quarter the whole team rallied and played together as a team to snatch a one goal victory. Everyone contributed and it was good to see the team able to come out on top after being under pressure the whole game. The extra efforts, the intercepts, the rebounds, the nice goals and the will to win the game was a great reward for the team.

The final score 39 - 38. A good team builder

Best On Ground - Imogen Taylor who just willed herself at every ball and created lots of important turnovers just when the team needed them. Never gave up and provided leads out of defense to help her teammates get the ball into our attack. Well done Im.

Second Best On Ground - Shanae Prater was the player who had the steady head to firstly run hard to create a lead out of defense, then receive the pass and most importantly deliver the ball accurately to the best option which set up a lot of our forward moves. Great game Shen.

Coaches Award - Ellie Trevenen created a lot of run in the center third to help bring the ball down court as well as getting back into the circle to shoot and threw great passes into goals opening up the play. Well done Ellie.

A close one girls and well done on coming away with the win. Jerry at Jerry next week.

B GRADE

Boxwood Hill: 26 defeated Lake Grace: 23

Best on Ground, First: Kadri Siro

Best on Ground, Runner up: Rebecca Clark

Coach's Award: Flick Young

We experienced our first loss for the season against a strong Boxwood Hills team this week, going down by three goals. Boxwood led strongly from the starting whistle while we took some time to adjust to our court combination – resulting in a first quarter score of 10 to Boxwood and two to LGP.

We were able to bounce back in the second quarter, scoring 9 goals to Boxwood's 4, but unfortunately we couldn't continue it, despite having Linda return as GS for most of the game. Boxwood fielded a tall, strong side and we missed not having as many options (or at least fresh legs) on our bench for the interchanges. Flick

Young played another outstanding game in Centre, working particularly hard around the circles and Rebecca Clarke filled both Wing positions (not at once – she's not THAT good) throughout the game. Bec ran hard, provided smart leads and picked the morale up when it lagged.

Best On Ground was well-earned by Goal Keeper Kadri Siro, who worked tirelessly against two very tall, strong shooters and continued to chalk up rebounds and intercepts and even a few rejections! (Love those!)

Unfortunately it wasn't enough to hold Boxwood back. The wind added a tougher edge to shooting and some particularly un-sportsman-like play (that's as polite as I could put it) from the opposition really tested us. Special mention goes to Beth Curtin (and most everyone really) for keeping such a cool, composed head throughout the game, despite some really testing behaviour. Lake Grace Pingrup Netballers play on skill and sportsmanship – and that's something to be really proud of as we teach the next generation how to play.

P.S – I almost forgot Casey Pinney's run in Wing Defence in the last quarter. With no warning, and having no experience in this position, she took the job on and played a really solid quarter, having a particularly good eye for the long pass into the goals. Well done Case!

STUBBY'S ELECTRICAL PTY LTD T/AS
OUTBACK TV
 LIC NO EC 004197

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

Split system air conditioning installation and decommissioning.

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

Ditchwitch hire and cable location.

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

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

LIC NO :EC004197

RTA NO :AU29828

So What Was Happening 10 Years Ago in LG? (cont.)

- Curriculum Council website
- Yr 10 students have video conference with Mark Muller, Editor of Outback magazine
- A Grade and Junior netball win Grand Finals*
- Ted Wright on hand to present 'Fed by Ted' awards for the junior football
- Blue Vale (Chappell's) have their 50th wool clip
- Ratepayers asked to vote on turfing the bowling green
- Development Association to collaborate with Anglican Parish to create a community garden
- Intergenerational experiences form part of LGDHS community activities
- Lions and Curtin volunteers cement new bike track for kindergarten
- Overwhelming community support for a site specific Day Care centre*
- Tania Spencer and Kerrie Argent exhibit in Mining Hall of Fame
- Lotterywest special initiatives grant of \$508,720 committed to 13 flood recovery projects
- Playgroup launch a recipe book
- Official opening of revamped shire offices
- Royce Taylor and Lauren West obtain positions in the inaugural Australian Future Grain Leaders Program
- Lighthorse show at LGDHS Remembrance Day Ceremony
- 'Shed' erected between tennis and netball courts*
- Shire of Lake Grace and Roadwise take delivery of a SAM (Speed Alert Mobile) trailer
- Inflatable squash courts in Lake Grace
- Heavy rainfall holds up harvest
- New community bus for Lake Grace

Lake Grace Pingrup Hockey Notes

Lisa O'Neill

Round 3 was kicked off at Boxwood on the weekend of the 14th July. Our President Yasmine sat her first game out and ran the bench for us. The Boxwood Bombers were just as keen as we were to score early and put forward a great competitive game. Lynnie scored our first goal off a short corner and we were away!

Boxwood replied with a goal in the second half off a short corner (Caused by myself laying an ugly tackle). The score was 2 all until, Karissa stepped up and score

a perfect goal after getting past 5 boxwood players. This boosted the girl's confidence and allowed us to finish the game with a 2-1 win!

Best on Ground: Karrisa Pelham

Coaches Award: Laura Ballard

Goal Scorers: Lynnie Carruthers
Karissa Pelham

So What is an LCDC?

Suzanne Reeves

Land conservation district committees (LCDCs) are statutory committees appointed by the Commissioner of Soil and Land Conservation to administer land conservation districts in accordance with an Order proclaimed by the Governor. Their main function is to promote sustainable land management and undertake projects.

Well that sounds a bit dry and boring doesn't it? It shouldn't be; soil is the lifeblood of farming and if it's not looked after then 'growing stuff' is only going to get harder. A staple part of looking after your soil is growing trees and encouraging people to not knock over what they have.

Since LCDCs were first established in 1982, their roles and functions have evolved with some becoming incorporated groups focusing on issues wider than land degradation and soil conservation. Others have maintained their strong traditional 'Landcare' focus.

Lake Grace's LCDC has been around for 20 years; their

primary focus in the early years was salinity, protection of remnant vegetation and planting of more trees. Over those years thousands of dollars have been obtained in grants that went toward tree planting programmes and the protective fencing that was needed.

Busy timetables have seen numbers drop away from the committee with their last project being a community based venture at the Jam Patch.

Although many landowners forge ahead with their own projects, a collaboration (such as the LCDC) tends to be viewed with great respect by funding bodies and is a great repository for ideas and round table discussion.

Following on from the AGM held on the 5th July the LCDC will be getting together on Wednesday 8th August. Kent Shire's Landcare Officer Paul Leoni will be in attendance and keen to talk about what's happening in Landcare at the moment.

Lake Grace LCDC is looking for new members, anyone is welcome to attend the next meeting.

Lake Grace - Pingrup Football Club

Allan Marshall



Round 11 LGPFC vs Boxwood Hill Played at Boxwood Hill on 14/7/2018

The weather on match day was part cloudy with a stiff breeze blowing across the ground, with no particular scoring advantage for either team.

LGPFC A RESERVES

The LGP A Reserves fielded a strong team complemented with school holiday boys. The Bombers had the edge in the first term. Moving the ball around well and were 8 points ahead at the quarter time siren.

Quarter time scores:

LGP 3-2=20 Boxwood 2-0=12

The second quarter was much the same with neither side being able to break free despite the fast pace of the game. The Bombers went to the long break just 1 point behind Boxwood.

Half time scores:

Boxwood 5-4=34 LGP 5-3=33

The third term was still very tight and the LGP team were unable to register a score but Boxwood was held to just two goals straight and giving them a 13 point lead at the third break.

Three quarter time scores:

Boxwood 7-4=46 LGP 5-3=33

During the final term The LGP A Reserves fought the game out against their long time nemesis, the Boxwood Bombers but in the end succumbed with a 19 point deficit. Our young A Reserve are still looking to be strong Grand Final contenders as they are more impressive with every game played.

Final scores:

Boxwood 9-6=60 defeated LGP 6-5=41

Major goal scorers for LGP were Keirnan Harvey and James McKay 2 each.

Best for LGP were James McKay, Brock Argent, Chris Trevenen, Andrew Lewis and Brenden Desmond.

Award winners

Reserves Best on Ground Brock Argent,
BOG Runner up James McKay
Coaches award Brady McGlinn.

LGPFC JUNIORS

Boxwood 5-15=45 defeated LGP 2-6=18

A hard fought game by the Junior Bombers who played the match out right to the end despite their smaller size players.

Fed by Fyfe awards:

Reece Duckworth and Jonty Robinson.

Whitestar Engineering award:

Alby Stanton

Some of the best for LGP were Luke Clifford, Jonty Robinson, Reece Duckworth and Jaspar Marshall.

LGPFC LEAGUE

Umpires for the match were Herbie Hart and John Cooper.

The Bombers were somewhat depleted with several players out with injury which was going to make it hard to compete with an apparent full strength Boxwood Hill team. Young Keirnan Harvey was selected to play his first ever league game for the Bombers. Well done.

Boxwood took little time to get goals on the board with two majors being registered in short time. LGP scored their first goal just before the first term siren going into the break with a 28 point deficit.

Quarter time scores

Boxwood 5-5=35 LGP 1-1=7

The second term was more up tempo with the Bombers scoring a major within 30 seconds of the start. Both sides were able to score freely with Boxwood adding 5 goals straight to the Bombers 4 goals 1 behind, a good effort by LGP considering the players that were missing on the day.

Half time scores

Boxwood 10-5=65 LGP 5-2=32

The third term saw the match blow out somewhat as the Boxwood boys stamped their authority at their home ground, recording a margin of 48 points at the break.

Three quarter time scores

Boxwood 13-9=87 LGP 6-3=39

The final term was not good for the Bombers with Boxwood finishing the match well, adding a further 6 goals 4 to LGP nil. At the final siren Boxwood had a winning margin of 88 points. We look forward to seeing a full strength team back for the LGP Bombers.

Final scores

Boxwood 19-13=127 defeated LGP 6-3=39

Better players for LGP were Alex Duckworth, Reuben Smith, Regan Smith, Luke Bairstow and Bailey McGlinn.

Award winners

Best on Ground Reuben Smith
BOG runner up Regan Smith
Coaches award Bailey McGlinn.

The next Winter Sports day is on Saturday July 21st vs Jerramungup at Jerramungup.

Lake Grace Golf Notes

Suzanne Reeves

Sunday 24th June

Stableford event sponsored by Outback TV.

Winner of the day was Steve Hunt with 40 points, runner-up was Matthew Spurr with 37 points.

NTP No.4 sponsored by Elders Insurance - Martin Carruthers.

NTP No.6 sponsored by Lake Grace Roadhouse - Kingsley Strevett.

NTP No.15 sponsored by Lake Grace Engineering - Denise Gobbart.

NTP No.18 sponsored by Lake Grace CRC - Steve Hunt.

Long putt on No.9 sponsored by Lake Grace Tyrepower - Royce Taylor.

Ladies long drive on No.10 - Denise Gobbart.

Men's long drive on No. 13 - Matthew Spurr.

Sunday 1st July

Stroke event sponsored by Rob Farley, Marangaroo Golf Club.

Winner of the day was Malcolm Harwood, 110-36-74.

Runner-up was Gary Frost, 87-11-76.

NTP No.4 sponsored by Elders Insurance - Kevin Eggers.

NTP No.6 sponsored by Lake Grace Roadhouse - Craig Reeves.

NTP No.15 sponsored by Lake Grace Engineering - Gary Frost.

NTP No.18 sponsored by Lake Grace CRC - Craig Reeves.

Long putt on No.9 sponsored by Lake Grace Tyrepower - Malcolm Harwood.

Ladies long drive on No.10 - Helen Hunt.

Men's long drive on No. 13 - Matthew Spurr.

Saturday 7th July

Men's Open Day sponsored by Farmers Centre, Maalouf Ford and Lake Grace IGA.

Best Nett (countback): J. Adams and G. Smith - 48.

Runner-up: R. Spurr and G. Aggiss - 48.

Third (countback): I. Dart and M. Stanton - 46.

Fourth: G. Atkins & J. Zurnamer - 46.

Best Front 9: G Dunkeld, M Lloyd (Newdegate) - 24.

2nd Best Front 9: L. Steere, J Marshall - 23.

Best Back 9: R. Ditchburn, I. Faulkner - 23

2nd Best Back 9: T. Ibbotson, T. Hughes - 23

Novelties:

No.1 0-18 Hcp Long Drive - Ben Carlton

No.2 Best 2nd Shot - Greg Dunkeld

No.3 Longest Putt - L. Steere

No.4 NTP - Ivan Dart

No.5 Best 3rd Shot - Barney Smith

No.6 NTP - Joshie

No.7 Longest Putt - GO/Willo

No.8 Best 2nd Shot - Ross Ditchburn

No.9 Best 3rd Shot - EV

No.10 19-36 Hcp Long Drive - Greg Dunkeld

No.11 Best 3rd Shot - Tim Adams

No.12 Longest Last Shot Holed - NCV

No.13 Best 3rd Shot - Tim Adams

No.14 Best 2nd Shot - Dave & Stonk

No.15 NTP - Tim Adams

No.16 Longest Putt - M Trolove

No.17 Best 2nd Shot - Kingsley Strevett

No.18 NTP - Kevin Eggers

Saturday 14th July

Par event sponsored by CRT Primaries

Winner of the day was Craig Reeves with -1.

Runner-up was Malcolm Harwood with -2.

NTP No.4 sponsored by Elders Insurance - Craig Reeves.

NTP No.6 sponsored by Lake Grace Roadhouse - Murray Stanton.

NTP No.15 sponsored by Lake Grace Engineering - Luke Trawinski.

NTP No.18 sponsored by Lake Grace CRC - Martin Carruthers.

Long putt on No.9 sponsored by Lake Grace Tyrepower - Kevin Eggers.

Ladies long drive on No.10 - Denise Gobbart.

Men's long drive on No. 13 - Matthew Spurr.



Winners of the Lake Grace Men's Open Day Jon Adams and Barney (Graham) Smith from Kukerin with Lake Grace Golf Club's Captain Matthew (Merv) Spurr.

PUBLIC NOTICES

Sally Dickinson

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

Dr Linda Haines

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

Cancer Support Coordinator

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

Lake Grace Op Shop

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

Lake Grace Lions Club

Meetings every 2nd (dinner meeting) and 4th Thursday of the month at the Men's Shed.
 Next meeting: 26th July

Lake Grace Development Association (Inc)

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

CWA Meeting

Tuesday 14th August
 1:30pm at the CWA.
 New members always welcome.

Community Bus Bookings

Are to be done through the Lake Grace CRC.
 Ring 9865 1470 or email
lakegracecrc@westnet.com.au

FOR SALE

Caravan For Sale

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

Holyoake Community Alcohol and Drug Service

May Griffiths Counsellor/Diversion Officer
 Ph: 08 9881 1999

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

Community Midwife

Holly Brockway, the Community Midwife, will be coming to Lake Grace the first Tuesday of every month until further notice.
 Call Narrogin Primary Health on 9881 0385 or Holly directly on 0429 127 197 to make an appointment.

Crisis Care Numbers

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

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Craft Group	Meet at the CWA Building Saturdays from midday onwards		
CWA	Suzanne Reeves	0427 651 310	lakegracecwa@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	lakegraceelc@gmail.com
LIFT Lakes Information & Farming	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Lions	Arthur Slarke	0429 651 015	arthurslarke@bigpond.com
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Rhiannon Stubberfield	0428 301 380	
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Visitor Centre Committee	Stephanie Clarke-Lloyd	0408 949 759	
Winter Sports			
Lake Grace Pingrup Football Club	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
LGP Junior Football Club	Taryn Borgward	0429 205 267	lgpjfc@gmail.com
Lake Grace Pingrup Netball Club	Joely Slinn	0477 014 347	lgpnc@outlook.com
Lake Grace Pingrup Hockey Club	Donna Skerris	0429 197 806	tameka_knill@yahoo.com
Lake Grace Kukerin Hockey Club	Tash Bowman	0407 987 293	lgkhockeyclub@outlook.com.au
Lake Grace Golf Club	Mikaela Spurr	0438 926 196	mikaelaknill@hotmail.com

CHURCH TIMES

Lake Grace Catholic Church

Sunday 22nd July 10am
 Sunday 29th July 9am C/S

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

Anglican Church of Lake Grace

Sunday 22nd July No Service
 Sunday 29th July 9am

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

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDAR

July / August

Fri 20 Op Shop open 9:30am - 1pm
Fish & Chips @ Sportsman's Club
Crochet @ CRC

Sat 21 Winter Sports - Jerramungup v LGP
Roe Districts - LG-Kuk v Corrigin
Golf - Nyabing Open Day
Rubbish tip open
Craft @ CWA
Steak Tea @ Sportsman's Club

Sun 22 Golf - Stableford sponsored by CCL
Hardware
Rubbish tip open

Mon 23 SwimAbility @ Narrogin
Rubbish Collection
Recycling Collection
Rubbish tip open

Tue 24 Pilates Classes @ 6pm
LG/P Football training
Op Shop open 1 - 4pm
Men's Shed (morning)
SOYF Exercise 10am @ Shire Hall
Chair Aerobics 10:30am @ Village Hall

Wed 25 LG/K Hockey Training
Rubbish tip open
Shire Council Meeting

Thur 26 Pilates Classes @ 6am and 9am
LG/P Football training
Lions Club Meeting

Fri 27 Op Shop open 9:30am - 1pm
Crochet @ CRC
Fish & Chips @ Sportsman's Club
HACC Activity Day @ Village Hall

Sat 28 Winter Sports - LGP v Gnowangerup
Roe Districts - LG-Kuk v KK Vipers
Rubbish tip open
Craft @ CWA
Steak Teas @ the Sportsman's Club

Sun 29 Rubbish tip open
Golf - Stroke sponsored by GS Fuels

Mon 30 Lakes Link News deadline
Rubbish Collection
Rubbish tip open

Tue 31 Lego Club @ Art Space 3:30pm
Pilates Classes @ 6pm
LG/P Football training
Op Shop open 1 - 4pm
Men's Shed (morning)
SOYF Exercise 10am @ Shire Hall
Chair Aerobics 10:30am @ Village Hall

Wed 1 LG/K Hockey training
Rubbish tip open
Horses birthday
My Health Record Information Session

Thur 2 Playgroup 9:30 - 11:30am
Toy Library Open
Pilates Classes @ 6am and 9am
LG/P Football training
Lakes Link News published

Coming Events

3rd August - Driving Assessor in LG
6th August - LG Development Assoc Meeting
8th August - safeTALK @ Lake King
8th August - LCDIC Meeting in Lake Grace
9th August - Dr. Linda Haines in LG
10th August - Dr. Linda Haines in LG
14th August - BreastScreen in Lake Grace
15th August - A Boy Named Cash
21st August - Building Surveyor in LG
21st August - Writing for Your Local Paper W/Shop
22nd August - safeTALK @ Lake Grace
30th August - Planning your funeral W/Shop
4th September - Building Surveyor in LG
7th September - Driving Assessor in LG
12th September - First Aid Course in Lake Grace
18th & 19th September - ASIST @ Newdegate
10th October - First Aid Course in Lake Grace
16th & 17th October - ASIST @ Lake Grace

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

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