

LAKE GRACE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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30th July 2015

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Vol 21 Issue 14

Milestone Game for Local Hockey Player



Congratulations to Karissa Pelham who played her 150th game for Lake Grace/Pingrup Hockey Club on Saturday 25th July and finished the game with an awesome goal to secure the win!!

Pictured above are Naomi Duckworth with Jackie McGlinn holding the banner with Karissa prior to the game.

[Ongerup Hockey Association Round 11 Results](#) Lake Grace/Pingrup vs Jerramungup Score: 5 - 2

CONTENTS

Page 1	Milestone for Local Hockey Player
Page 4	Developing Journalistic Skills
Page 7	Volunteers Touring Lake Grace
Page 9	Business in Profile
Page 10	Commemorating 100 years of ANZAC
Page 11	Health Page
Page 12	Creating Winter Woollies
Page 13	Men's Health
Page 14	Student Profile
Page 15	Police News
Page 18	Seniors Christmas in July
Page 19	Bits & Pieces

Page 21-24	Shire Pages
Page 25	Linda Bettenay
Page 26	Puzzles
Page 27	St John Ambulance
Page 29	LGK Hockey Notes
Page 31,33,35	LGP Football Notes
Page 36	LG Sportsman's Club
Page 37	LGP Netball Notes
Page 38	LG Golf Notes
Page 39,40	Classifieds
Page 41	Community Clubs
Page 44	Community Calendar

LAKES LINK NEWS 2015 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	\$12.50
1/4 Page	\$12.50	\$15.00	\$17.50
1/2 Page	\$20.00	\$25.00	\$30.00
Full Page	\$35.00	\$45.00	\$55.00
Insert (d/s)	\$30.00	\$30.00	\$40.00
Thank You's	FREE	FREE	FREE
Editorial	FREE	FREE	FREE
Colour	\$150.00	\$150.00	\$160.00
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 10th August

Next Edition
Thursday 13th August



Thanks

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

Elsie Bishop

Alison Dines

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.

335 copies printed and sold each fortnight

Editorial

- I'm sure I told Suzanne she couldn't take any more time off after her last gallivant around the countryside but lo and behold, off she's gone again leaving us to muddle along alone to get this edition of the Link out.
- We have welcomed our new trainee, Alison Dines to the fold this week and thrown her straight in the deep end with writing articles for the paper.
- Speaking of writing articles our media writing workshop was well attended and hopefully all participants took something away with them to make our paper even better. We are looking forward to their contributions.
- Coming up is an author visit on Wednesday 16th September (see page 25). We are more than happy to start taking names so if you're interested please contact us.
- Our Youth Photo Competition is open now → so please send your photos in. The Open Photo Competition will be starting around October, we have scaled back to one competition per year as we found it was all 'a bit much' for the photographers with the months whizzing by too quickly and one competition merging into another.
- We have managed to secure an awesome guest speaker for our 'International Day of Rural Women' Sundowner that we will be celebrating on Tuesday 13th October, so save the date.

Danielle Robertson

Workshop Calendar...

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

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

HC Licensing Training & Assessment - 14th September 2015. Cost is \$700 plus \$140/hour for training.

HR Licensing Training & Assessment - 14th September 2015. Cost is \$350 plus \$120/hour for training.

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

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



The Lake Grace CRC is hosting a photo competition for youth.

Entries to be in by 4pm Friday 28th August

There's no theme, no entry fee and three different age divisions.
U12 years * 12-14 years * 15-17 years

- Photos must be 6" x 8"
- To be mounted on black card with 1" surrounds around the photo.
- Photos NOT to be more than 12 months old.
- \$20 voucher for the photo booth goes to the winning entries.
- Judging to be done by peoples choice.
- Entrants to supply a digital copy of the photo at high resolution.
- The Lake Grace Community Resource Centre reserves the right to use photos entered in future promotions.
- Limit of 2 entries per person.

For any more information please call the Lake Grace CRC on 9865 1470.

Phone Scam Warning From The Department of Transport

A caller, claiming to be from the Department of Transport, asks for insurance and/or personal details over the phone and may also involve automated calls asking customers to respond to a survey.

In one instance the caller asked to visit the person at their home, to view personal documents.

DoT urges customers not to divulge any personal details to a caller claiming to be from DoT over the phone, or allow a caller claiming to be from DoT to visit them at their home.

If you think you have received a fraudulent phone call, please alert WA ScamNet at Consumer Protection: 1300 30 40 54 or email wascamnet@commerce.wa.gov.au

Developing Journalistic Skills

Alison Dines

We here at the CRC are expecting to be inundated with a plethora of media releases now that our clever resident wordsmith Sarah Allen has run a workshop on successfully writing media releases. Drawing on her training and experience in journalism Sarah walked us through the process of understanding what makes news and how to recognise opportunities to make our own news. We learnt what it means to 'piggy-back' and put our own spin on current news stories. Sarah also encouraged us to think about opportunities that might exist within our town, our district, and even further afield.

Using the Inverted Pyramid Model, where the most important information is written first and with the most detail, we learnt how to structure and style a news story. Many of us were surprised at how different this is to the traditional linear or 'timeline' approach that we would instinctively follow.

Throughout the workshop we learnt the best ways to "sell" our story, with a particular emphasis on following a successful layout. Phrases such as "media statement", "embargoed date of release" and "leading paragraph" became part of our vernacular throughout the ensuing discussions. We even learnt the difference between a 'hard news story' and a 'soft news story' (!)

Sarah actively engaged 15 community members during the four hour workshop. She maintained our interest whilst sharing valuable insights into the world of bustling news rooms. We really did feel very lucky to have her expertise in our community as she honed our writing skills to develop a more journalistic element. It was enormously beneficial to learn from her and we value her opinion and insight. Having been educated with a global view of what a good news story looks like, attendees left the workshop feeling inspired, empowered and motivated to put their new knowledge to paper.

We look forward to printing the results!



Pictured above are CRC staff, local business owners, Lakes Link contributors and guests from Newdegate and Pingrup CRCs listening intently to the information being imparted by Crosshatch Media's Sarah Allen.

MC Driving Assessment

\$1,200 Assessment - truck supplied

\$150/hour lesson

HC Driving Assessment

\$700 Assessment - truck supplied

\$140/hour lesson

HR Driving Assessment

\$350 Assessment - supply your own truck

\$120/hour lesson

Date - Tuesday 15th September

Please phone the Lake Grace Community Resource Centre on 9865 1470 to book in prior to Monday 24th August 2015.



Happy Birthday



1st August	All Horses
2nd August	William Morgan
3rd August	Ron Dewson Whitney King Leon Morgan
4th August	Genni Curtin Vicki O'Neill-Gray Trevor Morgan Kyra Walker
5th August	Arthur Slarke Vynka Lay
6th August	Michelle Keys Andrew King Jade Wyatt Jessica Watkinson Paige Trevenen
7th August	Ellen Trevenen (18)
8th August	Carrie Taylor (18) Ben Watson
10th August	Beau Trevenen
11th August	Nola Frost Ruby Stanton
12th August	Hazel Theil Harmony Moore (18)
13th August	Chloe Robertson Lauren O'Neill (30)
14th August	Kevin Bushby Justin Wright

What's Happening?



- Congratulations to Amber McPherson and Troy Maere on the arrival of their first child Taj Ariki Campbell Maere, pictured above. Born on 23/07/2015 weighing 9lbs 7oz and 52cm long.



- Alexander, Lauren and big sister Matilda Duckworth welcomed Molly Robyn Duckworth (pictured above) into the world on the 15/07/2015 at 7.16pm. Born at Albany Hospital weighing 8lb 4oz and 52 cm long. The family is extremely proud and happy to have beautiful Molly with them.

Anniversaries



10th August	Theresa & Ed Naisbitt Laure-Anne & Nick Maalouf
14th August	Jeanette & John Bennett Anna & Michael Naisbitt

Thank you

Pat Watson and family wish to sincerely thank all the people who sent flowers, cards and expressions of sympathy on the loss of their beloved husband and father.

We are very appreciative that so many joined us at Bob's funeral. We know that he would have been so happy to see you all there, to shake hands and say thank you for coming.



- It's a baby boom! Jaimee Withnell and Morgan Franks welcomed their first child, Declan Trevor John Franks into the world at 8.03am on 28th July at Narrogin Regional Hospital. Declan is keeping to the trend and weighed in at 8lb 9oz.

Lake Grace Weather

- Terry Gladish



July Extremes

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

Date	Min	Max	Rain
15/07	4.8	15.3	0.4
16/07	1.8	14.8	
17/07	3.8	18.2	
18/07	7.6	19.3	
19/07	8.4	20.0	
20/07	10.2	18.4	4.8
21/07	4.6	13.5	1.0
22/07	2.0	15.5	
23/07	7.8	13.9	2.2
24/07	2.9	14.8	0.2
25/07	7.7	14.3	
26/07	3.0	14.1	1.0
27/07	1.7	18.2	
28/07	8.4	13.5	
29/07	8.7		0.2

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Volunteers Touring Lake Grace

Elle Atwell

We make a living by what we get. We make a life by what we give. – Winston S Churchill.



Joan DeVree, Neil Bishop, Phyllis Dunham, Elsie Bishop, Ross Chappell, Irene McGlenn & Peter Whiting on one of the many walk trails located at the Jam Patch.

The Lake Grace Visitor Centre is the go to spot for tourism here in the Shire of Lake Grace and we have a handful of volunteers that do their part to keep doors open and provide valuable direction to tourists passing through. So what better idea than to have a Familiarization tour (FAMIL TOUR) for Lake Grace, Newdegate, Lake King and Varley?

Early July we began with Lake Grace and set an itinerary for tourist destinations within our home town. We toured a range of places scattered over the area from White Dam, The Australian Inland Mission Hospital Museum, Rifle Range Hill, Walkers Hill Winery and the Jam Patch.

Wandering the bush trails and learning the history on each stop, the tour was full of local stories, wildflower spotting and laughs. We enjoyed a fantastic lunch put on by Arjos and Tania Spencer hosted us at the Art Space. It was a delightful day for the volunteers and we'd like to give a big thankyou to Ross Chappell for driving the bus. Thank you also to the Shire of Lake Grace for making the day possible.

The main focus for the FAMIL TOUR was to inform and see. A lot of tourists ask where a place is or what we recommend seeing and the best answers always come from those who have experienced a place first hand. To be able to share a fact, a hidden treasure or even a local story is gold within itself.

The next tours to run will be Newdegate and Lake King/Varley as two separate tours. So don't hesitate and sign up today to join the Lake Grace Visitor Centre Volunteering team and join us on the next FAMIL TOUR.

Young People Consuming Less Sugary Drinks

Media Release

A new survey from investment bank Morgan Stanley found that more young Australians are cutting back on soft drinks.

The survey findings come as The Coca-Cola Company sales figures show that still beverages such as water and iced tea are growing much faster than sparkling beverages.

Also this week, a new study in the British Medical Journal has found a relationship between sugary drink consumption and type 2 diabetes risk.

LiveLighter is encouraged by the survey findings from Morgan Stanley and the fall in the sale of carbonated beverages, but believes there is still work to be done to reduce consumption and highlight the health risks associated with sugary drinks.

LiveLighter Campaign Director, Maria Szybiak, speaking on behalf of LiveLighter:

"It is promising to see these new figures which suggest that 18 to 34 year old Australians are drinking less soft drink, however this is a reduction from a very high level of consumption. Australians are still among the highest consumers of sugary drinks in the world, with people in

certain communities drinking extremely large quantities of these drinks every day," Maria Szybiak, LiveLighter Campaign Director said.

"When a 600ml bottle of soft drink contains about 16 teaspoons of sugar – more than double the daily amount recommended by the WHO – it's easy to see how regular consumption can lead to a variety of health problems including heart disease, type 2 diabetes, some cancers, and tooth decay.

"With new research showing a direct link between sugary drink consumption and type 2 diabetes, it is even more important to raise awareness of the health impacts and encourage more people to choose water instead."

LiveLighter is a partnership between Heart Foundation WA and Cancer Council WA and is funded by the Department of Health Western Australia. The campaign encourages West Australian adults to lead a healthy lifestyle. LiveLighter advises West Aussies [avoid sugary drinks](#) and choose water instead. This has been supported with [education](#) and advertising (since July 2013).



Lets Talk About **Scams,** **Warranties** and legal stuff.....

Thursday 20th August from 11am
and again at 6pm
Light lunch and supper supplied

Vanessa from the Albany Community Legal Centre will be talking about Wills, Enduring Power of Attorney, Enduring Powers of Guardianship and Advanced Health Directives (formerly Living Wills)

Iris from the Department of Commerce will be talking about your rights as a customer, how to deal with scams and any other issues that may arise.

Please ring the CRC on 9865 1470 to book in. No cost.

Business in Profile

Danielle Robertson

Raw Fitness Academia is the new business in Lake Grace that has come about from two dedicated fitness instructors deciding they could offer a selection of programs to benefit the health and fitness of our community.

After being the instigator and coordinator of the Aquatics and Recreation in the Community program with the Shire of Lake Grace for 11 years Letisha Marshall was approached by Vanessa Tavares to consider starting their own business.

Letisha and Vanessa expect similar longevity from their program. They are offering a selection of classes aimed at all fitness levels.

An eager group of seven attended the Forever Fit class on Wednesday morning, which I'm led to believe is a precursor to a social morning of coffee and chat. Cathie Kelly said she had been attending the ARC program for a number of years, travelling in from Newdegate to do so. "We recently took a camping holiday along the Gibb River Road, there would be no way I'd be able to do that sort of thing without having done this exercise program first. Hiking, climbing gorges and even just getting up out of a swag would have been impossible," she said, going on to mention the strength and freedom of movement she has developed since starting.

The ladies were impressed with the flexibility offered in the classes as no one is pushed beyond their capabilities but always encouraged to try that little bit



Vanessa Tavares takes the Forever Fit class through their paces.

harder to reach their goals. Personalised programs are available to participants as required. A thorough health screening process also enables the instructors to alter the exercises to fit around various injuries or weaknesses.

Vanessa said that she and Letisha are continually looking to undertake training courses to improve their skills and were also keen to expand the selection of classes as new programs are developed. Currently they don't have a minimum class size, considering some people travel quite a distance to attend. This may change as the business takes off.

Also on Wednesday was the Crossfit class, combining a wide variety of functional movements utilising a range of training methods. This is hugely popular around Australia and great to see taking off in Lake Grace.

Raw Fitness can offer personalised training programs and a one-on-one service. They also offer group fitness programs tailored to local sporting or other groups.



Left: Vanessa Tavares and Letisha Marshall owners and instructors for Raw Fitness Academia.

Commemorating 100 Years of ANZAC

Allan Zweck

Each of the soldiers listed on the Lake Grace Honour Roll will be featured in the Lakes Link News, as close as possible to 100 years from their enlistment. It is now 100 years, 6 months and 23 days since Robert Carter signed up.

CARTER – ROBERT: Born at Northam, Western Australia, he enlisted in the Australian Imperial Force, on the 7th of January, 1915. He did his training at Blackboy Hill, and was appointed to the 4th Reinforcement, 11th Battalion on 16th of February.

He was almost 44 years of age, and of dark complexion. At a height of 5 feet 5½ inches, (166.5cms), he weighed in at 137lbs, (62kgs), and had brown eyes and brown hair.

Robert Carter was a drover, though prior to his enlistment, he had some kind of involvement with his two sons in their holdings at North Lake Grace. His wife Emily, of West Perth was next of kin, though he stated he had a family of four, two boys and two girls, also as next of kin. His eldest son, Frederick, had proceeded to the War earlier, and the younger son, Charles, enlisted and followed to the war some months later.

Private Robert Carter embarked the HMAT *Argylshire*, A8, at Fremantle on 19th of April 1915. On the 19th of June he was taken on strength at Dardenelles, which brought him into the Gallipoli campaign.

Private Carter was on the battlefield for only 2 months when he was struck down with sickness. He was admitted to hospital in the Dardenelles, and was quickly transferred through several Casualty Clearing Stations before being transferred to Mudros. At first his admission was for influenza, and when it was found he had Enteric Fever, he was sent to Malta, via the Hospital Ship, "*Gascon*", on 17/8/1915, from Gallipoli.

A month later, Private Carter was transferred to Woolwich, England, on the Hospital Ship "*Carisbrook Castle*", where he was admitted to Brock War Hospital.

Two months later, on 19th of November, he was transferred to Addington Park Hospital, Croydon, for further treatment. It was documented that after 10 weeks out of bed, he was still shaky on his legs. Also documented was the fact that he had suffered severe enteric fever previously, in 1886 in Australia.

By the beginning of 1916, Private Carter had been listed for early return to Australia, and there is no report of him on his medical records thereafter, until it is recorded on the 8th of May 1916, when he was invalided back to Australia. It was on the *HS "Thermistocles"* that left from Portland, England, which brought him back to Fremantle, where he disembarked on the 19th of June, and his discharge from the AIF came on 15/8/1916, because of 'debility from enteric fever'.

An interesting document in his file is a "Statement of Accounts". It shows payments for 485 days @ five shillings per Diem, and one shilling per Diem deferred pay, making a total of £145/10s. It is presumed this was the rate of pay for his services.

Private Robert Carter was awarded the 1914/15 STAR Medal, The British War Medal and the Victory Medal. His service number was 1733, and he gave his religion as Church of England.

Sometime in 1917, Robert Carter was granted a selection of land in the wheat-belt at Kondut, near Ballidu. (Kondut was named after Coduit Soak nearby). It also appears that Robert organised for his younger son Charles Robert to transfer his Lake Grace location to Ern and Catherine Bennett, and take up a location at Kondut also – and so their involvement in Lake Grace ceased. Robert served on the board of his local Shire Council for some years. He died on 26th of November 1951.

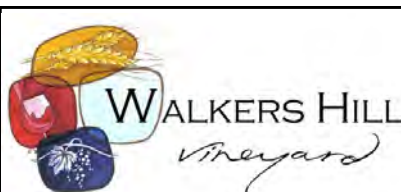


All Wintersports Players,
sponsors and supporters

Save The Date
'80s Prom night

Wintersports Presentation Dinner
Saturday 19th September

Dress: Glamorous 80s prom



OPEN
most days

Wednesday – Sunday	10am – 4pm
Thursdays	1pm-4pm
Monday & Tuesdays	CLOSED

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

Phone: 0447 651 418

LAKE GRACE HOSPITAL – Multi Purpose Service

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

CONTACT DETAILS = TELEPHONE: **9890 2222** FAX: **9890 2202**

HACC & MPS Activity Programs:

Foot Clinic

Tuesday 11th August

9.00—12 noon

All seniors welcome

(please provide your own manicure set)



Chair Aerobics

Every Tuesday @ 10.45am

At the Lakes Village Hall

Exercises for people with limited mobility



Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

5th August—sing-a-long

12th August—puzzles

All welcome to come and join in

(bus transport available)



Bus Outing

Friday 14th August 2015

approx. 9.30am—11.30am

SwimAbility

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

Next trips will be on 3rd August, 17th August

Call the hospital to book a place on the bus.

4th Friday Activity

Friday 28th August

Activities / Games / Trivia

10.00 am—1.30pm

Lake Village Hall

RSVP 25th August for catering

NB: Bring along something you have from your childhood (item / photo / toy etc)



Call 9890 2222 during office hours

to get further information about HACC
and Hospital services

Hospital Upgrade News

Things are a little challenging at the hospital these days, with all the construction work that is happening!

Currently the builders are working on the main entry, kitchen, medical records store, extra office, and ground works around the building foundations.

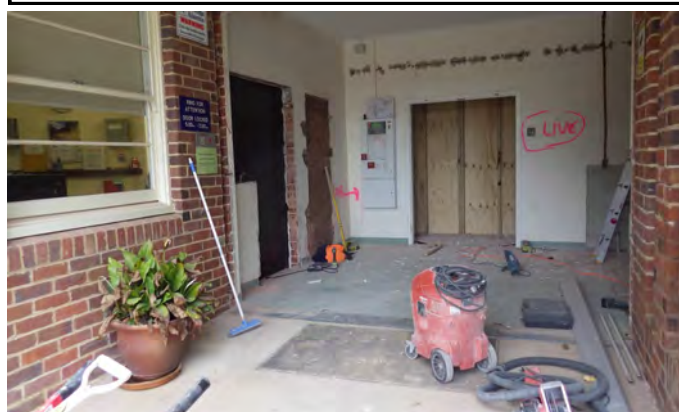
Well done to all the staff for keeping up their good work amidst the dust / rubble / workmen / noise etc.

Remember:

- Enter the hospital through the door at the carpark (northern) end of the hospital.
- Do not go into construction areas
- Look for the signs to direct you
- If in doubt—ring the bell to call for staff

Funded by the State government's Royalties for Regions SIHI (Southern Inland Health Initiative)

Below: 22/7/15—dismantled front entry of the Lake Grace Hospital (not as you remember it!)



Physiotherapist:

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



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

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

Creating Your Own Winter Woollies

Danielle Robertson

You may be aware of our crocheting workshops which are still going strong and on the 7th August we will be commencing our next project, a double crochet beanie, pictured below with an example of a forthcoming project - a handy storage basket.

Currently we have around 16 participants who are busy making Granny Squares to be joined together to make knee rugs for the Wheelchairs for Kids charity group who send custom made child size wheelchairs to disabled children living in developing countries. Each chair is sent with a knee rug and a soft toy.

If you would like to take part in our crochet workshops it's never too late to learn. Come along on Friday 31st July at 10am and we can teach you the basics ready to start your beanie next week.

For the beanie project participants will need to bring along their own supplies consisting of a 7mm crochet hook and 150grams of 12 ply wool. The Lake Grace Post Office stocks premium quality Bendigo Woollen Mills wool which will be suitable for the project.



lake grace engineering

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*Insurance Work

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Walking Up To 20 kms a Day – Our Ancestors and Exercise

Owen Catto - Regional Men's Health Initiative



Our ancestors were used to walking up to 20 kilometres per day, they had to, to survive on the Savannah Plains and the Serengeti's or they would end up as someone's lunch. We are not designed for sitting around and not exercising. The human body has not had millions of years to adapt to our sedentary lifestyle and we need to change our habits before it is too late.

Blokes, in particular, have had a significant change because many of the work tasks that have always been manually done are now obsolete and/or automated.

Exercise is essential for our brain, mind, body and our cardiovascular health. I have just finished reading a book titled "Brain Rules" by John Medina and rule 1 (out of 12 brain rules) is **exercise boosts brain power**. An enlightening read.

There are a lot of variables, from nurture to nature, that help how we age but one of the greatest predictors of successful ageing is the absence of a sedentary lifestyle. Civilisation has given us many benefits but it has also meant, that for the majority of us, we have gradually quit moving. The result of this is more and more Australians are being classified as being overweight, with the biggest physical health epidemic in Australia in 2015 being Type 2 Diabetes.

There is a lot of current research that suggests exercise can:-

1. help prevent Type 2 Diabetes (by up to 60%);
2. improve our cardiovascular health thus decreasing the risk of strokes and heart attacks;
3. affect the outcome of both anxiety and depression. The fact that exercise helps regulate the release of chemicals (serotonin, dopamine, and norepinephrine) into our bodies makes it an important element in maintaining the right balance;
4. halve the risk of general dementia by undertaking aerobic exercise just twice a week, It also cuts the risk of Alzheimer's by 60%.

So what does this all mean for our exercise regime?

There is a lot of advice around with different suggestions on exercise requirements. This varies from 5 minutes high intensity, to 30 minutes per day, to 1 hour a day every second day. We are the only one that knows our body's physiology and what will ultimately work for us.

If you are limited in how you can exercise you can still make a difference. If you can physically walk only 50 metres a day, double it! Walking 100 metres per day compared to 50 metres does make a huge difference. The improvement in your body's physiology will be

profound and the positive effect is that starting with a little bit of exercise will make you want to move more.

Exercise options are endless; swimming, hydrotherapy, light gym work, walking groups, sporting groups, volunteering; although in regional WA sometimes these options can be problematic for people to access.

Don't let it stop you exercising – get moving.

Owen and the Team

The Regional Men's Health Initiative
delivered by Wheatbelt Men's Health (Inc.)
PO Box 768, Northam WA 6401
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www.regionalmenshealth.com.au



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Student Profile



Name: Tahryn Trevenen (nee Gray)

Years at LGDHS: 12 years which includes K & PP

Highest educational level achieved at LGDHS: Yr 10

What do you feel are the positive factors of studying at LGDHS? Being close to family and establishing a good sense of community

What do you feel are the negative factors of studying at LGDHS? I have no negatives about studying at LGDHS as I have achieved what I have wanted to.

Study/Career achievements since leaving LGDHS:
Bachelor of Exercise Rehabilitation Science - UWA
Partnership in South Perth Rehabilitation & Fitness
Owner of Momentum Exercise Physiology
18 months world travel

Summary: I sold my business to travel and once returning back to Perth I felt the need to move back to the country. I am now very excited to see my kids grow up in the same community as I did and go to the same school as me. There is no better environment for kids to grow up in.



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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 Martin Downey, 1/C PC Jacqui Gobby & PC Ben Wilson.

High Beam Headlights & Fog Lights

Most people are pretty considerate and know the rules and protocols about dipping their high beam headlights for approaching vehicles at night. However, of late we've had a few complaints about drivers not doing so in the dawn hours of the mornings. i.e. they leave home when it's still dark but as it gets lighter it's not so evident that they are still driving using high beam so fail to dip their lights for approaching vehicles. In the meantime the poor motorist travelling in the opposite direction is being blinded often by the spot lights as well as the high beam. Please be mindful.

Also please be aware that fog lights should not be used in built up areas at any time.

Seat Belts

At \$500 a pop - please be aware that seat belts must not only be worn but be worn correctly even if just going on very short trips. I would suggest that a \$500 fine is not the kind of extra tax you would want to be paying. Drivers be aware that you are not only liable for yourself but also for your passengers both adults and children. Can I suggest that a few local people need to heed this warning?

Dropping School Children at School in Lake Grace

We've also had a few concerns raised about parents dropping their children off for school but not using the drop off area on the school side of Absolon Street i.e. dropping children on the opposite side of the Absolon Street necessitating the children to negotiate crossing Absolon Street to get to school. I understand it can get a little congested at peak times but we still ask that parents take the extra few minutes to use the drop off area on the school side of the road. The less children we have crossing the road at the start and finish of school the better and safer for all concerned.

Scams, Scams & More Scams

More local people have come forward with their latest experiences of attempted frauds / scams. Three of the latest attempts involve the Australian Taxation Office (ATO), Telstra, and Western Union.

The ATO Scam: involves a telephone call out of the blue from someone claiming to be from the Tax Office to say that you owe back taxes and need to pay immediately into a certain account to save you from

prosecution and/or a bad credit rating. The ATO simply don't operate that way. If you don't recognize it immediately as a scam, at least please ring the ATO yourself or speak to your relatives or friends but do not send any money.

The Telstra Scams (by Computer or Telephone): I myself was recently hit by an attempted scam whilst using my home computer. While surfing the net a pop up suddenly appeared stating that I was a Telstra customer and that my computer had been compromised and was exposing my passwords and internet banking details. To fix the problem I must ring the 1800 telephone number displayed. I knew immediately it was an attempted scam because Telstra simply don't operate that way. Also the pop-up window wouldn't close and I was forced to restart my computer. I then ran my virus and malware protection and C-Cleaner to delete my history, cookies etc.. Other people have received a telephone call from a person who says they're with Telstra and wanting details about their telephone and computer accounts. If pushed for their Telstra Staff ID Number the person admits that they are with a company 'associated' with Telstra. – There's where you should end the call.

The Western Union Scam: Various approaches to entice you to send money via Western Union to a specific person in order to progress a big monetary benefit that will come your way. Nearly always the person is overseas.

Although these people at times target people of any age they seem to try and hit the elderly. Knowledge and forewarning is power so please speak with your relatives and friends about these matters. They also know for example that we in the bush are mostly with Telstra and will use that fact to convince you that their approach is legitimate. They are also very confident and prey on our insecurities such as being in trouble with the authorities or losing a good credit rating.

Regards,

Sergeant Martin Downey
Officer in Charge
Lake Grace / Newdegate Police Sub-District

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Start Your Pursuit at UWA Open Day

Media Release

Future students will be able to find out everything they need to know about The University of Western Australia at this year's Open Day on Sunday 9 August, from 10am to 4pm.

Students, their parents and families are invited to meet University staff and students to find out more about the UWA educational and student experience while enjoying the beautiful Crawley campus.

This year there will be a "Future Students Hub" on James Oval where students are invited to start their pursuit before heading out into study areas, labs and faculty displays. Staff at the Hub will be able to answer questions and provide information on admission, scholarships, courses, majors, career options and student life.

Representatives from UWA Guild Clubs, along with current students, will be available to answer queries and talk about uni life.

This year's Open Day will also feature the UWA Student Experience Talk in the Octagon Theatre at 11.15am and 1.15pm. UWA Deputy Vice-Chancellor Professor Alec Cameron will discuss why a UWA

education is world-class and students will share their experiences of being a first-year student at UWA.

All members of the community are invited to enjoy the entertainment and activities throughout the day, including a mini Perth Upmarket, live music performances, carnival rides, petting zoos, specialty food trucks, campus tours and the Radio 92.9 Hit Zone with a live DJ and carnival games.

There will be plenty of sporting matches, a climbing wall and the chance to meet athletes from Perth Glory, Perth Lynx and Rugby WA.

For selfie-lovers, posting photos to **#UWAOpenDay** could win them a prize and they can pick up free printed photos from the Instaprint booth on James Oval. There will also be some "impossible" photo opportunities around campus to amaze and inspire – perfect for sharing on social media.

There's so much to discover, experience and enjoy at UWA Open Day. Visit the website, create your own program and go in the draw to win a \$1500 Apple Store voucher and many other great prizes.

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CURRENT HAIR TRENDS!

A TREAT FOR OUR SENIORS

Alison Dines. Photos Mary Naisbitt



Playgroup mums are a notoriously busy bunch but as the saying goes, "If you want something done, ask a busy person".

And so it was that over twenty senior members of our community were treated to a Christmas in July Luncheon, kindly provided by our marvellous playgroup mums.

Dining on a three-course menu of soup as entrée, roast meat with roast veg as main course and a choice of either sticky date pudding or pavlova as dessert, the Lakes Village Hall was filled with the delectable smells of home-cooking and reverberated with happy chatter and peals of laughter.

The next Senior Citizens Luncheon will be held on Thursday 6th August in the CWA Hall. The catering will be provided by the lovely ladies of the Catholic Church. Please contact Genni Curtin for further details on 9865 1122.

Left: Table centrepieces set the scene as one of festivity and happiness.

*....or have they?!?!
A highly accurate Christmas stocking
that was hung from one of the tables.*



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

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

TO FIND OUT MORE, CONTACT US TODAY

Bits & Pieces

As I have mentioned on many occasions, my knowledge of using a computer is very limited. As with the TV controls, I am banned from touching the control buttons. 'Cos like all impatient husbands, if it doesn't respond immediately press something else with the end result being wife has to reset all dials. (Sounds familiar doesn't it fellow-husbands?)

But one day, home by myself in front of the awe-inspiring telly, full of all types of knowledge and information, I pressed a few buttons to be confronted with a screen full of enlightening instructions. Not one to be denied a challenge I could only continue onwards doing as I was instructed to do. End result? I not only learnt a lot ie which buttons to press, ...but! If I can remember what and when I did it I won't need the bride to show me what to do!

And here are a couple of interesting articles that were stored in that magical box of information.

An Obituary printed in The London Times ... Absolutely Dead Brilliant!!

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were lost long ago in a bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

Knowing when to come in out of the rain,

Why the early bird gets the worm,

Life isn't always fair,

And maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6 year old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using a mouthwash after lunch and a teacher fired for reprimanding an unruly student only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault. Common Sense

finally gave up the will to live after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap and was promptly awarded a huge settlement.

Common Sense was preceded in death:

By his parents, Truth and Trust,
By his wife, Discretion,
By his daughter, Responsibility, and
By his son, Reason.
He is survived by his 5 stepbrothers:
I Know My Rights,
I Want It Now,
Someone Else Is To Blame,
I'm A Victim, and
Pay Me For Doing Nothing

Not many attended his funeral because so few realised he was gone.

If you remember him, pass this on. If not, join the majority and do nothing.

And here is one to test the white man's logic!

The Lone Ranger and Tonto were camping in the wilderness. After they got their tent set up both men fell sound asleep. Some hours later Tonto wakes the Lone Ranger and says, "Kemo Sabe, look towards sky, what you see?"

The Lone Ranger replies, "I see millions of stars."

"What that tell you?" asked Tonto.

The Lone Ranger ponders for a minute then says, "Astronomically-speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time-wise it appears to be a quarter past three in the morning. Theologically, the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What does it tell you Tonto?"

"You dumber than buffalo. It means someone stole our tent."



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Strawberry Jam	Plum Jam	Lime Marmalade
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Getting Enough Vitamin D in Winter

We need vitamin D to maintain good health, in particular to keep bones and muscles strong and healthy.

Vitamin D forms in the skin when it is exposed to UVB radiation from sunlight. Vitamin D levels can naturally vary throughout the seasons. Most of us will produce enough vitamin D in summer, when UV levels are higher. However, most people's levels will be lower in winter, when UV levels are low, as people tend to cover their skin and stay indoors. Our bodies only store enough vitamin D to last between 30 and 60 days.

When the UV is below 3, it's a great time for us to get outdoors, roll up our sleeves and top up our vitamin D levels. During winter it is recommended that people be physically active outdoors in the middle of the day, with some skin exposed. The amount of vitamin D you make is also related to the amount of skin exposed to the sun – if you expose more of your skin, in most cases you'll make more vitamin D. Be guided by your local UV Index forecast and cover up when it reaches 3 or more.

A really great website for learning about the UV Index, including finding out what the UV is right now and the **SunSmart app**, is www.myuv.com.au

While you are there, **download the SunSmart app** to your phone and use it daily. It is free and fun and can be tailored to your location – The app lets you know when you need sun protection, the daily UV level and weather forecast, set a reminder for putting on sunscreen, and how much (it has a sunscreen calculator!), vitamin D tracker, find out when it's safe to get some sun for vitamin D – check it out on myUV.com.au

Remember UV3 is the key!

At UV3+, cover up.

Below UV 3, no sun protection is required.



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

please ring 9622 4326

Karen Hansen, Regional Education Officer Wheatbelt
Cancer Council WA

khansen@cancerwa.asn.au



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Shire of Lake Grace Community News

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CEO's Corner

At the time of writing this, final preparations are now complete and Council will adopt its 2015/16 Budget at a Special

Meeting being held this Wednesday, 29 July 2015.

The budget is predicated on containing the combined specified area and general rate to an overall increase of 3.23%.

Council is pleased to achieve this outcome inclusive of a significant provision for the establishment of a reserve to assist it to meet future medical services. In the absence of that provision rates would not have increased.

Council held its 22 July 2015 Ordinary Meeting in Lake Grace last week and the following matters were discussed:

- Mr Royce Taylor was present during public question time representing the Lake Grace Sporting Groups. Mr Taylor provided Council with a lower cost option for consideration in its budget deliberations for minor structural changes to the old changerooms to meet the immediate storage needs of the Lake Grace Sporting Groups without the need for a separate storage shed.
- Potential use for the Lake Grace Uniting Church building - see Public Notice
- Planning application for a storage shed on Lot 312 Mason St Lake Grace
- Calling of Tenders for Bitumen and Aggregate, Rural Road Re-construction, a new grader and two new prime mover trucks - see Public Notice
- Appointment of the Community Emergency Services Manager, Mr Paul Roadley as a Fire Control Officer - see Public Notice
- Potential sites for Lake Grace Over 55's Accommodation

- Community proposal for a Lake Grace Football Legends Park
- Future use of the Lake Grace Saleyards site
- South West Native Title Settlement
- WALGA AGM being held during the Local Government Convention in Perth next week



Minutes of the July Council Meeting are available online at www.lakegrace.wa.gov.au.

Crs De Landgraft, Hunt, Armstrong, Sinclair and Chappell along with the CEO, will be representing the Shire of Lake Grace at the 2015 Local Government Convention being held in Perth during the first week in August 2015. The theme for the convention is 'Switched On'.

If you are in Perth between now and Saturday 8 August, look out for the Shire's 2015 'Banners in the Terrace' entry flying high along St Georges Terrace. Our colourful banner entry this year was beautifully painted by the Lake King Primary School Students - a big thankyou to them.

Neville Hale

Chief Executive Officer

Congratulations

Congratulations to the Lake King Primary School on receiving an Exemplary Performance Award from the Department of Education.

A wonderful achievement.

Well done to you all!





Shire of Lake Grace Community News

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

Office Opening Hours

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

Wednesday 8.30am - 4.00pm

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

Licensing Opening Hours

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

Tip Opening Hours

Lake Grace

Monday, Wednesday, Saturday & Sunday
7am - 6pm

Newdegate

Wednesday 9am - 3pm
Saturday 8am - 12pm

Lake King & Varley

Open Every Day

Waste & Recycling Pick up Dates

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

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

Lake Grace	Newdegate
10 August	3 August
24 August	17 August

Please Note: There is no kerbside recycling collection service in Lake King or Varley.



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

Driving Assessor

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

Friday 7 August 2015

Friday 4 September 2015 - to be confirmed

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

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

Building Surveyor

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

Tuesday 11 August 2015, Tuesday 25 August 2015

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

Ordinary Council Meeting

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

Wednesday, 26 August 2015, 3.00pm

Location: Lake King Hall



KidSport enables Western Australian children to participate in community sport and recreation, no matter their financial circumstances. Eligible youth aged 5-18 years can apply for financial assistance to contribute towards club fees. The fees will go directly to the registered KidSport clubs through their participating local government.

Applicants must be aged 5-18 years and have a Health Care or Pension Concession card or be referred by a recognised referral agent. Primary place of residence must be in the local government area that they are applying to.





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

OVER 55's ACCOMMODATION

Register Your Interest

To enable further funding applications for Over 55's Units the Shire is required to establish a list of people interested in renting (*both now and into the future*) one of the Shires' new Over 55's Community Housing Units in Lake Grace and Newdegate.

The list will be an indication of your interest only and is not binding.

Contact Lee Holben, Manager Community Services at the Shire on ☎ 9890 2500 for more information and to register your name.



Local Laws

Public Comment Invited

A reminder Council is reviewing the Shire's Local Laws and is inviting public comment on changes and some new Local Laws.

See main advertisement in Public Notices.

Written submissions about the proposed local laws can be made to the CEO by Friday 14 August 2015.

Great Job Opportunities

The Shire is currently advertising the following vacant positions.

Enquiries and application packages available by contacting Lee-Anne Trevenen (9890 2500 or email cfa@lakegrace.wa.gov.au)

Apprentice Carpenter Joiner

Applications close 31 July 2015

Town Maintenance Personnel

Permanent Full-time

Applications close 31 July 2015

Cleaner Lake Grace Townsite

Casual and/or Part-time

Applications close 7 August 2015

Technical Officer

Permanent Full-time

Applications close 7 August 2015

Calling For Tenders

Attention: Local Businesses

Tenders have been called for the provision of the supply of bitumen and aggregate and rural road reconstruction.

Contact the Shire's Manager Infrastructure Louka Shopov ☎ 9890 2500 for tender information.

Tenders close 3.00 pm Thursday 13 August 2015.

ARC Reimbursements

Due to the privatisation of ARC, residents who previously held ARC membership will be reimbursed.

If you have not received a call from the Shire and have a current membership ticket please bring it to the Shire office before the end of August to receive your payment.

Please come to the Shire office or contact Cheryl ☎ 9890 2500 for any enquiries.

Farewells

We farewell Rohan Bishop who joined our staff in May 2011. Rohan was employed as Customer Service Officer and graduated to Technical Officer. We appreciate the work Rohan has done while employed with the Shire especially within the vast infrastructure area. He leaves us to travel abroad and build on his career.



Farewell also to Meelis Hein who has worked with the Shire for the past 6 months on a working visa. Meelis has been a great asset to our gardening and maintenance team and will be sadly missed. Meelis will continue exploring this big country of ours and when he has visited all those special places, we hope he will make his way back to Lake Grace.



Councillors, Management and staff wish you both the best of luck.





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

Are You Eligible to Vote?

LOCAL GOVERNMENT ELECTIONS

Saturday 17 October 2015

by Postal Election

If you are registered on the State Electoral Roll you are automatically eligible to vote in the local government elections as per your residential address i.e. you get to vote in the ward in which you reside.

The Shire has 3 Wards: **LAKE GRACE WARD, NEWDEGATE WARD & RURAL WARD**

You may also be eligible to vote in more than one ward or Shire.



ELIGIBILITY TO VOTE

Enrolments Close 5:00pm 28th August 2015

More than One Shire - If you own property that crosses shire boundaries ie; Shire of Lake Grace and Shire of Kulin. You are eligible to vote in both Shires.

More than One Ward - Owner or Occupier Eligibility to Enrol

You should apply to go onto the Shire's Owners & Occupiers Roll if you:

- 1) own or occupy rateable property in a district or ward but are not on the residents roll for that district or ward; or
- 2) qualify under clause 12 of Schedule 9.3 to the Local Government Act 19957. and
- 3) want to be able to vote at local government elections for that district.

To qualify as an occupier you must have a right, under a lease, tenancy agreement or other legal instrument, to be in continuous occupation of the property for at least the next 3 months.

To enrol, you must complete the relevant form (Form 2 – Enrolment Eligibility Claim). Copies of the forms are available at all Shire libraries, CRCs, online at www.lakegrace.wa.gov.au and at the Shire Administration Office. You can also phone the Shire Office on 9890 2500 or email shire@lakegrace.wa.gov.au for a copy of the form.

Which ward?

If the property is partly in one ward and partly in another you may choose which of those wards you want your claim to apply to. If you leave this box blank the CEO will decide which ward the claim is to apply to.

Duration of previously accepted enrolment of owners or occupiers

expires 6 months after the holding of the second ordinary election after your claim was accepted. After this time, for you to continue to qualify as an elector you will need to make another enrolment eligibility claim. The Shire will be writing to those people affected to let them know they need to re-enrol.

Where to send your form

When you have completed and signed this form, send it to the Chief Executive Officer at the address below. You may send it by post, by fax or by other electronic means so long as it is capable of being printed in its entirety, including a signature. If you send it by fax electronically you should check that it has been received.

The postal address for completed forms is:

Chief Executive Officer, Shire of Lake Grace

PO Box 50, Lake Grace WA 6353.

Completed signed forms can also be faxed 9890 2599 or emailed shire@lakegrace.wa.gov.au

Important Dates on the Election Timetable

08-22 Aug 2015	The CEO gives Statewide public notice of the time and date for close of enrolments.
<i>Check the 12 August editions of the West Australian & local papers</i>	
22 Aug 2015	Last day for the CEO to advise the Electoral Commissioner of the need to prepare a residents roll.
22 Aug - 02 Sept 2015	Advertising of the call for nominations for Councillor.
<i>Check the 28 August editions of the West Australian & local papers.</i>	
28 Aug 2015	Close of electoral roll at 5.00pm.
03 Sept 2015	Nominations open for candidates to lodge completed nomination paper.
10 Sept 2015	Nominations for Council close at 4.00pm.
<i>Note: Terry Gladish at the Lake Grace Post Office is the Returning Officer.</i>	
09 Sept 2015	Last day for the CEO to prepare an Owners and occupiers roll.
18 Sept 2015	WAEC commences posting out election packages to country WA.
28 Sept 2015	Last Statewide public notice advertising the election.
<i>Check the 16 September editions of the West Australian & local papers.</i>	
17 Oct 2015	Election Day – Shire Office open to receive votes until close of poll at 6pm. Announcement of successful candidates follows.

Linda Bettenay Author Talk

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

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

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

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

Please book on 9865 1470

or lakegrace@crc.net.au

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



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Puzzles & Stuff

Some words from the 16/07/2015 edition of Boggle

Masculine
Lunacies
Mescaline
Musical
Amnesic
Caesium
Cauline
Cinemas
Launces
Macules
Malines
Menials
Mesclun
Scalene
Seminal
Unlaces
Acumen
Aliens
Alines
Animes
Camels
Cinema
Clause
Cleans

Climes
Emails
Iceman
Incase
Inseam
Lances
Lumens
Malice
Menial
Minces
Muesli
Muscle
Saline
Uncles
Unseal
Aisle
Alien
Cause
Clean
Clime
Lanes
Leans
Maces
Males

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

T	O	N
I	A	E
T	E	G

Answers to 16/07/2015 Sudoku

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

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St John Ambulance

Lake Grace Sub Centre



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As a Benefit Fund Member for the price of **\$83 for a Family** (over 18 require separate membership) or **\$50 for a Single** you get great benefits.

Membership covers you or your family for any ambulance transport on any urgency level over any distance (except if you choose to go from hospital to hospital i.e. public to private). Some private funds only cover Priority One (lights and sirens) or only the first 50km.

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FACTS

1/ Volunteer Ambulance Officers provide the ambulance service and they are not paid for their time but there is still a charge attached to each and every job that the ambulance attends.

2/ An ambulance transport from somewhere in the Lake Grace town site (even from the football oval) to the hospital will cost in excess of \$360. (In Perth and in other states this would be in excess of \$950). If you are a benefit fund member this will cost \$0.00.

3/ Your local ambulance service pays for everything to operate with no subsidisation from St John Ambulance WA or from the State Government. The local ambulance service pays for fuel and registration of the vehicles, all equipment upgrades, all consumables (oxygen masks, oxygen, medications etc), all operating costs, all training costs, even the cost of the officer uniforms. On average this comes to about \$40,000 dollars per year in expenditure which is covered by Benefit Fund Memberships and job charges.

We thank you for your continued support of your ambulance service. We hope you continue to enjoy the peace of mind that being a benefit fund member provides.

Amanda Milton - Chairperson

TAX RETURNS IN LAKE GRACE

Accountant Mark Robinson from ALBANY

will be visiting Lake Grace for:

5 DAYS ONLY

MONDAY 10TH – FRIDAY 14 AUGUST 2015

Come and get your Tax Return completed
on the day with a 14 DAY REFUND

The Office will be located at **25 Stubbs St**

“ Lake Grace Regional Art Space”

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Cost - \$165 for a standard Tax Return paid on the day or
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Phone **Mark on 0408 931 598** if you have any questions
or you would like to arrange a time.

Lake Grace - Kukerin Hockey Club



Danielle Robertson

v Bruce Rock 18th July 2015

C Grade 1-1

Goal: Jack Faulkner

Award: Aiden Dowdell

B Grade 0-0

Awards: Carissa West, Megan Nenke, Fletcher Taylor

A Grade 1-1

Goal: Michelle Carew-Reid

Awards: Mel Ogilvie, Chloe Robertson

v Corrigin 25th July 2015

C Grade 0-3

Award: Clancy Lee

B Grade 0-1

Awards: Mel Smith, Di Desmond

A Grade 6-1

Goals: Mel Ogilvie (2), Julie Ditchburn, Anna Taylor, Michelle Gooding, Brooke Carew-Reid

Awards: Mel Ogilvie, Shahni Chiswell



Above: B grade in their new uniforms. Back: Megan Nenke, Di Desmond, Mel Smith, Elly McKenney, Nat Lee, Jess Davidson, Trish Leo. Front: Jack Faulkner, Ben Smith, Neve Mycoe, Briony Adams, Annie Argent and goalie Jacquie Gobby.

Below left: Fiona Chatfield shuts down the Corrigin forward line.

Below right: Nat Mycoe on the run to the ball supported by Ben Smith (left), Jack Faulkner and Stella Dines.



Phoebe Robertson with the ball, supported by (from left) Fiona Chatfield, Julie Ditchburn, Mel Ogilvie, Brooke Carew-Reid and Anna Taylor in A Grade's 6-1 win over Corrigin on the weekend.



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From the Service Team at **Greenline**



Lake Grace Pingrup Football Club



Allan Marshall & Dennis Gittos

Thanks to our Sponsors for this week, Elders, GS Mobile Mechanical, Fyfe Transport and Fresh As (The Hardy Family).

LGPFC vs Boxwood Hill played at Boxwood Hill on 18/7/2015

The weather was fine and partly cloudy with a slight Northerly breeze, a good day for football.

LGP A RESERVES

The Reserves game commenced at 11.15 am with the Bombers fielding a strong team of players which included many of the high school kids home for the holidays.

The Bombers were quick out of the blocks in the goal scoring department with the older guys doing the bodywork and the young guns buzzing around, clearing the ball away and moving it forward.

Quarter time score: LGP 3-2 (20) to Boxwood Hill 0-2 (2)

The Bombers continued to dominate during the second term with the fluoro shorts guys having a ball playing with the seniors.

Half time score: LGP 7-3 (45) to Boxwood Hill 0-2 (2)

Three quarter time score:
LGP 9-10 (64) Boxwood Hill 0-2 (2)

The LGP Bombers put the hammer down in the final quarter adding another five goals. Grant Marshall at full back must have been pleased with himself but he would have to acknowledge the help he had from the young guys.

An entertaining game of footy played in good spirit and with many good passages of play.

The final scores were LGP 14-6 (90) defeated Boxwood Hill 0-2 (2)

Leading goal scorers were Patrick Smith 3, Bradley O'Neill 2.

Better players for LGP were Darren Clifford, Aaron Dunham, Grant Marshall, Leyton Smith, Ben Watson, Cent Amores, Zhane Robertson, Mitchell Smith, Mitch O'Neill and Poch Amores.

Awards: Best on Ground Ben Watson, Runner Up Best on Ground Cent Amores and Coach's Award went to young Brad O'Neill.

LGP JUNIORS

In the Juniors game LGP defeated Boxwood Hill by 59 points in a match where the Junior Bombers were too strong all day.

LGP 9-13 (67) defeated Boxwood Hill 1-2 (8)

Better players for LGP were Jackson Callope, Brady McGlinn, James Ayres-Dillon, Jai Clifford and Troy Murray.

Fed by Fyfe awards went to Rory Murray and Cody Giles.

Major goal scorers were Jackson Callope 4 and Cody Giles 2

LGP LEAGUE

Commenced at 2.15pm with umpires Craig Morrison and Daryl Carpenter in charge. The LGP Bombers fielded a strong team with the two weeks break due to the Landmark Championships allowing injuries to repair.

The match commenced with LGP kicking to the Wellstead end of the ground. Boxwood goaled first followed closely by the Bombers within the first three minutes of the quarter. The term continued with both sides evenly matched but the LGP forward line being more efficient inside the 50 metre arc.

Quarter time score was:
LGP 3-3 (21) Boxwood Hill 1-4 (10)

The second quarter saw the LGP Bombers assume more control over the match with the backs repelling most of Boxwoods forward moves and Tyson Prater in full form bagging everything that he could lay his hands on. Unfortunately Luke Bairstow was assisted from the ground late in the quarter after a clash with a BWH player, apparently damaging his cheek bone and looking a bit groggy. The term finished with LGP leading by 26 points.

Half time scores LGP 8-5 (53) Boxwood Hill 3-8 (26)

The third term commenced without captain Luke Bairstow as he had to be taken to Albany by ambulance for assessment of his facial injury which looked quite serious. With the Bombers missing their Captain and best player to half time they could have been excused for losing their edge over Boxwood but to their credit players such as Ashton Gray stepped up. Tyson Prater was moving back from centre half forward to assist the midfield, leaving the more than able Tyson Bell as the forward target. Chris Trevenen was defending well on his wing. Nick Dunham was ruthless with his body across the half back line. 'Spider Man' Marcus Argent used his height to destroy any Boxwood contested marks and his long bombs forward. Generally the whole side lifted to the occasion. LGP probably played their best football for season 2015 moving the ball with precision and playing on at all times before the BWH team could cover the leads which left the Bombers with a comfortable lead of 46 points at the third break.

Three quarter time scores were:

LGP 13-8 (86) Boxwood Hill 5-10 (40).

The final quarter was a more even contest according to the scoreboard with both teams scoring just the two majors each. LGP showed some fatigue after their cracking third quarter effort when they essentially won the game of football.

Continued page 33

YOGA DAY RETREAT

KULIN FREEBAIRN RECREATION CENTRE

Join experienced Vinyasa Flow teacher, Amanda Noga of Yoga Alchemy Perth (yogaalchemy.com.au) for a day of movement, meditation and nourishing foods. This will be an opportunity to replenish your vitality and reconnect with yourself.



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Lake Grace Pingrup Football Club



A great match to watch with closely contested football and the difference between the clash in Round 1 when Boxwood defeated the LGP Bombers was the goal scoring power of LGP.

Final scores were:

LGP 15-10 (100) defeated Boxwood Hill 7-18 (60)

Goal scorers for LGP: Tyson Prater (6), Tyson Bell, Luke Bairstow, Chris Poot (2 each) and singles to Craig Clinch, Damon Pelham and Angus Hunt.

Better players were Luke Bairstow until injured, Kane Pinney, Tyson Prater, Jack Carruthers, Reuben Smith, Chris Trevenen, Ashton Gray, Angus Hunt, Dennis Gittos, Tyson Bell, Marcus Argent, Justin Carruthers and Nick Dunham.

Award winners were: Best on Ground Tyson Prater, Best on Ground Runner Up Marcus Argent and Coach's Award went to Nick Dunham.

LGPFC vs Jerramungup played at Lake Grace on 25/7/2015

Thanks to our Sponsors for this week who were Maalouf Ford, Lake Grace Plaza IGA, Pingrup Traders and the ever reliable Trevenen Building and Glass!

LGP A RESERVES

The Reserves game commenced at 11.15am with the Bombers fielding a strong team of players with a couple of big inclusions, but none bigger than Jarred (deadly) Desmond. The Jerry players were quivering in fear when they saw the dynamic Desmond duo run onto the battlefield.

The Bombers were unstoppable in the first, kicking away early. A bold move from interim coach Reuben Smith saw the old head of Darren Clifford move to centre half forward which paid dividends for the Bombers. Dazza used his 86 years of experience to bomb goals from all areas of the ground, while big bad Bill (Grant) O'Neill was getting the job done in the middle, creating opportunities for his potent forward line.

The second saw Jerry fight back after being goalless in the first they showed a fair bit more fight kicking away early..... Enter Matty Sinclair, this young ball tyrant showed courage beyond his years and seemed to be in everything. Lifting the players around him, the Bombers steadied going into the long break.

With their confidence up and plenty left in the tank the Bomber brigade continued their flawless display of football dominance.

Continued page 35

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9.00 – 10.00 AM					WAR PLUS POWER STEP
9.30 – 10.20 AM				FOREVER FIT	
3.30 – 4.20 PM		Brazilian Dance Academy			
5.00 – 5.45 PM					
6.00 – 7.00 PM					

Lake Grace Pingrup Football Club



All players started to show some terrific signs heading into this last and important round. With second spot able to be locked in with a win, the boys were determined to run away with it. The only downside in the third was to see a couple of war horses for the club go down, with Tricky (Nick) Smith obtaining his first injury since debuting in the early 1920's, and Big Red Desmond spraining his usually mighty ankle.

The last quarter was uneventful with the Bomber faithful pleased to see the boys kick away. The mighty Dazz Clifford looked a lot like Lance Whitnall up forward and finished with an outstanding five goal bag.

The final scores LGP 12-8 (80) defeated Jerramungup 5-7 (37)

Leading Goal scorer was Darren (Lance Whitnall) Clifford 5.

Better players for LGP were Matthew Sinclair, Darren Clifford, Billy O'Neill, Paddy Smith, Jarred Desmond, Drew Marshal and the Estonian twin towers Madis and Meelis Hein.

Awards: Best on Ground Matthew Sinclair, Runner Up Best on Ground Darren Clifford and Coach's Award went to Madis Hein.

LGP JUNIORS

In the Juniors game LGP defeated Jerramungup by 10 points in a tight match where the Junior Bombers showed class well beyond their years, class that hasn't been seen since John-John Callope was in his prime, to finish off with an impressive win.

LGP 6-2 (38) defeated Jerramungup 4-4 (28)

The win secured top spot for our future stars and the entire team can be proud of a rounded performance.

Fed by Fyfe Awards went to Lachie Young and Brock Argent.

LGP LEAGUE

It was a magnificent day for football. The game commenced at 2.15pm with umpires Craig Morrison and Herbie Heart in charge.

Coming off a confidence boosting win against Boxwood the Bombers team was bolstered with the return of the breeding machine Alex Duckworth after the badly timed birth of his second child last week (thanks a lot Loz). But the loss of their mighty captain Luke Bairstow, after he talked back to Gem and ended up with a broken cheek bone, meant it would be a monumental task for the Bombers midfield against arguably the best in the comp.

LGP kicked with a slight breeze towards the northern end after winning the toss. This win gave the Bombers a great opportunity to get early goals on the board. Which showed in the first with both teams trapped in a tight struggle. The LGP defence was holding up well to Jerry's strong forward line. While up forward the new look duo of the Terrific Tyson Twins (Tyson Prater and

Tyson Bell), who are also two of the best looking forwards ever seen in Aussie rules football were keeping the Bombers in the game and creating great targets for their team.

Quarter time score was LGP 3-2 (20) JFC 6-2 (38)

The second quarter continued in much the same fashion, with the midfield doing all they could to hold some of the comps best. Alex Duckworth played a tough, mean brand of football. The game became a bit of a shoot-out with LGP pushing hard for their returns and playing a great brand of football but the class of Jerry meant they continued to respond with a few periods where they kicked consecutive goals.

Half time scores stood at LGP 6-4 (40) JFC 13-4 (82)

The third term commenced with both teams giving it their all, Jerry not being able to quite shake the Bombers. Like the previous half Jerry was able to get goals in quick succession while the Bombers were working hard for theirs. The terrific twins were still creating problems for the Jerry backs while the young gun Angus Hunt played an incredible support act and when the ball was in these guys hands a goal was almost guaranteed for the home side.

Three quarter time score LGP 10-6 (66) JFC 18-8 (116)

The final quarter was an even contest, LGP started exceptionally well and tried to mount some sort of a comeback early. Unfortunately for the home side and supporters, Jerry was just too impressive on the day. The back line continued to hold up with players like Mad Dog Rob Enright playing great footy and Kane (I wouldn't back into a soft couch at home) Pinney creating good run off the half back line. Though the Bombers football was extremely exciting to watch and the team is showing some promising signs heading towards the finals, Jerry had a comfortable win. Coach Damon Pelham, having a tough first season at the helm after a year struggling to get his best team on the field had nothing but praise for the effort shown by the players.

Final scores LGP 15-9 (99) defeated JFC 24-9 (153)

Goal scorers for LGP: Tyson Bell 6, Tyson Prater 3,

Better players were Tyson Prater, Angus Hunt, Tyson Bell, Ashton Gray, Alex Duckworth, Rob Enright, Justin Carruthers and Jack Carruthers,

Award winners were: Best on Ground Tyson Prater, Best on Ground Runner Up Angus Hunt and Coach's Award went to Tyson Bell.

We would like to wish Luke Bairstow all the best for his operation, the club has spoken to the surgeon and have agreed that it would be best to cut him off at the neck and start again with a blank canvas.

We would like to thank our supporters who are the best in the league by far and look forward to seeing you next week in a must win game down at Borden.

Lake Grace Sportsman's Club

The Ashes tickets are selling well at the Club with the 3rd test now on sale. For a small contribution of \$5.00 you have the chance to win up to \$150. Pretty good odds.

The winning combinations from the 2nd Test were in 1st place, Australia 3,7,8 (Smith, Neville, Johnson with 533 points), 2nd, again Australia 3,6,8 (Smith, Marsh, Johnson with 517 points) and 3rd, hey look it's Australia 3,7,10 (Smith, Neville, Hazelwood with 488 points).

Winning ticket holders for the 2nd Test were Steve Hunt, Milton Reynolds and Mark Seaman. Any prizes not claimed by the start of the 5th Test will be returned to the kitty and jackpot into the 5th Test prize pool.

In other Club news, the Bowling Club is looking to start a corporate bowls competition when the weather warms up a bit. The exact date will be advised but we are looking at the narrow gap between winter sports ending and the start of the summer season (about three days all up!). If you or your business are interested in taking part please register with Claire up at the Club.

Vish's Fish & Chips will be returning to Friday nights as of 31st July so we hope to see a few faces filling the place up. Don't forget we still are running our can draw on Friday nights which from memory is now up to around 36 cans. Well and truly worth coming up for a couple over the wood on a Friday night.

The Tennis Club is holding their AGM on Wednesday 19th August at the Club from 7.30pm. Please come along and show your support.

We are welcoming both the Lake Grace/Pingrup Winter Sports clubs and the Lake Grace-Kukerin Hockey Club back this Saturday after their respective away games in Borden and Hyden. Thanks to all our sporting clubs for their support of the Sportsman's Club.

This week's special at the Club is Corona. Simply purchase a bucket of four Corona stubbies and receive a FREE Corona beanie and the chance to win an all expenses paid holiday to sunny Mexico.



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Thursday July 30th

10.00 - 4.00

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Buy one scarf get one free in store this week

Lake Grace Pingrup Netball Notes

Joely Slinn

Boxwood Hill 18th July 2015

A Grade The ladies worked hard with a new team on court learning firstly to play together then fighting for the win. Unfortunately, it just took too long to gel together as the ladies won the last quarter however not the match. We would like to thank the five step ins this week for helping us out. We wouldn't have been able to step on court without you so, a huge thank you for your time and effort.

Best on Ground - Marcia Trevenen for never giving up and making dominant leads into the shooting circle, with perfect passing to her shooting teammate.

Coach's Award - Gabby Trevenen for her constant leads, her amazing rebounds and spot-on shooting.

Well done ladies!

B Grade We travelled to Boxwood Hill facing the bottom of the ladder team. With a win against them last time we played, Coach Symone McKenzie knew the team had some fight in them to bag themselves another win for the season.

Each and every player on the court put in 100% effort with some great attacking and defence work right from the start through to the very last minute of the 4th quarter. With this amazing team work it resulted in an amazing win 54-22.

Well done girls. Coach Sym is proud of how you all displayed your netball skills.

Best player went to Hannah Beatty for her hard fought defence in Wing Defence, constant on ball pressure and some beautiful leads down the court.

Coaches award went to Latisha McGlinn for her awesome shooting and for taking on board what the senior players had taught her at training. It showed you were listening on Saturday. Well done.

Juniors A fantastic team effort this week facing Boxwood who are top of the ladder. The girls fought hard every quarter, all putting in a top effort. Tight defence and fabulous rebounds turned the play around many times. Sharp attacking skills brought the ball quickly to our end. We were five goals down at three quarter time but the girls didn't give up. They hit the lead in the last quarter but unfortunately couldn't hold the lead, going down by three goals. The final score was 32-29.

Coach Wendy is so proud of the girls attitude and sportsmanship. Best on Ground this week went to Denica Stoffberg in Goal Keeper for playing tight on her player and deflecting so many passes. Coach's Award went to our ever reliable Goal Shooter Emilee Eaton; amazing passing and shooting. Well done girls, a fantastic game!

Jerramungup 25th July 2015

A Grade Unfortunately the ladies couldn't come away with the win, ending up going down by six goals. Well done for all who played and a thank you once again for the step ins.

Best on Ground - Gabby Trevenen for her awesome shooting and in-front leads.

Coach's Award - Jemma Bairstow for never giving up and her down-the-court intercepts.

B Grade Well done to the girls for their great win over Jerry the final score being 36-29. A great effort by the whole team.

Coach's Award went to Emily Younger who played a hard four quarters of centre position against a very tough opponent and never gave up. Her drives straight to the top of the goal circle are improving week after week and it's helping the shooters out immensely.

Best on Ground went to Symone Mckenzie in her Goal Shooter bib, who showed great leadership and determination throughout the game by encouraging her team and setting a fine example. The swish shots helped too. Well done Coach, shooting was on point!

Juniors A tough game this week. At quarter time our girls were 5 goals down. They came out fighting and by half time were up by 5 goals. The girls continued to fight hard for the ball. The final score was 32-20. Another wonderful team effort.

Best on Ground went to Abbey Strevett playing in Centre. Her diverse leads towards the ball and amazing intercepts kept the play flowing to our shooters.

Coach's Award went to Camryn Furphy in Goal Keeper and Goal Defence for her clever thinking to read the play and intercept.

Congratulations to Kelly Callope for winning the \$100 raffle by buying the last 6 tickets!

Thanks to the Net-Set-Go and junior families for the doughnuts, your efforts are much appreciated.



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New Year, new website!

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Lake Grace Golf Club Notes

Matthew Spurr

Sunday 19 July 2015

Stableford sponsored by Elders

Winner - Craig Reeves 39

Runner up Martin Carruthers 32

Novelties - results not available.

Sunday 26 July 2015

4B Aggregate Par Captains Day

Individual Winner - Kevin Eggers +6

Combined Winners - Kevin Eggers and Milton Reynolds +6

NAGA - Peter Lay and Warrick Millar -12

Novelties:

No 4 NTP Scott Strevett

No 6 NTP Michelle

Long Putt 9 Tim Dowdell

Ladies Long Drive Helen

NTP 15 Chad Stanton

NTP 19 Kevin Eggers

Thank you to the sponsors for the Novelties for their continued support. Elders, Kim's Mowing, Lake Grace Community Resource Centre, Lake Grace Roadhouse and Lake Grace Home Improvement, your involvement in the Lake Grace Golf Club is very much appreciated.

This Saturday representatives from the club are heading to Newdegate for the Men's Open Day, which should be a great day.

This Sunday's event is sponsored by Rex Walker for a Stroke (count your putts) day. Looking forward to seeing you all there.

Tickets are still available for the Golf Club Raffle

See your favourite golfing member or ask at local businesses.

1st Prize a TM5 Thermomix valued at \$2089.00

2nd Prize \$250 cash

3rd Prize \$100 BP Fuel Card

Drawn on Saturday 30th August

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PUBLIC NOTICES

Lake Grace DHS P&C Footy Tipping 2015

With 7 Rounds to go before the finals, WA is keeping its hopes alive with Number 1 and 2 spots cemented on the ladder still! There is a growing number of unclaimed winning tickets, so check your tickets below to see if you are a winner and let me know! Don't forget you win \$25 if you have the winning margin, and \$50 when its a bye round or the Derby, so its worth having a look!

Round 2 Ticket 44
Round 7 Ticket 92
Round 9 Ticket 56
Round 10 Tickets 27 and 10
Round 11 Tickets 50 and 7
Round 13 Ticket 7
Round 14 Tickets 54 and 36
Round 15 Tickets 56 and 72

Feel free to ring me if you have any questions or to claim your ticket
Misha Phone - 0428652160

Shire of Lake Grace PUBLIC COMMENT



Registration of interest from groups interested in utilising the Uniting Church Lot 47 Bennett Street, Lake Grace.

Please submit details to Shire of Lake Grace by 31 August 2015.

Any enquiries contact Manager of Community Services Lee Holben ☎ 9890 2500.

Shire of Lake Grace PUBLIC NOTICE



Local Laws

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

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

Copies of the changes are available on the Shire Website.

Written submissions about the proposed local laws may be made to the:

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

by Friday 14th August 2015.

Neville Hale, Chief Executive Officer

CWA Meeting

Held the second Tuesday of the month at the CWA rooms. 1:30pm start.

Next Meeting - 11th August

Lake Grace Tennis Club AGM

Wednesday 19th August
Lake Grace Sportsman's Club
7.30pm

Lake Grace Library & Resource Centre Meeting

Tuesday 3rd November
11am at the Library

Senior Citizens Luncheon

Thursday 6th August
Catered by the Catholic Ladies,
Please contact Genni Curtin
on 9865 1122 to RSVP

Vish's Fish & Chips

Will recommence at the Sportsman's Club
on Friday 31st July

FOR SALE

For Sale

3 x 1 house 74 Stubbs Street
Contact Marcus 0407 391 649

PUBLIC NOTICES

Shire of Lake Grace PUBLIC NOTICE



Following a change in the delivery model of the Lake Grace ARC program, the Shire of Lake Grace has disposed of equipment that was previously used by the Lake Grace ARC program, to the value of \$2,952.25 to the new service provider.

The funds generated by the sale of the equipment will be applied to the Lake Grace SAR costs.

The disposal of the equipment is an exempt disposal under section 3.58 of the *Local Government Act 1995 and regulation 30 3) (a) of the Local Government (Functions and General) Regulations 1996*, which reads as follows:

30. Dispositions of property excluded from Act s. 3.58

3) A disposition of property other than land is an exempt disposition if —

(a) its market value is less than \$20 000.

Neville Hale, Chief Executive Officer

Shire of Lake Grace TENDERS



Tenders are invited for the following:

TENDER 1/2015

SUPPLY OF BITUMEN AND AGGREGATE

TENDER 2/2015

RURAL ROADS RE-CONSTRUCTION

TENDER 4/2015

SUPPLY OF TWO PRIME MOVER TRUCKS

Specifications are available by contacting the Lake Grace Shire Office 9890 2500 or by email tenders@lakegrace.wa.gov.au

Tenders are to be submitted in a sealed envelope, clearly marked with the appropriate tender number and addressed to the undersigned at the Shire of Lake Grace, PO Box 50, Lake Grace WA 6353, hand delivered to 1 Bishop Street, Lake Grace or emailed to tenders@lakegrace.wa.gov.au, no later than 3.00pm on Thursday 13 August 2015.

LATE TENDERS WILL NOT BE ACCEPTED

Canvassing of Councillors will result in disqualification. The lowest or any tender not necessary accepted.

Tenders submitted by facsimile will not be accepted.

Technical information can be obtained by contacting the Infrastructure Manager on 9890 2500.

Neville Hale, Chief Executive Officer

Shire of Lake Grace PUBLIC NOTICE



It is notified that as per s38(2A) of the *Bushfires Act 1954*, Mr Paul Roadley (Community Emergency Services Manager) is appointed for the Shire of Lake Grace for the 2015/16 Bush Fire Season as:

- Bushfire Control Officer (Permit Issuing)
- Fire Weather Officer
- Clover & Proclaimed Plant Burning Permit Officer
- Dual Bush Fire Control Officer Shires of Ravensthorpe, Jerramungup, Kondinin, Kulin and Esperance.

Neville Hale, Chief Executive Officer

Sally Dickinson

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

CHURCH TIMES

Anglican Church of Lake Grace

Sunday 2nd August
Lake Grace 9:00am

Sunday 9th August
No Service

Enquiries: Father Dave 0427 545 560
Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 2nd August

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

Sunday 9th August

Lake Grace	8:00am
Kukerin	10:00am

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

Community Clubs and Associations

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

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 1111
Sally Dickinson 0427 192 155 Southern AgCare Counselling	Kids Helpline 1800 55 1800 www.kidshelp.com.au
Poisons Information 13 11 26	Ngala 9368 9368 www.ngala.com.au
Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Relationships Australia Fair Programme 9336 2144 www.wa.relationships.com.au 1300 364 277
Lifeline Australia - 13 11 14 www.lifeline.org.au	Beyond Blue - 1300 22 4636 www.beyondblue.org.au
Seniors Information Services 9321 2133 www.cotawa.asn.au	Citizens Advice Bureau 9221 5711 www.cab.wa.com.au
Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au	Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au
Main Roads - 138 138	

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDAR

July / August

Fri 31	Fish & Chips at the Sportsman's Club Physio (Jenna M) in Lake Grace Crochet Workshop at CRC
Sat 1	Craft Group at CWA 12 noon onwards Rubbish tip open Meals at the Sportsman's Club Hockey - Karlgarin/Hyden v LGK Winter Sports - Borden v LG/P Golf - Newdegate Open Day
Sun 2	Rubbish tip open Golf - Stableford (Club Day)
Mon 3	Rubbish Collection & rubbish tip open Swimability in Narrogin LG Development Assoc Meeting
Tue 4	Chair Aerobics 10:45am at Village Hall SOYF Seniors Program-10am @ Shire Hall Men's Shed 9.30am-12 noon Weight Watchers @ Village Hall Primary Health Physiotherapist in LG
Wed 5	Rubbish tip open HACC Activity & Morning Tea 10-11:30am Physio (Jenna M) in Lake Grace Em's Dance @ Town Hall
Thur 6	Playgroup (9:30am—11:30am) Toy Library (9:45am) at RSL Senior Citizens Luncheon
Fri 7	Fish & Chips at the Sportsman's Club HACC Bus Outing Crochet Workshop at CRC 10am Driving Assessor in Lake Grace
Sat 8	Rubbish tip open Craft Group at CWA 12 noon onwards Meals at the Sportsman's Club Hockey - Narembreen v LGK Winter Sports - LG/P v Gnowangerup
Sun 9	Rubbish tip open Golf - 1st & 2nd Round Championships
Mon 10	Rubbish Collection & rubbish tip open Recycling Collection Lakes Link News Deadline

Tue 11	Chair Aerobics 10:45am at Village Hall SOYF Seniors Program-10am @ Shire Hall Men's Shed 9.30am-12 noon Weight Watchers @ Village Hall Primary Health Physiotherapist in LG Foot Clinic
Wed 12	Rubbish tip open HACC Activity & Morning Tea 10-11:30am Physio (Jenna M) in Lake Grace Em's Dance @ Town Hall
Thur 13	Lakes Link News Published Playgroup (9:30am—11:30am)

Coming Events

4th September - Driving Assessor in LG - TBC
 20th August - Pizza Night at the Sportsman's Club
 20th August - Scams Workshop
 26th August - Council Meeting
 10th September - Talking Soil Health
 11th September - Talking Soil Health
 16th September - Linda Bettenay Book Launch
 19th September - Winter Sports Presentation Night
 20th September - Yoga Retreat (Kulin)
 13th October - International Rural Women's Day
 17th October - Local Government Election
 24th October - Garage Sale Trail
 19th December - Pingaring 90th Christmas Tree

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

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.

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