

LAKE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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2nd August 2018

\$1.20 inc GST

Vol 24 Issue 15

To the Politician Concerned About Live Export

Chloe McDougall, Dumbleyung. Photo Rick Wilson.

It is just before 7am on a Monday and I've already responded on social media to yet another member of the wider community calling for a ban of the Live Export Industry of sheep in Australia. Comments such as, "Ban this barbaric industry", "farmers should rot in the same squalor as the poor sheep", "why doesn't our government shut down this trade and send meat frozen?" plague all social media platforms at the moment. They are coming from animal activist extremists, the very people focused on an entire ban of the production of animals. Yet what is more insulting is the greater lack of support from our political decision makers of the \$250 million industry that is Live Export (LE), one that keeps rural communities afloat in WA, and one that is not reflected by the Awassi Express 60 Minutes footage from April, but rather the successful industry it is, achieving lowered mortality rates (0.3-0.7%) and global food supply.

I could use my time to do other things than present facts on social media, after all I am not only a woman working in agriculture but I am a mother of a busy two year old who might one day be a farmer himself. I could ignore the extremist views as I won't ever persuade them with facts of LE anyway. But unfortunately there is a growing percentage of the wider population supporting an Animals Australia campaign because they are inexperienced and ill informed of the LE industry and are now being influenced by some politicians weighing in on their emotional argument, and also calling for a ban - and THAT is something no one passionate about agriculture like myself can ignore.

I would expect that in your position you should be well informed of the facts that I present to what seems to be the 'converted against farming' when responding to



Chloe McDougall takes a stand at the Live Export meeting held in Katanning on Friday 20th July.

degrading comments on social media, like the importance of Australia in the LE Industry for global welfare standards with a ESCAS system no other trading country with the Middle East has. Or that the demand for the 1.7 million sheep exported live each year to be sent chilled or frozen is insignificant, and does not present a viable "plan B". And that the LE market presents a viable opportunity to move sheep off farm not demanded locally for age, genetic gain or seasonal conditions all while supporting the building of the national flock number to support the growing wool and lamb markets. This point might I add being crucial for tough seasonal conditions like we saw across WA this year, with a dry start where feed shortage created an animal welfare stress in itself and being able to off load sheep promptly eases both the welfare and financial burden on farm in these times. Most importantly the fact that it is farmers actually caring for sheep and providing animal welfare not someone

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Thank You's	FREE	FREE	FREE
Editorial	FREE	FREE	FREE
Colour	\$165.00	\$165.00	\$200.00

Conditions do apply.

CRC Opening Hours

9:00am - 5pm

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

Deadlines & Editions

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

Next Deadline
Monday 13th August

Next Edition
Thursday 16th August



Thanks

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

Elsie Bishop

Gwen Oliver

Dick Phillips

Thank you also to our many contributors of articles.

DISCLAIMER

- 1) No liability shall be incurred by the Lakes Link News by reason of any amendments to, or error or inaccuracy in, or the partial or total omission of an advertisement or by reason of delay or default or from any other cause whatsoever. If in the opinion of Lakes Link News the error clearly reduces the value of the advertisement and the advertiser notifies it to Lakes Link News within seven days of the publication date, then one correct insertion will be made without charge.
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- 4) Lakes Link News reserves the right to shorten or otherwise amend any contribution other than advertisements.
- 5) The opinions, views and beliefs expressed in articles and other submissions to the Lakes Link News do not necessarily reflect the opinions, views or beliefs of the CRC staff or Committee.

300 copies printed and sold each fortnight

Editorial

- The **safeTALK workshops are coming up**, we would be grateful if the community could support these, it is an ideal opportunity to fulfil OSH requirements and also gain a skill which could save a life down the track. Lake King's is next week (8th August) and Lake Grace (22nd August). This is a 1/2 day training in suicide alertness, the steps involved in connecting people to the right services. This workshop is suitable for EVERYONE. Although it is being held during work hours it is well worth taking the time off work to attend; perhaps your employer would see it as being valuable training that you could utilise in your place of work. **safeTALK's impact in 2016 was 82,189 participants, 64,107 interventions and 8,975 suicides being prevented.** We are taking registrations so please phone or email if you would like to attend.
- In relation to the **barista workshop** we only had two people show an interest initially (and since had a third); Pingrup were needing another two people for there's to go ahead. If you would like to do the barista workshop I recommend that you register your interest with Pingrup (9820 1101) as their's stands a real chance of going ahead. Pingrup are also talking to TAFE about making it a full day workshop rather than spreading it over three days.
- I'm pleased to say that we now have functioning **heating in the seminar room**, thank you to the school for loaning us the library for our crochet group and to our other hirers for rugging up and a big thankyou to the Shire for helping to fund the replacement.
- A big thank you to our contributors this fortnight, great to get something from Chloe McDougall (nee Bairstow) in relation to the Live Export debacle. Like many I'm amazed at the knee jerk reaction the government has exhibited in regard to **Live Export**; this will affect everyone from local business to sporting groups and schools as we all benefit from the flow on through our economy in terms of business and employment.
- **Do you have some news?** Can you think of something that would be a great addition to our paper. If so we would love to hear from you.
- We have been **busy** (which is good) at the CRC this week with tasks continuing to come in as we do battle with the paper. Thank you to everyone for their patience as we move down the 'to do' list.
- Is anyone that has a **gopher** wanting a maintenance check to be done? If so please contact the CRC.
- A **scam** currently doing the rounds is people receiving emails demanding money to keep a video secret. Ignore, delete and change your passwords! The scammers claim they have created a video of the recipient watching adult content and are threatening to send it to their social media content's if they are not paid in Bitcoin.

Suzanne Reeves

Do you have some ideas for your funeral??

Perhaps you'd like a fancy carriage like below...

Let us help you make some decisions at our Funeral Planning Workshop that will be held in conjunction with Dawson's of Narrogin.

Would you prefer burial or cremation? What music would you like? Would you like a church or graveside service?

Perhaps you'd like to be dressed in your favourite outfit...what about pallbearers. Where would you like to end up? Have a say in your last hurrah!

Would you like information on funeral insurance or bonds?? Everyone welcome,

Thursday 30th August

10am at the Lake Grace CRC.

RSVP 9865 1470



Media Workshop

Want to write good sporting notes?

Been given the task of writing a report on your bake sale?

Want to get some information into the community about your group, organisation or business.

Then this is the workshop for you

Learn to structure your writing so that it has impact and is read by your audience while fulfilling the requirements of your community paper.

FREE (and recommended) for anyone contributing to the Lakes Link News.

Tuesday 21st August

9:30am at the Lake Grace CRC.

RSVP 9865 1470

What's Happening?

- Sympathy to the family and friends of ex Tarin Rock resident Wilna Clarke who passed away on 22nd July.
- Our condolences to the family and friend of former Lake Grace resident Tony Darbyshire who passed away on 23rd July.
- Congratulations to Georgia and Ashton Gray on the arrival of Madelyn Sue Gray who arrived 12:55am Monday 23rd July weighing 7lb 6oz.

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

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

Media Workshop - Want to write media releases or articles? This would be the workshop for you. Free for anyone who contributes to the Lakes Link. There will be a small charge for anyone else. Tuesday 21st August.

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

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

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

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

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

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

Happy Birthday



2nd August	William Morgan Andrea McPherson
3rd August	Ron Dewson Whitney King Leon Morgan
4th August	Genni Curtin Vicki O'Neill-Gray Trevor Morgan Kyra Walker (18)
5th August	Arthur Clarke Vynka Lay
6th August	Andrew King Jade Wyatt Paige Trevenen Hunter Bell
7th August	Ellen Trevenen
8th August	Carrie Taylor Ben Watson
10th August	Beau Trevenen Marli O'Neill
11th August	Nola Frost Ruby Stanton Brooke Newton Ethan Smith Isabel de Vree
12th August	Harmony Moore (21)
13th August	Chloe Robertson Lauren O'Neill
14th August	Kevin Bushby Justin Wright
15th August	Doug Clarke Josh Pearce Bryce Carruthers Matilda Duckworth
16th August	Leon Clarke Kingsley Strevett Madison Newton

Anniversaries



10th August	Theresa & Ed Naisbitt Laure-Ann & Nick Maalouf
12th August	Mikaela & Matthew Knill
14th August	Anna & Michael Naisbitt

Liam Baker Makes AFL Debut With Richmond Tigers

John O'Neill

After many years of hard work, a dream and a vision, the young lad from Pingaring / Lake Grace makes his debut with the mighty Tigers .

Talented midfielder/forward Liam Baker made his senior debut for Richmond in Saturday afternoon's blockbuster against Collingwood at the MCG.

Baker, 173cm and 69kg, was the Tigers' sole pick (No. 18 overall) in the AFL rookie draft held late last year.

After playing senior WAFL football with West Perth and then Subiaco during the past couple of seasons, he has been impressive at VFL level for Richmond in 2018.

He featured in this week's Coaches' Corner segment on richmondfc.com.au, with Tigers development coach Xavier Clarke highlighting his on-field attributes...

"He's a smart footballer. He sees the game really well," Clarke said.

"He's very similar to Kane Lambert the way he plays, with his ability to be able to run up and back. He's got pace, and that change of pace, which really helps him as well.

"He can run all day, which is a great strength. And he's also very tough over the footy and good with the footy.

Congratulations Liam our communities are very proud of your achievements thus far .



Above: Liam Baker (centre) is flanked by his family (from left) Julia, Kim, Karen and Corrina.



Ken Fisher

28.3.1938 - 16.6.2018

We would like to sincerely thank everyone who sent cards, their kind thoughts and for attending Dad's funeral.

Your sympathy has been a great comfort to us all. Special thanks to the LGDHS P & C, friends & family for your wonderful catering.

*Margaret, Craig, Shelley, Derris,
Caryn & Families*



Bits & Pieces

Kevin Seaman

Big happenings in yours truly's household recently. What is it you say? The bride had her computer updated from the Vista program to the Windows Seven. The big words on computers is 'Simply do this!' It might be simple for some but not the computer illiterate or elderly citizens. It looks good but I am still having problems knowing which controls drove the Vista program. It starts all over again to be able to fully utilise the Windows Seven. The good part is it appears to have an abundance of new programs available to gather information from, which I can pass on to you the readers.

But looking through my files of things to say and do to write about, I came across an article I used some years ago to test the knowledge of people living in Lake Grace. It's titled 'Do You Know Your District?', even though one answer was queried as being correct at the time. I have corrected any answers so to test your knowledge, go to page 24 for the answers and see how you rate.

Do You Know Your District?

The distance to Albany from Lake Grace via Pingrup Borden is?

- a) 242km b) 245km c) 246km
2. Lake Grace is situated how far above sea level?
a) 280m b) 300m c) 245m
3. Which is the odd town out?
a) Dumbleyung b) Lake Grace c) Newdegate
d) Lake King e) Varley
4. The Lake Grace Swimming Pool opened in what year?
a) 1966 b) 1970 c) 1973
5. The highest maximum temperature recorded in Lake Grace was?
a) 44.1° b) 45.4° c) 46.8°
6. The area of the Lake Grace district was first explored in 1840 by
a) John Holland b) Christopher Damien Martin
c) John Septimus Roe
7. The Newdegate Agricultural Research Station began in which year?
a) 1948 b) 1950 c) 1952
8. The Shire has how many kilometres of roads?
a) 1524 km b) 1806 km c) 2057 km
9. The lowest minimum recorded in Lake Grace is?
a) -1.3° b) -2.0° c) -2.9°
10. How many days in the longest dry spell recorded in Lake Grace?
a) 98 days b) 115 days c) 133 days
11. Which direction from Lake Grace is the Frank Hann National Park bordering the Lake Grace Shire?
a) North b) South c) East d) West
12. The Australian Inland Mission was established by John Flynn in Lake Grace in which year?
a) 1925 b) 1930 c) 1932
13. The Roe Heritage trail is approximately how long?
a) 18 km b) 23 km c) 28 km

14. The Dingo Rock Natural Reservoir was built by whom?

- a) Albany gaol prisoners b) Prisoners of war
c) Local contractors

15. The North and South Lakes of the Lake Grace System are approximately how long?

- a) 50 km b) 65 km c) 70km

16. The Lake Grace lookout situated on the west side of town is how many km's out of Lake Grace?

- a) 9km b) 10 km c) 11km

17. Which of the following people is the current Shire President?

- a) Jeanette de Landgraff b) Debbie Clarke
c) Steve Hunt

18. The Slarke Building in Stubbs Street Lake Grace was built in which year?

- a) 1946 b) 1949 c) 1952

19. What Lake Grace family name appears on the RFDS building at the airport?

- a) Thiel b) Carruthers c) O'Neill

20. The shire of Lake Grace covers an area of?

- a) 8750²km b) 9245²km c) 10840²km

And It Was So

It was the sixth day of Genesis and God was in the creating mood. He had just created the mule and told him, "You will be mule, working constantly from dawn to dusk, carrying heavy loads on your back. You will eat grass and you will lack intelligence. You will live for 50 years." The mule answered, "To live like this for 50 years is too much. Please, give me no more than 20." And it was so.

Then God created the dog and told him, "You will hold vigilance over the dwellings of Man, to whom you will be his greatest companion. You will eat his table scraps and live for 30 years." The dog responded, "Lord, to live 30 years as a dog is too much. Please, no more than 15 years." And it was so.

God then created the monkey and told him, "You are the monkey. You will swing from tree to tree, acting like an idiot. You will be funny and you shall live for 40 years." The monkey responded, "Lord, to live 40 years as the clown of the world is too much. Please Lord, give me no more than 30 years." And it was so.

Finally, God created man and told him, "You are man, the only rational being that walks the earth. You will use your intelligence to have mastery over the creatures of the world. You will dominate the earth and live for 20 years." The man responded, "Lord, to be man for only 20 years is too little. Please Lord, give me the 30 years the mule refused, the 15 years the dog refused and the 10 years the monkey rejected." And it was so.

And God made man to live 20 years as a man, then marry and live 30 years like a mule working and carrying heavy loads on his back. Then his children will become teenagers and he will live 15 years as a dog, guarding his house and eating leftovers after they empty the pantry. Then, in his old age, he will live 10 years as a monkey, acting like a fool to amuse his grandchildren. And it was so. It's true. Damn True.



Make a connection. Help save a life.

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- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
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Upcoming safeTALK training

Date: Wednesday August 22nd from 9am

Location: Lake Grace Community Resource Centre

Cost: FREE

To inquire or register, call 9865 1470
or email lakegracecrc@westnet.com.au

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

Getting To Know...

By Rosie Timperley

1. **Name:** Lydia Murray
2. **Occupation:** Library Officer at LGDHS
3. **How did you come to live in Lake Grace?** Followed my partner here back in 2015 when he got a job working for an awesome local farmer! I love it here!
4. **Which actress would play you in a movie?** Reece Witherspoon from Legally Blonde as I love dogs and always try to see the positive in any situation. I can have some blonde moments too though, lol!
5. **Do you feel social media is a positive or a negative for society?** I feel it can be both positive and negative for society. Although nowadays I think people rely too much on it and tend to forget about how life was before social media. I'm so glad I'm a 90's child and experienced a childhood that didn't involve iPads and iPhones.
6. **Where would a dream holiday destination be for you?** I've always wanted to go on a safari in Africa!
7. **What is something that annoys you?** Without a doubt my fiancé Chris drives me up the wall. I still love him though, haha.
8. **What is one of your hobbies?** Gardening - I find it very therapeutic.
9. **If you won \$10 million in the lotto and chose to give some to charity, which one would you choose?** Chernobyl Children International or The Royal Flying Doctors Service.
10. **Do you have any pets?** I have two dogs, Buster and Paddy, and two cats, Puss and Ninja.



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First Regional Community Mental Health Service to Open in WA

Media Release

The first regional community mental health step up/step down service is expected to open its doors to consumers in October 2018.

Community mental health step up/step down services are a State Government initiative to provide vital short-term residential support and individualised care. They can reduce hospital admissions by providing support to people experiencing a mental health episode in the community, they also serve as a transition for people being discharged from hospital.

The aim of the publicly funded step up/step down service is to support people in the community, in areas close to their personal network of family and friends. The new service will benefit people already living in Albany, but who currently don't have access to comprehensive support.

The State Government will invest over \$21 million in capital funding over the next three years in community mental health step up/step downs to progress the establishment of the services in Broome, Bunbury, Geraldton, Kalgoorlie and Karratha. This funding is in addition to almost \$6 million in 2018/19 provided for the existing step up/step down services in Joondalup and Rockingham, and the new service in Albany.

The Mental Health Commission has appointed Neami National as the service provider to operate the Albany service. Neami National has been operating the Joondalup Community mental health step up/step down service since 2013.

To assist in developing greater understanding of the Community mental health step up/step down services within the community, the Mental Health Commission has produced five short videos that demonstrate the value of the service from the perspective of people who have used the service and from people who work within the services.

Comments attributed to Mental Health Minister Roger Cook:

"Offering appropriate community mental health services is vital to ensure people who need help get the best possible treatment, it also frees up beds in our hospitals.

"The McGowan government has committed to spend over \$21 million on new mental health support services for regional communities in WA. This is in addition to the recently announced Geraldton Health Campus expansion, which includes an acute psychiatric unit and a mental health observation area.

"The videos released by the Commission give the public a valuable insight into just how much these services support people in the community. As Minister for Mental Health I will continue to work towards improving the mental health and wellbeing of all West Australians."

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www.shadesheds.com.au

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



Lake Grace Weather



Date	Min	Max	Rain
18/7	6.4	16.8	
19/7	2.1	13.9	
20/7	2.1	18.2	
21/7	8.1	19.6	
22/7	11.5	16.4	2.4
23/7	8.7	16.7	4.0
24/7	9.1	17.1	0.2
25/7	8.2	19.0	
26/7	8.6	18.1	6.0
27/7	7.6	15.6	0.6
28/7	6.9	14.0	0.2
29/7	4.4	16.0	
30/7	7.6		0.6
31/7			

What's Happening at the Pingrup CRC...

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

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

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

Auschem Accreditation: Aug 13th & 14th, 8:30
am – 4:30 pm

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

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

First Aid Kits

Are now available for purchase at
CCL Hardware Lake Grace.

CWA Bookings

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

What's Happening at the Newdegate CRC...

MoveSmart - Every Thursday at 9am.

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

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

For more information please call 9871 1791

What Eclipse?

Suzanne Reeves. Photo Peter Stoffberg.

The longest total lunar eclipse of the 21st century took place last Friday, 27th July. It was a total lunar eclipse, where the full moon passed through Earth's shadow; the entire celestial event lasted nearly 4 hours.

Perhaps you missed it? I know I did, however local photographer Peter Stoffberg was prowling the streets in the wee hours of the morning and snapped this fabulous photo in the main street of Lake Grace. The photo was taken 15 minutes before total darkness.

There will be some eclipse envy as in many places of WA cloud cover prevented stargazers from getting a good view.

Lunar eclipses are visible from anywhere on Earth where it is night time. However, the duration of the eclipse you see will depend on how close to moonrise or moonset the eclipse starts in your location. During total lunar eclipses, the moon turns a deep red colour when it enters the depths of Earth's shadow. So why doesn't the moon just look like it's in darkness? The colour change happens because Earth's atmosphere acts as both a lens and a scattering medium for the sun's light.



What's On At The Vineyard?

Sunday 12th August 2018 – Monthly Sunday Lunch

Thursday 23rd August 2018 – Fiona Palmer Book Launch & Signing – Coffee, cake & lunch

Sunday 16th September - Monthly Sunday Lunch

Sunday 28th October – Monthly Sunday Lunch

Please ring 0447 651 418 to book for Lunches

We are open Wednesday – Sunday 9.30 am – 4.30pm for wine tasting coffee & cake.

(Please check our Facebook page or phone 0447 651 418 in case of unexpected closure)

COMING SOON:

SUNDAY BREAKFAST/BRUNCH & SPRING SUNDOWNER'S

Have Your Say on Fitness Industry

Iris Thomas, Senior Regional Officer, Consumer Protection, Great Southern Region

Many of us know someone who has signed up to join a gym and then fails to use their membership - but just what are your consumer rights and does the Fitness Industry Code of Practice need to be updated?

The fitness industry in Australia is growing and generated an estimated \$229.2 million in profits in 2017-2018 alone, with about 450 gyms and fitness centres operating in WA.

Attending a gym or fitness centre is the second-most popular form of physical activity for Australians, particularly among consumers aged 18-34 years, with walking for exercise being the most popular option.

The current code, introduced in response to misconduct by some operators in 2004, governs how the fitness industry deals with consumers and their membership contracts in Western Australia.

Consumer Protection is reviewing the code and seeking input from consumers and industry. Consultation closes on 27 August 2018. We want to ensure the code remains appropriate and necessary for this rapidly growing industry.

Under the Fair Trading Act, the current code contains rules applying to gyms, fitness centres, fitness instructors, and personal trainers. It provides protections including:

- A requirement for honesty and full disclosure when selling fitness services.
- A requirement for membership agreements to be in writing.
- A 48-hour cooling off period for membership agreements.
- A 12-month limit on prepayments for membership agreements.
- Rules on how to handle requests to terminate membership agreement.
- Rules on how to handle complaints from clients.

Since the last review in 2010, the Australian Consumer Law has come into effect which provides wider protections for consumers - except for the 48-hour cooling off period and 12-month limit on prepayments for memberships.

Between July 2012 and June 2017, Consumer Protection received 466 complaints about the fitness industry.

Most of those complaints related to membership cancellations, specifically unfair cancellation terms and conditions, ongoing fees and charges after cancellation, and extending membership agreements past their expiry date.

We want to know if you think there continues to be a need for a separate Code of Practice and, if so, what the new code should include to address issues that are unique to the fitness industry.

So don't miss your chance to have a say. You are welcome to send an email or letter outlining your views, respond to questions included in the public consultation paper or complete a short survey.

Visit www.dmirs.wa.gov.au/cp-consultations for information about how to provide your input or call us on 1300 304 054.

STEVE & KIM

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Book in.

Contact Steve 0428 651 053
or
Overseer Lomas 0458 729 738

WA No Interest Loans (NILS)

The WA No Interest Loans Scheme (WA NILS) was created back in 1999 in response to the difficulties faced by low income households in obtaining affordable credit in order to purchase essential household items and services. "Low Income" is defined as anyone who holds a Centrelink Health Care Card, Pension Card or Veterans Affairs Card.

In 2017 WA NILS merged with Anglicare WA, a community service organisation with a strong reputation for personalised care and support for those in need.

Together Anglicare WA and WA NILS can help make getting a small loan achievable and provide access to a range of Microfinance Products which include

- No Interest Loans
- Low Interest Loans
- Affordable Car & Contents Insurance
- AddsUP Savings Plan

WA NILS operations are funded by The Department for Child Protection and Family Support and The Department of Social Services via Good Shepherd Microfinance. WA NILS is also supported by National Australia Bank and Lotterywest.

WA NILS has been able to reach an outstanding numbers of clients over the past period July 2017 to

June 2018. We have funded 1 300 No Interest Loans in Western Australia, to the value of \$1 370 000.00.

This is an increase of 38% on the previous year with the average loan size being \$1,050.00.

Samantha Hayes from WA NILS offered thanks to the Community Resource Centres and associates who have assisted clients in some way.

If you have any questions regarding our service please do not hesitate to call me on 9263 2199.

Stay On Your Feet

Free Seniors Program

Tuesday
10:00 AM
At the Shire Hall



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Lake Grace Engineering kindly allow us to hold some of our stock at their premises

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Contact
Richard Jones
Mob: 0427 817 891
ratolakegrace@gmail.com

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www.ratoaustralia.com.au

Testosterone and Men's Wellbeing

Warriors Wellbeing menshealth@4blokes.com.au 08 9690 2277

We've all heard of the hormone testosterone, but we might not know just how important it is that we look after our testosterone levels for our physical and mental health and wellbeing. Hormones themselves are the chemical messengers that the glands in our body send through our blood to our organs. They are necessary for growth, reproduction and wellbeing. The ones that are particularly important to men are the male sex hormones called androgens. Testosterone is the most important androgen and affects everything from our metabolism, our recovery time after physical exertion, our mood and of course our sex drive, performance and health. All things that we care about, that help define us as men and that we don't want to compromise on.

As testosterone is such a vital part of living a full and healthy life, it's important to keep a lookout for signs of testosterone issues, most commonly testosterone deficiency. It is normal for men to have their testosterone peak between 20 and 30 years of age; and from there fall gradually as we get older to one third of our maximum amount. In fact, by 45 years of age 4 out of every 10 men have symptoms of male hypogonadism (lowering testosterone). Despite it being common it is still important to keep an eye on it as testosterone deficiency can have severe consequences.

In our youth it can present as failure to go through

normal puberty, including not having our voice break, not getting a normal growth spurt or even developing breasts. This is all to be avoided if possible! In adults there are a range of potential symptoms including weight gain, mood changes, reduced strength, difficulty getting erections and a lower sex drive. These symptoms and others can have a detrimental impact on our health and quality of life so being aware of testosterone's role in our lives and the difficulties we can have with it is important to all men.

If we find ourselves experiencing these issues we should go to the doctor and have a simple blood test that will check our testosterone levels. If we are suffering from a severe deficiency it is likely we will be administered Testosterone Replacement Therapy (TRT) in the form of injections, gels, lotions, creams, patches and tablets; some of which can come with negative side effects. Fortunately, there are ways to increase our testosterone short of pharmaceutical help. Primarily through lifestyle choices. That is getting enough sleep, avoiding alcohol and drugs, staying active; especially through weightlifting, minimising stress levels and getting all our vitamins and minerals through a balanced diet, will all have a significant impact on our testosterone levels and general health.

Like with most aspects of our health the same fundamentals affecting everything else also affect testosterone levels. Good health is a holistic process and if we do these things to take care of our testosterone we will enjoy the benefits of healthy testosterone levels throughout our lives. As always if there is any doubt it's important to speak to your GP, especially when something as important as testosterone is involved.

Jaxon and the Team
The Regional Men's Health Initiative
delivered by Wheatbelt Men's Health (Inc.)

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Depot open:

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Closed public holidays

Any enquiries contact:

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

Men's Shed Battery Drive

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

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

A Fairer GST System For All

Rick Wilson

THE WA members of the Turnbull Government have long recognised that the state's share of the GST is unfair, unsustainable and needs to be addressed.

The proposition that stronger states should support others, so that all have the capacity to provide similar outcomes for their communities, is an important principle of our federation which we must continue to protect and preserve. However, an arrangement which allows any one state to receive less than 30 per cent of its GST share back because of fiscal equalisation cannot be sustained.

To ensure GST is fairly distributed, the government is proposing to adopt an updated horizontal fiscal equalisation (HFE) model, which will balance out the inequality and support the services all Australians rely on, especially in smaller states. Under the HFE every dollar collected under the GST is returned to the states to spend on essential services as they see fit.

Distributing GST revenue amongst the states is how the government ensures that no Australian is disadvantaged because of the state they live in. Through this system, the less financially independent states receive relatively more GST, to assist them to provide government services.

This system of HFE distribution is managed by the independent Commonwealth Grants Commission (CGC), which distributes the GST using a complex formula. The government also ensures that living standards are maintained through other mechanisms, such as the tax/transfer system, which provides a safety net for everyone, as well as through the guaranteeing of essential services such as Medicare.

The government's proposal will involve transitioning to the new HFE system in a way that is fair, reasonable and sustainable and that will ensure all states are left financially better off.

This process will begin at the start of the 2019/20 tax year. The preferred model will involve moving towards a new benchmark that will ensure the fiscal capacity of all states is at least the equal of New South Wales or Victoria (whichever is higher). Benchmarking all states and territories to the economies of the two largest states will remove the effects of extreme circumstances – such as a mining boom, from Australia's GST distribution system.

From 2022/23 the government is also proposing to implement a floor of 70 cents per person, per dollar of GST, below which no state's relativity can fall. This will rise to 75 cents from 2024/25.

In 2017, at the request of WA Liberal members, the independent Productivity Commission (PC) examined Australia's HFE system of which had determined the allocation of GST since it was introduced in 2000. The inquiry was commissioned in response to volatility in the distribution and resulting declining community confidence in Australia's HFE system.

The PC found that although it has resulted in perverse outcomes when there is a significant shock to our economy. This occurred in WA in 2015/16 when the effect of the mining boom resulted in a fall in its relativity and the GST reached 30 cents in the dollar. To put this into perspective, the lowest any other state's share had fallen since the GST was introduced was 83 cents.

The next stage of the process is for the government to consult with all states on their agreement so that any alternative transition arrangements may be proposed. This is an opportunity now for the WA Government to put politics to one side and join the federal government and urge other state governments and the Federal Opposition, to get on board in support of this plan which is clearly good for WA.

Lake Grace Transport

Twice weekly freight service to and from Perth

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

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

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



New Tool to Check for Water Outages

Media Release - Water Corporation

Occasionally you may experience disruptions to your water supply as a result of planned maintenance or unforeseen circumstances. Water Corporation has developed a new tool to allow you to check for any current water outages or faults in your area.

Simply go to <https://www.watercorporation.com.au/faults/check-for-water-outages> and enter your address or town to check for outages. You can also use this tool to report outages.

We understand residents of your community often come to you as a source of information if things are happening in your town. I wanted to draw your attention to this convenient tool if the queries you receive are in relation to water outages. Please be assured, our teams will be working as quickly as they can to restore services in the event of an outage.

You can make this online tool your first point of call. However in emergencies please contact Water Corporation faults, emergencies and security on 13 13 75 (24 hours).

South of Kalbarri & Kalgoorlie Watering Days	
Last digit of your lot or house number	Your 2 scheme watering days are:
1	Wednesday and Saturday
2	Thursday and Sunday
3	Friday and Monday
4	Saturday and Tuesday
5	Sunday and Wednesday
6	Monday and Thursday
7	Tuesday and Friday
8	Wednesday and Saturday
9	Thursday and Sunday
0	Friday and Monday
You may water only once each day either before 9am or after 6pm.	

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

*Sandblasting & Spray Painting

*Transport Equipment Fabrication & Repairs

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

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

Email: adminlge@bigpond.com

Live Exporters Must Lead

Media Release

Live exporters must show their Middle East customers - and Australia - the live sheep trade can be done properly, Minister for Agriculture David Littleproud said today.

Minister Littleproud has recently travelled to the UAE, Qatar, Kuwait and now Israel to support the live export industry. Government is doing all it can but that effort will come to nothing if no exporter steps up and takes the sheep which are currently in Perth to the Middle East, where customers need to know Australia can supply sheep through the northern summer.

"The Australian Livestock Exporters Council have for years said they're the world leaders in live export and now is their chance to prove it," Minister Littleproud said.

"ALEC members need to show us they haven't been taking us for mugs the whole time.

"Let's talk straight. The current situation is the result of the alleged actions of an exporter. Exporters have made millions of dollars off sheep farmers. It's time for an exporter to step up. Farmers should not take the fall.

"An exporter needs to take these sheep to the Middle East. Exporters who value the trade know we need to show Qatar, Kuwait and the UAE we can give them supply through their summer. We also need to show Australians the trade can be done properly through the Middle Eastern summer and rebuild public support for this industry.

"When an exporter is suspended, it is not the fault of the Government nor of the regulator. It is not the fault of farmers.

"Letting exporters do the wrong thing without serious consequences would eventually see the trade shut down forever. Suggestions the independent regulator should look the other way to ignore allegedly dodgy behaviour are dangerous. Suggestions I should hold talks with suspended exporters to broker a deal with them are equally dangerous."

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Peter Rundle MLA Member for Roe

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[@PeterRundleMLA](https://twitter.com/PeterRundleMLA)

[facebook.com PeterRundleRoe](https://facebook.com/PeterRundleRoe)



THE NATIONALS
for Regional WA

August Gardening Tips

<http://deepgreenpermaculture.com/>

It's August, the weather is still cold and windy but the end of winter is drawing near, the days begin to grow noticeably longer and the change of season is not too far away. This month is the last chance to complete the pruning of deciduous trees and shrubs and for planting raspberries and brambleberries (such as blackberries and their hybrids). It's now time to sow the first summer vegetable seeds. Where there's a danger of frost, sow seeds in trays and place them in a protected area such as a veranda, greenhouse, or indoors near a sunny window. Towards the end of August, feed fruit trees with organic fertiliser, manure and compost. Also dig these into the soil when preparing new garden beds. The soil life will begin working on the organic plant food and will begin to slowly release its nutrients into the soil after a week or two, ready for the beginning of new spring growth in September. If fruit trees need a feed of potash, late autumn is also the time to do that.

Things to Do This Month:

- Continue planting deciduous trees, shrubs, vines and cane fruits (and roses!). Wait till spring for planting citrus.

- Continue pruning deciduous fruit trees (not apricots, best to prune these in late autumn).
- Continue pruning deciduous shrubs (and roses if you didn't prune them in July).
- Prune dead seed-heads, stems and branches on herbaceous perennial plants.
- Relocate any deciduous plants (trees, shrubs, vines) or herbaceous perennial plants growing in the wrong place in winter. (Evergreens can only be moved in autumn and early spring, where they have time to regrow roots – remember, they retain leaves in winter which transpire and lose water!)
- Apply organic fertiliser to fruit trees, so that the slowly released nutrients will become available when the new growth commences in spring.
- Spray peaches and nectarines to protect against leaf curl fungus. Use lime sulphur or a copper fungicide at the bud swell stage (just before the buds begin to open) but before pink bud stage or colour shows. It is too late to spray once flowering occurs.

Sow in August		Harvest (weeks)	Sow in August		Harvest (weeks)
Asparagus*	d	2-3 years	Parsnip	d	17-20
Beetroot	ds	7-10	Peas	d	9-11
Cabbage	ds	8-15	Potato	d	15-20
Cape Gooseberry	ds	14-16	Radish	d	5-7
Capsicum	s	10-12	Rocket	d	21-35 days
Chilli	s	9-11	Shallot <i>bulbs</i>	d	12-15
Eggplant	s	12-15	Snow Peas	d	12-14
Globe Artichokes	s	42-57	Spring Onions	d	8-12
Kohlrabi	d	7-10	Strawberries (seed)	s	12 months
Leeks	ds	15-18	Sunflower	ds	10-11
Lettuce	ds	8-12	Thyme	s	42-52
Mint	s	8-12	Tomato*	ds	8-17
Mustard greens	d	5-8	Watermelon*	ds	9-14
Onion	ds	25-34			

Key: d = sow directly into ground, s = sow in seed tray, ds = sow directly into ground or seed tray * = frost tender ** = sow after frost



WALKERS HILL
Vineyard

OPEN
most days

Wednesday – Sunday

10am – 4pm

Monday & Tuesdays

CLOSED

Come & enjoy a tea/coffee with homemade cake
Bookings not essential, but appreciated.
Phone: 0447 651 418
Facilities not air conditioned

Print out your Photos



**At the Lake Grace
Community
Resource Centre.**

6" x 4" - 30c*
standard size
6" x 8" - \$2.20*

*Plus \$3 for use of the photo booth



LAKE GRACE HEALTH SERVICE



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

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

CHSP & MPS Activity Programs

SwimAbility

Hydrotherapy sessions
at Narrogin Leisure
Centre each fortnight

Monday 6th August

Leaving 8.30am from Village Hall

Call the hospital on 9890 2222 to book



Chair Aerobics

Every Tuesday

10.30am

Lakes Village Hall

(suitable for people with limited
mobility)

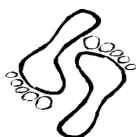


Foot Clinic

Tuesday 14th August

9.00am—12 noon

Lakes Village Hall



*More information about the services we
provide will be in the newsletter sent to
clients who access our activities programs
(August newsletter is due out next week)*

Physiotherapist

Visiting from Narrogin Primary Health

Tuesday 7th August & 28th August

ph: 98 810 385

Dietitian

Visiting from Narrogin Primary Health

Tuesday 7th August and 28th August

ph: 98 810 385

My Health Record

Do you have questions?

We have brochures at the Hospital
that have details about this new way
of recording your health information

Please feel free to come up and get
one of the brochures from the foyer!

- If you do not have a secure My Health Record will be created for you by the end of 2018 if you have a Medicare or Department of Veterans' Affairs card.
- If you don't want a My Health Record, let them know by 15 October 2018 by visiting the website or calling the Help line

Website: www.MyHealthRecord.gov.au
Help line: 1800 723 471

ACT—keep active in as many ways
as you can—physically, socially,
mentally and spiritually

BELONG—keep connected to
friends and family; get involved in
groups you are a member of; join in
local community activities

COMMIT—commit to an interest of
a cause; set goals to aim for,
become a volunteer, learn a new
skill, challenge yourself



CRUTCHES

Do you have crutches at home
that you no longer require?

**Please bring them back to
the hospital a.s.a.p.**

(our stocks are getting low!)

Child Health Clinic

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

2246

(located in the Medical Centre)

* Di also visits Newdegate and Kukerin



Sneak Peek into Digital Health Care of the Future

Media Release

Stroke detection through gaming, immersive virtual technology and 3D holograms of general practitioners were among the digital advancements on display at the 'Art of the Possible' expo held in East Perth today.

Initiated by the Sustainable Health Review (SHR) Panel, the mini digital health and innovation expo involved 20 WA and national innovators showcasing leading-edge digital technology for the health sector.

The expo also showcased independent living technology to assist people stay safely in their own home, an app to help delay the symptoms of Huntington's, and an unobtrusive and easy-to-wear monitor to measure heart rhythm and detect potentially deadly cardiac problems.

One of the main themes of the Sustainable Health Review Interim Report, released in February, was a focus on person-centred services and a greater use of technology, data and innovation to support consumers and clinicians.

Submissions to the SHR suggested investigating new technological initiatives such as patient navigation apps, health robotics, telehealth and virtual reality, prompting the SHR panel to organise an event to provide insights into the possibilities of emerging technology. It was well attended by health consumers, carers, clinicians and staff.

The final report of the Sustainable Health Review will be presented to Government in November.

Comments attributed to Health Minister Roger Cook:

"One of the McGowan Government's key priorities is to ensure that Western Australians enjoy the best health care possible by putting patients at the centre of policy and service delivery, and embracing the benefits of innovation and change helps us achieve this.

"This expo provides hands-on and interesting insights into this emerging space and reinforces the key themes of the Sustainable Health Review's Interim Report around primary care, health prevention and promotion, and care in the community.

"Western Australia is a leading global contributor to health innovation and medical research. Digital health is one of the fastest growing industry sectors globally, particularly mobile and wireless health.

"This expo highlights the potential within the digital healthcare industry and its technological advancements, which have the capacity to help control the health budget, create WA jobs and, most importantly, deliver better patient outcomes. "We must move as the technology improves and we must be ready to try new approaches and ways to deliver health care."



WALGA Request for Tender

RFT 017/18

Panel of Suppliers for Road Building Contractors, Materials and Related Services

WALGA is seeking Tenders to enhance our Panel of Suppliers for Road Building Contractors, Materials and Related Services for WALGA members.

Request for Tender documents are available from www.tenderlink.com/walga/. Further information in regards to this Request for Tender can be obtained from Craig Hansom (08) 9213 2061.

Tenders must be submitted electronically via the WALGA Provider Portal. Information on portal access is provided within the Request document.

The Deadline for Tenders to be submitted is Tuesday, 11 September 2018, 2:30PM WST.

RICKY BURGESS

Chief Executive Officer

Shire of Lake Grace

Community News



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

Email: shire@lakegrace.wa.gov.au



CEO's Corner

Flooding Event

The contractors are estimated to have completed 50% of outstanding works, and we are officially at the half way mark of our designated timeframe to completion.

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

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

Main Roads WA – Restricted Access Vehicle (RAV) Mapping Tool

Did you know that Main Roads WA has a RAV Mapping Tool? The RAV mapping tool provides an up to date illustration of the RAV Networks which can assist the Transport Industry with their journey mapping.

The Tool has a number of features including:

- a google interface, which shows a seamless base map of WA
- the ability to access network information and its associated conditions
- the ability to identify Main Roads Regional boundaries, along with local government areas.

Networks available through the tool include; Tandem Drive Networks 1-10 and Concessional (1-3), Tri Drive Networks 1-5 and Concessional (1-3), Oversize Road Train Networks.

Changes to the RAV Networks will automatically be updated every Wednesday, so industry can be confident that they are operating on approved routes.

The RAV Mapping Tool and its User Guide can be accessed via the Main Roads website;
<https://www.mainroads.wa.gov.au/UsingRoads/HVS/Pages/MappingTool.aspx>

Ordinary Council Meeting – Wednesday 25 July 2018

Items of business considered by Council at this meeting included:

- Development Application – Proposed Additions to Existing Emergency Services Building – Lot 15 (No.9) Arthur Street, Varley

- WALGA – Annual General Meeting Agenda – August 2018
- Appointment of Authorised Persons
- Stop Puppy Farming Submission
- Delegation of Powers to the Chief Executive Officer and the Delegations Register
- Astro Tourism Towns

The next Ordinary Council Meeting will take place on Wednesday 22 August 2018.

Wheatbelt South Regional Road Group Meeting – Thursday 26 July 2018

On Thursday 26 July, Shire Deputy President Cr Steve Hunt and I attended the Wheatbelt South Regional Road Group Meeting, held at the Shire of Wickiepin.

Items of business considered at this meeting included:

- WBS RRG Direct Grants, Road Projects, Black Spots, Commodity Route and State Initiative Funding
- WALGA Regional Road Group Report
- WALGA Roadwise Report - A Crash Trailer is currently located in Lake Grace and will be relocated to Newdegate in late August

Varley Museum – Successful Grant Application through the Building Better Regions Fund (BBRF)

The Department of Infrastructure and Regional Development recently announced round two of the projects that have secured grants through the BBRF. In total there were four successful projects within the Wheatbelt and Varley Museum is one of these projects, receiving a grant of \$20,000 to go towards refurbishing the museum. The refurbishments will include: lining interior walls with gyprock, installing a floor covering that will connect walls and floors, installing sun block and light filtering roller blinds, installing museum quality lighting and power points. Congratulations to all of those involved in achieving this and I look forward to seeing the finished results.

Road Works

- The Construction Crew and General Maintenance Staff have carried out the following work:
- Lake Grace Tip – clean up
- Lake Grace Rural Road Signs and Guideposts – installation of Road to Recovery signage
- Plant Maintenance
- Mallee Hill Road – moving of plant from Lake Grace to Mallee Hill Road, road inspection, back slopes, removal of trees and rolling

Continued over ..

Shire of Lake Grace Community News *Cont.*

CEO Corner *Cont.*

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

- Griffin Reward Road
- Burns Road
- White Dam Road
- Harvey Road
- Mallee Hill Road

The Lake King Maintenance Grader has carried out grading work on the following roads in Lake King and Varley:

- Biddy Camm Road
- Drust Road
- Fox Road
- Ladyman Road
- Smerdon Road

The Newdegate Maintenance Grader has carried out grading work on the following roads:

- Witham Road
- Biddy Camm Road
- Aylmore Road

Parks and Gardens

The Town Maintenance Crew have carried out the following work:

- Lake Grace Town Street – mulching near BBQ/rest area and Main Street, works requests, spraying of weeds, hedging and removal of tree branches
- Lake Grace Recreation Ground – whipper snipping and mowing of football oval, mowing of the hockey oval, weeding and clean-up of drains at the pavilion and filling of pot holes
- Lake Grace Swimming Pool – general maintenance of front garden
- Lake Grace Cemetery – clean up and spraying
- Pingaring Recreation Ground – general garden maintenance
- Lake King Cemetery – general garden maintenance
- Lake King Public Toilets – general garden maintenance
- Lake King Park behind the Tavern – general garden and lawn maintenance

Building & Maintenance

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

- Lake Grace Depot – gutter cleaning
- Lake Grace Medical Centre – assembly and supply of new receptionist chair
- Lake Grace Uniting Church – door repairs
- 49c Bennett Street, Lake Grace – repairs to floor and walls following water leak
- Lake Grace Town Clock – time adjustment
- Lake Grace Swimming Pool – removal of torn shade sail
- Lake Grace Shire Office – tap repair, patch and paint wall and installing furniture

- Lake Grace Town Hall – repair of leaking toilet
- 3 Clark Avenue, Lake Grace – installation of kitchen
- 6 Banksia Place, Lake Grace – installation of kitchen and vanity
- Newdegate Pavilion – gutter cleaning
- Newdegate Fire Shed – gutter cleaning
- Varley Hall – gutter cleaning
- Varley Sports Pavilion – gutter cleaning
- Varley Public Toilets – gutter cleaning

Denise Gobbart
Chief Executive Officer

Community Citizen of the Year Awards

Auspire – The Australia Day Council WA, Community Citizen of the Year Awards are presented by Local Government within local communities across Western Australia on Australia Day. The Patron of the Citizen of the Year Awards is Her Excellency the Governor of Western Australia.

The Awards reward and recognise individuals and organisations making a notable contribution during the current year, and/or to those who have given outstanding service over a number of years.

Outstanding contribution and community service includes areas such as; education, health, fund-raising, charitable and voluntary services, business, sport, arts, the environment, social inclusion or any other area that contributes to the advancement and wellbeing of a community.

There are four categories

Citizen of the Year

A person you believe has delivered outstanding service to his or her community.

Citizen of the Year – Youth.

A young person you believe has delivered outstanding service to his or her community. To be eligible, the person must be under 25 years of age on January 26, 2018.

Citizen of the Year – Senior

An older person you believe has delivered outstanding service to his or her community. To be eligible, the person must be over 65 years of age on January 26, 2018.

Award for Active Citizenship

A group doing outstanding work or for an event staged in the community during the past year.

**NOMINATIONS
CLOSE 31st
OCTOBER.**



Shire of Lake Grace Community News *Cont.*

Office Opening Hours

Monday - Tuesday - Wednesday - Friday

8.30am - 4.30pm

Thursday 8.30am - 4.00pm

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

Transport & Licensing

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

Monday, Tuesday and Wednesday 8.30am - 4.15pm

Thursday and Friday 8.30am - 4.00pm

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

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

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

Driving Assessor

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

Friday - 7 September 2018

Friday - 5 October 2018 to be confirmed

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

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

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

Building Surveyor

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

Tuesday 21 August 2018

Tuesday 4 September 2018

For an appointment contact Josiah on 0438 811 944.

Environmental Health Officer

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

Tip Open Hours

Lake Grace

Monday & Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm

Saturday 9am - 1pm

Lake King & Varley

Open Every Day

Waste & Recycle Pickup

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

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

Lake Grace	Newdegate
6 August	13 August
20 August	27 August

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

For more information on Waste Management visit the Shire's website.

Office Opening Hours

Lake Grace Public Library School Place Absolon St

Monday - Thursday 9am - 5pm

Closed for lunch 12.30 - 1pm

School Holidays

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

Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm

Closed for lunch 12noon - 1pm

Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd

Tuesday and Thursday 8.30am - 3.30pm

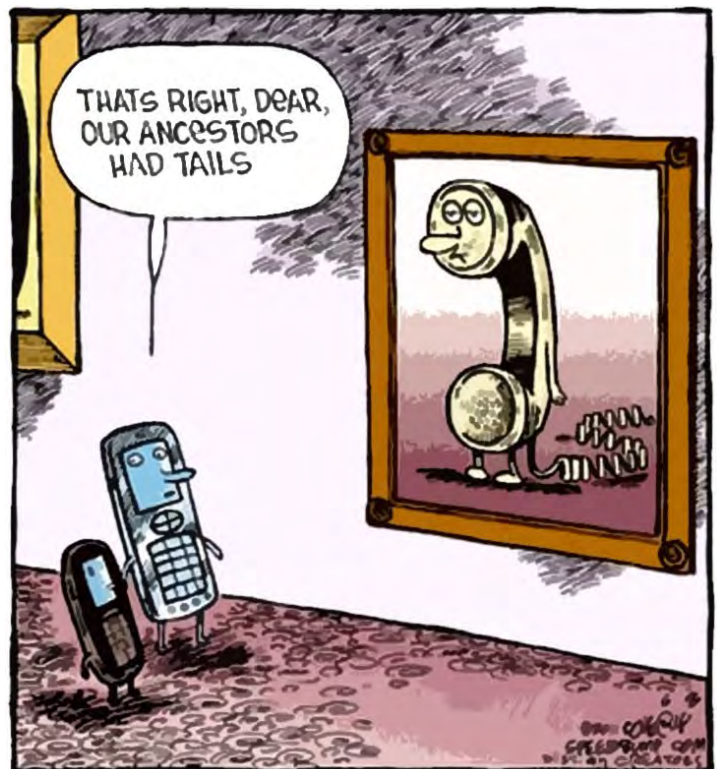
Everyone welcome



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Answers For Kevin Seaman's page

1. c) 246 km
2. b) 300 m
3. a) Dumbleyung - it's not in the LG Shire
4. a) Friday, 18th November, 1966
5. b) 45.4° (on 1st Feb, 1991)
6. c) John Septimus Roe
7. c) 1952
8. c) 2057 km
9. c) -2.9° (on 18th Aug, 1956)
10. b) 115 days (2nd Dec 1947 to 25 March 1948)
11. c) East
12. a) 1925
13. b) 23km
14. b) Prisoners of war
15. a) 50km
16. b) 10km
17. a) Jeanette de Landgraft
18. b) 1949
19. a) Thiel
20. b) 9245²km



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To the Politician Concerned About Live Export (cont.)

sitting behind a keyboard supporting Animals Australia.

While attending the LE meeting in Katanning on July 20, I learnt just how insignificant the activist view is in this debate, only one person stated on record they didn't agree with the industry. Not one activist was there. If they are so concerned about banning the industry why weren't they there? Because LE doesn't affect their livelihood or community, that is why. They are rich with social media emotions and poor with experience and facts of the industry. If you did attend you would have seen the almost two thousand passionate sheep producers and those involved in the industry attend, those who know the importance of the LE Industry and those really concerned about animal welfare.

Despite this, it is clear that some of our politicians are being greatly influenced by the ill informed percentage of Australians so hell bent on seeing LE Industry banned. What gives politicians the right to ignore the facts and be influenced by what is only an emotive response to footage that does not reflect an industry from people who have never stepped foot on a farm or boat? What gives those politicians the right to not support farmers; the people who put the food on their table? This attitude was so clearly evident when the WA Minister for Agriculture Alannah MacTiernan addressed some third generational sheep producers in Katanning and was responded to rightly so for the uneducated embarrassing points she made about agriculture in WA, and her direct lack of support for farmers when questioned about it. If Alannah herself has failed to acknowledge the facts and value of the LE industry suggesting that it will be phased out and referring to her "plan B" which offers no sound animal welfare or economic outcomes as her only opinion, it shows directly that she is hearing Lynn White and the converted loudly, but failing in her objectives as the Minister of Agriculture. If you are Alannah MacTiernan or the Premier Mark McGowan I encourage you first to carry out your Ministry objectives, stop fuelling the emotional argument to ban LE in WA to boost your popularity at the cost of destroying the future of farming and rural communities. Australia has a duty to get this right, to fix the industry and continue to improve and set an example of systems of welfare around the world.

If you are a politician already supporting farmers and the LE industry let your actions speak louder than your words. It should not just be the hardworking people involved in the LE industry defending it. You have the ability to use your position to educate the wider community on the importance of this industry and help to dissolve the threat of popularity seeking political decisions that will destroy its future. Furthermore don't let the voice of activists and Animals Australia bully the future of this industry.

The McCarthy review which took only 28 days to complete now leaves the industry not necessarily a best practice regulation but more of an over regulation of the system allowing well funded groups like Animals Australia to have a choke hold strategy over the

industry to pursue legal action. Is the intention of that legal action to improve welfare? No, it is just a popularity and funding fight for the group and its supporters, all while the industry suffers, producers continue to feed animals with no other market fast becoming of no value, and 60,000 sheep still sit in a feedlot with no where to go. The twenty three recommendations being carried out by the regulator (DAFA) it seems gives strength to a campaign of Animals Australia and their goal at taking out an industry one step at a time. The reform of LE which the industry knows must be made to move forward should not overshadow what is successful about this industry, it must allow for the best animal welfare outcomes cohesively. It must not halt trade and remove exporters from an industry not prepared to battle Animals Australia, close markets for producers, destroy trade relationships, cause feed shortages on farm so welfare on farm is stressed, keep business out of work, because the regulator is not prepared with support of the federal government to step up and release permits knowing best practice will and should occur, and remove the threat Animals Australia and groups alike have on the future of the industry. The regulator and Ministers involved must support the improvements to the industry and work to further improve the systems with those involved in the industry while moving forward with trade. Ministers of Parliament who support Agriculture and the LE industry must not be threatened by what Animals Australia can do legally to destroy it.

Sheep producers and all those involved in the LE industry find themselves squeezed between the politicians who do not support them and while seeking votes are pushing for a ban to the industry with no solution. And those politicians and the regulator who state that they support the industry yet are allowing Animals Australia by way of time and over regulation to mount legal action to halt trade, which is hindering an effective reform of the industry for the best welfare outcomes and future of sheep production and global welfare. We need those politicians supporting the industry to do more.

To all those involved in the industry you must keep contacting the said politicians in Australia regularly. The value of LE to your business must be heard. We are those passionate and experienced in this industry, we know the facts and what animal welfare and caring for sheep is. Take action now www.liveexports.com.au follow the send email link.

Regards,
Chloe McDougall
Dumbleyung, Western Australia



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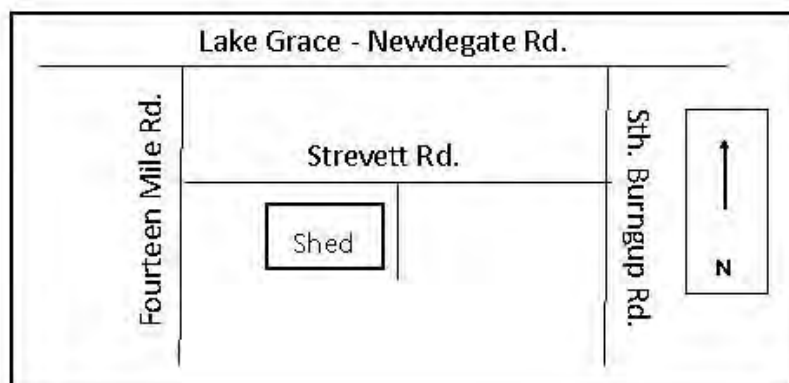
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Mark Bellenger, Elders Tumby Bay, Tony Wetherall, Elders Stud Stock, buyers Ross and Pauline Taylor, Tiarri Prime SAMM, Lake Grace, WA, and Lawral Park principal Campbell Lawrie, Ungarra, with the top price ram of \$7,500. Photo courtesy Stock Journal 2016.



Photo courtesy Farm Weekly



Puzzles & Stuff

Some words from the 19th July edition of Boggle

Answers to 19/072018 Sudoku

Upscaling
Capsuling
Clasping
Scalping
Causing
Pausing
Placing
Sapling
Saucing
Spacing
Aligns
Casing
Clangs
Lacing
Pacing
Panics

Plains
Signal
Spinal
Uncaps
Acing
Gains
Nails
Pails
Pangs
Panic
Plans
Slang
Snail
Alps
Cans
Caps

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

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

E	D	I
C	E	K
T	S	W

This week's Boggle

Trivia Questions

See next week's edition for the answers

- How long is an eon in geology?
- How many time zones are there in the world?
- In what year was the first modern Olympic Games held?
- What "Alice In Wonderland" character was "Shouting, 'Off with his head!'?"
- Who created the Pavlova in 1935?
- Who brought her successful concert to Australia in 2009?
- 'Rock Around the Clock' was a hit for who?
- How many digits of pi are there?
- At what temperature are Celsius and Fahrenheit equal?
- What melted rock eventually becomes lava?

Answers from 19/07/18

- Britney Spears
- Bat
- People's car
- Ecuador
- New York City
- Istanbul
- Smell
- Hedwig
- Stephen Hawking
- The liver

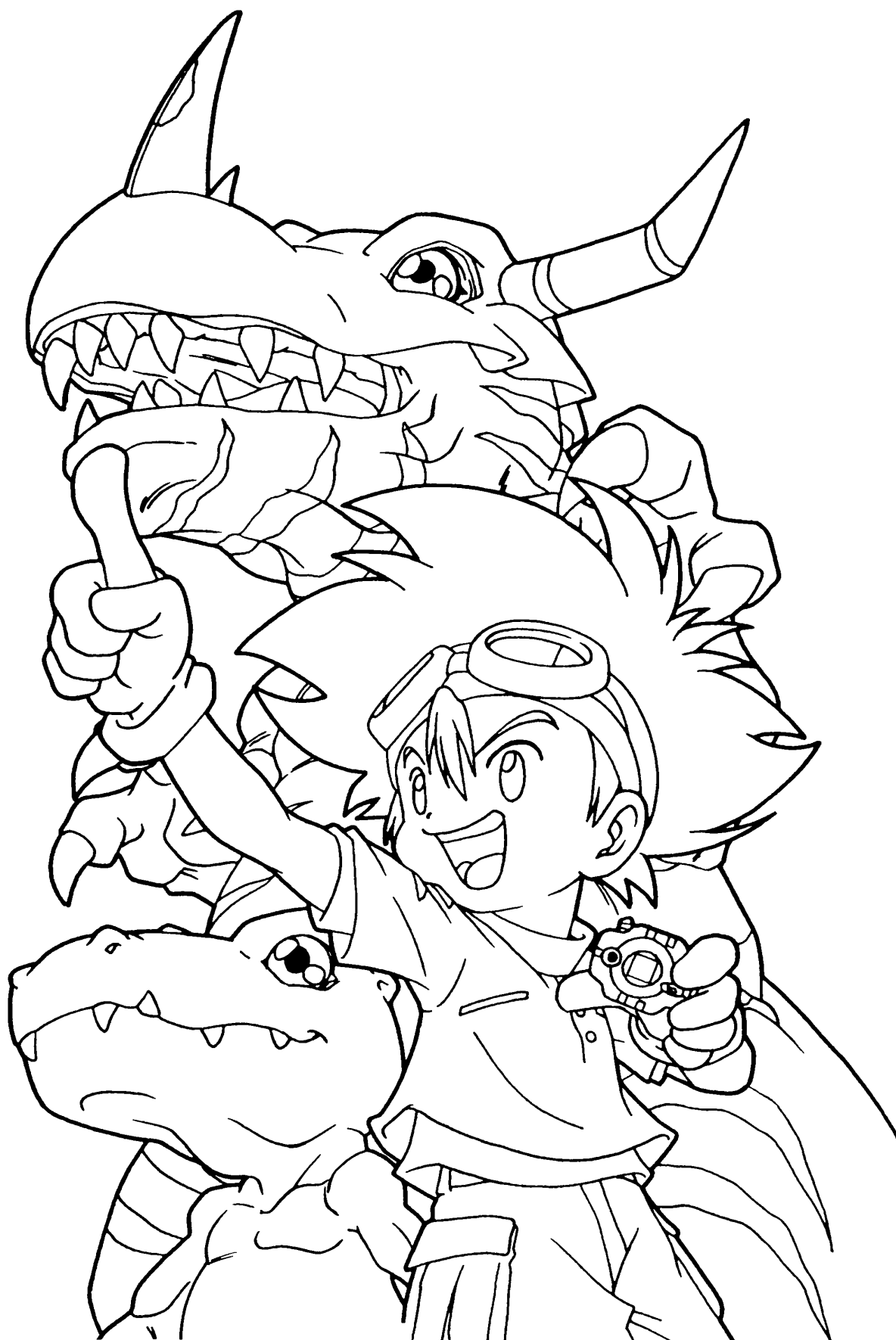
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Children's Colouring Page

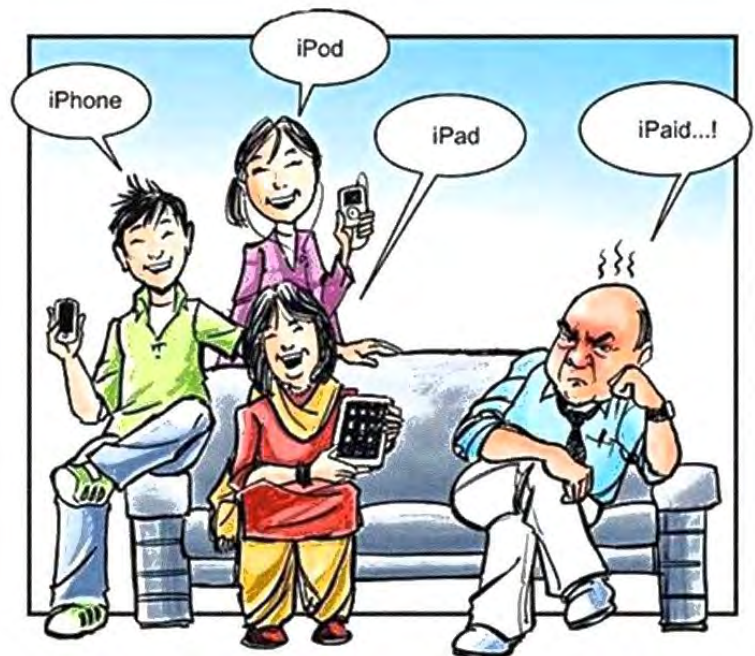


Lake Grace Pingrup Junior Netball Notes

Lisa Pearce

Junior girls faced Gnowangerup on the weekend the top team of which have dominated all year. The girls as a whole played an amazing game keeping up with Gnowangerup every step of the way. The girls were able to shine as a team with a solid defence in Holly, Leila and Shelby rebounding and turning over play. The centre court attack with Downy, Savannah, Natasha and Tess were able to effectively bring the ball up the court producing some fantastic passages of play. Finally our shooters Amber, Sara and Alicia produced leads in the circle and showed off their shooting skills. In the end we went down to Gnowangerup but I class the game as a big win for the girls. Awards went to Natasha and Savannah.

I am proud of the girls and how they have developed during the season. Of the 10 girls 6 had never played juniors before with 3 being new to netball. They have all come such a long way and shown different strengths throughout the sessions. Well done to all of you and good luck with finals coming up



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Lake Grace Pingrup Junior Hockey Notes

Janine Watson

My Apologies to our readers; here is a quick summary of the Rounds 9 onwards

Round 9 V's Newdegate

We had a Win 2-1, **Special mentions to Cambell, Griffin and Holly.**

Best on Ground Michael Watson played a forward, kept great positioning, worked hard keeping the ball on his stick

Top Effort – Linkin Eaton in Goals, Linkin has well proved himself in goals, we were looking forward to his talents for finals. Wishing you a speedy recovery with your arm Link.

Goal Scorers Lucas Robinson and Michael Watson

Round 11 V's Boxwood Hill

A Draw 1-1 Goal Scorer Reegan Marshall

Best on Ground Holly Stanton

Top Effort – Payton

Both Holly and Payton were little Terriers today and were very determined on the ball.

Round 12 V's Jerramungup

Despite the cold we held Jerry off from scoring till nearly half time. We lost 2-0, however I couldn't be prouder of all our players who ALL put in a really great effort.

Special Mentions – Griffin, Cambell and Amber

Best on Ground – Luke Clifford – Solid Tackling, great positioning and backing up.

Top Effort – Tess Stanton, only second week back after injury and is really getting involved in the game.

Round 13 V's Gnowangerup

We Won 3-0 – Goal Scorers Lucas Robinson 2, Holly Stanton 1 (First ever goal for Holly!)

Gnowangerup put up a good fight, again everyone put in a solid effort and tried their best. Well Done. We had quite a few near misses so was great to see an attacking side.

Special Mentions – Cambell, Michael and Holly.

Best on Ground – Lucas Robinson, Very determined, however at the same time happy to involve his team mates.

Top Effort – Alex Clifford, each time Alex went back on the field he got straight in and gave it his best.

Currently we are second on the Ladder which is terrific for our team, considering half our players began their hockey careers this year. With one game to go we're looking forward to finals. I would like to give **Alex Clifford** special mention at this stage who has agreed to be our goalie for the finals, or as I call it our bonus round. Thankyou Alex.



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Lake Grace Pingrup Hockey Club

Lisa O'Neill

Round 12 v Jerramungup

Jerramungup was showered with rain as we prepared to warm up on Saturday. A wet and slippery surface lead to some interesting ice skating by Imogen Taylor, who clearly runs too fast even for herself. Moreover, Casey Pinney decided that hockey was more enjoyable when you play it horizontally in these conditions.

Jerry were keen to put up a good challenge and scored the first goal for the game. We decided after 20 minutes to start playing hockey properly and responded with two goals before half time. These were scored by our leader and coach Lynnie Carruthers and the naturally talented Shenae Prater who got her first goal!

This was not an easy game, and the girls played incredibly well as they incorporated skills and tactics covered at training each week. Playing a short sharp game became our advantage on such a wet and slippery ground.

During the second half Jerry slipped another goal in, but it didn't matter because Tameka scored a fantastic goal from a pass in a short corner. Nothing was stopping that ball from going in.

Well done Bombettes we are second on the ladder and ready to tough it out against Gnowangerup next week.

Score 3v2 LGPHA wins!

Best on Ground:	Tameka Roukens
Coaches Award:	Shenae Prater
Goal Scorers:	Lynnie Carruthers Shenae Prater Tameka Roukens

Round 13 v Gnowangerup

We hosted Gnowangerup for the 28th July. Playing against the top side was always going to present its challenges. We are finding our new normal with Yasmine out recovering and Emma away.

Our game against Gnowangerup was hard and they proved to be the better side on the day with a 4-nil victory. Beth Curtin helped us out through the subs and held her own, well done Beth!

Best on ground went to our fearless fullback Laura Ballard, who again played a solid game this week. Coaches award went to Karissa Pelham, who played at centre half and provided us with the strength we needed through the midfield.

Next week's game is against Newdegate at home so come down and support from the sideline.

Score 4-nil

Best on ground:	Laura Ballard
Coaches Award:	Karissa Pelham

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Oscar Wilde

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Lake Grace Pingrup Football Club Notes

Allan Marshall



Round 12

LGP VS Jerramungup on 21/07/2018, played at Jerramungup.

The weather on match day was an overcast with a 20 km/hour North Westerly breeze blowing across the ground and rain threatening later in the day.

LGPFC A RESERVES

The LGP A Reserves were awarded the 4 points on forfeit as Jerramungup could not field the required minimum of 13 players to start. LGP loaned Jerry some players and on a reduced size ground a scratch match was held so that players could play a game of football. Flexibility is a wonderful solution.

Final scores:

LGP 11-14=80 defeated Jerramungup 7-8=50

Better players were Jackson Callope, Patrick Smith, Dale Gooch, Adam Hunt, Rosey Chircop 😊 and Keirnan Harvey.

Award winners

Reserves Best on Ground: Jackson Callope

Best On Ground Runner up: Patrick Smith

Coaches award: Dale Gooch

JUNIORS

The Junior Bombers were outclassed once again but not lacking in enthusiasm. Congrats to Jerry for swapping two of their better players to LGP in the final quarter which evened the scores up a bit. Great sportsmanship!

Jerramungup 10-16=76 defeated LGPFC 3-4=22

Fed by Fyfe awards: Judd McKenzie and Myles Borgward

White Star Engineering award: Rylan Gooding

LGPFC LEAGUE

Umpires in charge for the match were Bill Smallwood and Ian Norrish.

The rain had arrived just prior to the match start at 2.15 which made the skills difficult but surprisingly not that bad. The match was 16 a side with 4 on the bench by mutual agreement as Jerry was short of players on the day. The scoring was low due to the rain which continued to fall during the quarter and LGP were 1 point in front at the first break.

Quarter time scores:

LGP 1-4=10 Jerramungup 1-3=9

The second term saw the LGP Bombers add another goal to their tally early in the second term but the Jerry Eagles answered with two in quick succession. Then late in the quarter LGP and Jerry added a goal each to their tally and it appeared that the Bombers were going to go to the long break just 4 points behind. But at the siren Jerry had taken a mark in their right forward pocket and bagged another major after the siren.

Half time scores:

Jerramungup 5-4=34 LGP 3-6=24

The Eagles were the first to score with a goal at about the 3 minute mark in the third term. The Bombers remained devoid of 6 points until just 45 seconds before the third term siren but were still 12 points down.

Three quarter time scores:

Jerramungup 7-9=51 LGP 5-9=39

The final term commenced with the Bombers having a chance to get back into the game but were a bit lack lustre compared to the Jerry Eagles who had the edge with the scoring accuracy adding 2 goals 3 to the Bombers 1 goal 2 behinds. The margin at the final siren was 19 points in favour of the home team.

Final scores:

JERRAMUNGUP 9-12=66 defeated LGP 6-11=47

Multiple goal scorer for LGP was Regan Smith 2.

Better players for LGP were Luke Bairstow, Alex Duckworth, Jack Carruthers, Kael Gray and Regan Smith.

Award winners

Best on Ground: Luke Bairstow

Best On Ground R/up: Alex Duckworth

Coaches award: Kael Gray

Continued next page

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Lake Grace Pingrup Football Club Notes (cont.)

As a result of today's loss the Bombers League team lost any chance of playing in the 2018 finals with just 2 matches to go in the final round

ROUND 13

LGPFC vs GNOWANGERUP Played at Lake Grace on 28/7/2018

The weather was fine and partly cloudy with the wind sock not moving. A perfect day for footy.

LGP A RESERVES

We had plenty of numbers on the ground at this match. LGP commenced the game kicking towards the pool (North) end of the ground. The Bombers got straight out of the blocks dominating with their skills and ticking up 3 goals within 4 minutes. They continued on and at the first break had notched up 7 goals 7 to the Gnowangerup Bulldogs zero.

Quarter time scores:

LGP 7-2=44 Gnowangerup 0-0=0

The second term saw the Bulldogs lift their game and a more even match ensued with LGP adding 2 goals 6 to Gnowangerup 2 goals 2 behinds but with the Bombers 48 points in front at the long break.

Half time scores:

LGP 9-8=62 Gnowangerup 2-2=14

More of the same during the third with both sides

scoring evenly and LGP arriving at the three quarter time siren with a 49 point margin.

Three quarter time scores:

LGP 12-10=82 Gnowangerup 5-3=33

The Bombers upped the ante for the final term when they rained goals adding 8 goals 3 whilst keeping the Bulldogs scoreless. A magnificent finish to the game and coach Chircop must have been proud of the way his boys drove the nails in, hopefully a sign of things to come during the finals campaign which they will enter in second place on the ladder as they are 4 points ahead of Gnowangerup with only Newdegate to defeat next week. Boxwood will finish on top, undefeated for the year but our guys can beat them. It will require a lot of concentration to keep them in check as Boxwood always pull a rabbit out of the hat when it counts. I have seen too many last minute victories from them over the years to be complacent. Well done boys.

The final scores were LGP 20-13=133

defeating Gnowangerup 5-3=33

Goal Scorers were: Jackson Callope, Trivan Davey 5 each, Patrick Smith 3, Keirnan Harvey, Damon Pelham, Mitchell O'Neill 2 each and Blair Watson 1.

Better players were Damon Pelham, Mitchell O'Neill, Alistair Hunt, Andrew Lewis, Brenden Desmond, Trivan Davey, Phillip Ventris, Patrick Smith, Kael Gray and Oakley Major.

Award winners

Best on Ground: Alistair Hunt

Best on Ground R/Up: Mitchell O'Neill

Coaches award: Phillip Ventris.

LGP JUNIORS

In the Juniors game LGP were defeated by Gnowangerup by 71 points in a match that the Gnowangerup Juniors dominated all day.

Gnowangerup 11-13=79 defeated LGP 1-2=8

Fed by Fyfe awards: Lucas Robinson and Luke Clifford
White Star Engineering Award: Jack Willis

LGP LEAGUE

Commenced at 2.15pm with umpires for the match being Herbie Hart and Chris Norton with trainee umpire Rohan Murdoch

There was the usual apprehension going into this clash against Gnowangerup as they have already established themselves as league leaders for season 2018. The match was fairly even during the first term but the Bombers took control over a supposedly undermanned Bulldogs team on the day by getting a 6 pointer on the board within a minute of the start. It was pleasing to end the first term with LGP leading by 7 points

Quarter time scores:

LGP 5-2=32 Gnowangerup 4-1=25

LGP were able to keep control of the match, adding 3 goals 4 to the Bulldogs' 2 goals 3 behinds, extending their lead to 14 points at the half time break and were

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Lake Grace Pingrup Football Club Notes (cont.)

looking good for a victory with the control the Bombers had on the game.

Half time scores:

LGP 8-6=54 Gnowangerup 6-4=40

The Bombers came out after half time with the same endeavour showed during the first half and extended their margin by just 3 points, adding 2 goals 1 to the Bulldogs 1 goal 4 behinds and were in a good position to take home the 4 points.

Three quarter time scores:

LGP 10-7=67 Gnowangerup 7-8=50

Gnowangerup came out fighting in the final term, adding 3 quick goals and caught the Bombers on the hop. The game plan which had worked so well and impressed our supporters and the Gnowangerup supporters alike seemed to come unravelled with a suddenly aggressive Bulldogs team. The Bombers never looked like getting back into the game for the remainder of the term. Disappointing for coach Bairstow after three quarters of exciting and hard dominant football. You don't get three points for three quarters of winning football, you get none. One game left for the year so one chance to get that other 25 minutes right and nothing like the local derby to prove yourselves guys.

The final scores:

Gnowangerup 13-15=93 defeated LGP 10-10=70

Goal scorers for LGP were Luke Henderson 4, Luke Bairstow 2 and Chris Poot, Jack Carruthers, Rohan Ballard Alex Duckworth 1 each.

Better players were Reuben Smith, Luke Bairstow, Jack Trevenen, Jack Carruthers, Alex Duckworth, Rohan Ballard, Luke Henderson, Bailey McGlinn and William Kremerskothen.

Awards

Best on Ground Jack Trevenen

Best on Ground R/Up: Luke Henderson

Coaches award: Rohan Ballard

Congratulations to locally born and bred Liam Baker from Pingaring who played his first AFL game for Richmond on Saturday and by all accounts acquitted himself very well with 14 touches and 2 behinds. Well done Liam, you have done your family and us proud. Another jumper to hang on our pavilion wall.

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Lake Grace Pingrup Netball Notes

Karen Bairstow (A Grade); Sarah Allen (B Grade)

Round 12 vs Jerramungup

A GRADE

A good day to play indoors at Jerry as it was wet and windy. The girls fired out of the blocks and played a beautiful game of netball all over the court. The different things we tried at training was put into place and it was a great game to watch. The defense combined together well and were able to bring the ball into attack on numerous occasions. The attack also combined well and it was a great standard of play running out winners 70-42 Well done on a great win girls.

BEST ON GROUND - SHARON LAMPARD who played a blinder with great shooting and her hard running was awesome to watch.

2ND BEST ON GROUND - MOGEN TAYLOR was awesome in defense putting great pressure on outside the circle and taking good rebounds well done.

COACHES AWARD - ELLIE TREVENEN played a great game in shooter knowing when to hold and lead and shot beautiful goals, great game Ellie.

B GRADE

Lake Grace Pingrup: 43 defeated Jerramungup: 19

Best on Ground, First: Shannon Morton

Best on Ground, Runner up: Teneeka Morgan

Coach's Award: Beth Curtin

We were lucky enough to play indoors this week, which not all sporting teams had the pleasure of doing. We started strongly in the first quarter, finishing with 14 goals to Jerry's 3. This was owing to tight defence right across the court and a strong showing from Linda and Casey in goals. Intercepts were a highlight of the game and the girls consistently picked off weak passes in the mid-court and got a hand to most everything in Jerry's goal circle.

Beth Curtin played Goal Attack for three-quarters of the game and again, read the play exceptionally well and freed up the flow of our attack. She also persisted with a cool temperament under some heavy defence in the circle, earning this week's Coach's Award.

Best performers on the day were our old gals Shannon Morton and Teneeka Morgan. These two continue to

put in smart, hard, consistent performances each and every week. Shan played Goal Defender the entire game and earned Best On Ground for her tireless running and re-offering in the mid court, and exceptional defence in the circle. Shan worked with three different Goal Keepers and adapted to each one, continuing to rebound well and deflect Jerry's passes the entire time. Runner up went to Teneeka Morgan, who is one of our most skilled and versatile players. She ran as Wing Defence and Goal Keeper for the game and her defensive work was second-to-none, her hands-over defence and pressure on Jerry's attacking circle a definite highlight.

Thanks goes to those A-graders who supported us from the sideline, and special mention to Imogen Taylor who did a stellar job umpiring what would have been a pretty tough game.

Round 13 vs Gnowangerup

A GRADE

The first home game for a while and a hard task taking on Gnowangerup. Gnowangerup were playing a hard brand of netball and at times we did not use the ball as well as we could of resulting in the opposition taking advantage and scoring not missing many goals. The lead changed several times during the game and looked as though Gnowangerup were going to take a big lead. But not for the first time the girls steadied and the last quarter was our best we played our game and stood tall to run out winners 45-42. A gutsy win girls!

BEST ON GROUND SHENAE PRATER - who started in WD and then went to WA and played well in both positions. Shena stepped up when we needed some run into the attack and provided options, great game Shen.

2nd BEST ON GROUND ELLIE TREVENEN tried hard all game and again took some good rebounds and shot well under very close checking .well done Ellie.

COACHES AWARD JOELY SLINN played well in WA providing run onto the circle and her passing was good then went to GK and when the team needed some strong rebounds she provided them to help the team to victory.

B GRADE

Lake Grace Pingrup: 77 defeated Gnowangerup: 11

Best on Ground, First: Felicity Young

Best on Ground, Runner up: Casey Pinney

Coach's Award: Caylah Vlasich

This week certainly improved our percentage on the ladder. In what looked more like a football score, our girls shot an average of more than 19 goals each quarter to cement a final score of 77 to Gnowangerup's 11. Most notably, they did it with skill and sportsmanship, and were congratulated by one of the

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

Lake Grace Pingrup Netball Notes (cont.)

umpires at the end for their great conduct towards Gnowangerup's younger players. Super proud girls!

Gnowangerup seemed to be down on players, while we had a strong team across the whole court, led by Flick Young in Centre. Flick earned Best On Ground for her consistent intercepts and ability to anticipate the quick pass into the attacking circle.

Runner up Best on Ground went to Goal Shooter Casey Pinney who nailed what she had practised at training (thanks Joely Slinn) and held in front to receive some great direct passes from the mid-court girls. Shannon Morton also had another strong game in Goal Defence – she seems to magically appear as an option for every pass through the centre, while still maintaining a huge presence in the goal circle. And Rebecca Clark continues to be our quiet achiever on the court, adapting to every position she's put into, sticking tight to her opponent and creating smart leads for every pass. Not to mention Tuscany Dew, who had a great game in the Wings, creating space and flow in the mid-court.

Overall, it was a smooth game, and one to get our confidence back after our Boxwood loss. Bring on Newdegate at home this weekend!

PHOTO: B-grade vets at the Round 12 game in Jerramungup: Shannon Morton (Best on Ground), Teneeka Morgan (2nd Best on Ground) and Sarah Allen (cheerful extra).



Have you told anyone about your funeral wishes yet?



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

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Web: www.dawsonsfuneral.com.au



DAWSONS
FUNERAL HOME

PUBLIC NOTICES

Sally Dickinson

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

Dr Linda Haines

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

Community Midwife

Holly Brockway, the Community Midwife, will be coming to Lake Grace on Wednesday 15th August. Call Narrogin Primary Health on 9881 0385 or Holly directly on 0429 127 917 to make an appointment.

Lake Grace Op Shop

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

Lake Grace Lions Club

Meetings every 2nd (dinner meeting) and 4th Thursday of the month at the Men's Shed.
 Next meeting: 9th August

Lake Grace

Development Association (Inc)

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

CWA Meeting

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

Community Bus Bookings

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

FOR SALE

Caravan For Sale

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

Holyoake Community Alcohol and Drug Service

May Griffiths Counsellor/Diversion Officer
 Ph: 08 9881 1999

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

Sub Centre AGM

Lake Grace Ambulance Sub Centre AGM.
 Thursday 16th August
 7:30pm
 At the Sub Centre

Crisis Care Numbers

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

Community Clubs and Associations

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

CHURCH TIMES

Lake Grace Catholic Church

Sunday 5th August 6pm
Sunday 12th August 8am

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

Anglican Church of Lake Grace

Sunday 5th August No Service
Sunday 12th August 9am

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

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDAR

August

Fri 3 Op Shop open 9:30am - 1pm
Fish & Chips @ Sportsman's Club
Crochet @ CRC
Driving Assessor in Lake Grace

Sat 4 Winter Sports - LGP v Newdegate
Roe Districts - LG-Kuk v Corrigin
Golf - Newdegate Open Day
Rubbish tip open
Craft @ CWA
Steak Tea @ Sportsman's Club

Sun 5 Golf - First Round of Championships
Rubbish tip open

Mon 6 SwimAbility @ Narrogin
Rubbish Collection
Recycling Collection
Rubbish tip open
LG Development Assoc Meeting

Tue 7 Pilates Classes @ 6pm
LG/P Football training
Op Shop open 1 - 4pm
Men's Shed (morning)
SOYF Exercise 10am @ Shire Hall
Chair Aerobics 10:30am @ Village Hall

Wed 8 LG/K Hockey Training
Rubbish tip open
safeTALK in Lake King
LCDC Meeting in Lake Grace

Thur 9 Pilates Classes @ 6am and 9am
LG/P Football training
Dr Linda Haines in Lake Grace
Lions Club Meeting

Fri 10 Op Shop open 9:30am - 1pm
Dr Linda Haines in Lake Grace
Crochet @ CRC
Fish & Chips @ Sportsman's Club

Sat 11 Winter Sports - Bye
Roe Districts - Semi-Final
Golf - Turkey Day 4BBB Stableford
sponsored by Taylor Family - BBQ Tea
Rubbish tip open

Sat 11 Craft @ CWA
Steak Teas @ the Sportsman's Club

Sun 12 Rubbish tip open

Mon 13 Lakes Link News deadline
Rubbish Collection
Rubbish tip open

Tue 14 Lego Club @ Art Space 3:30pm
Pilates Classes @ 6pm
LG/P Football training
Op Shop open 1 - 4pm
Men's Shed (morning)
SOYF Exercise 10am @ Shire Hall
Chair Aerobics 10:30am @ Village Hall
Breast Screen in Lake Grace
Foot Clinic

Wed 15 LG/K Hockey training
Rubbish tip open
Horses birthday
A Boy Named Cash
Community Midwife in Lake Grace

Thur 16 Playgroup 9:30 - 11:30am
Toy Library Open
Pilates Classes @ 6am and 9am
LG/P Football training
Lakes Link News published

Coming Events

21st August - Building Surveyor in LG
21st August - Writing for Your Local Paper W/Shop
22nd August - safeTALK @ Lake Grace
30th August - Planning your funeral W/Shop
4th September - Building Surveyor in LG
7th September - Driving Assessor in LG
5th October - Driving Assessor in LG TBC
12th September - First Aid Course in Lake Grace
18th & 19th September - ASIST @ Newdegate
10th October - First Aid Course in Lake Grace
16th & 17th October - ASIST @ Lake Grace

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

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