

LAKE GRACE LINK NEWS

Produced at the
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Vol 21 Issue 16

Lunch in Tibet



International Officer Elsie Bishop gives a brief synopsis of Tibet.

Suzanne Reeves

When you think of Tibet the first things that come to mind are mountains, the Dalai Lama and yaks! With the CWA holding their annual International Day luncheon and Tibet being the country of study, I figured Tibet's spiritual leader certainly wouldn't be on the menu and had doubts as to whether the local butcher had any yak meat available; therefore lunch was going to be a surprise.

CWA President Mrs Annie Slarke welcomed everyone and International Officer Mrs Elsie Bishop gave a brief talk on Tibet; unfortunately the Lake Grace branch was unable to source anyone local who had travelled to Tibet. However invited

guest on the day, Debbie Clarke, had been fortunate enough to attend the Dalai Lama's recent speaking engagement in Perth. Debbie being organised had taken notes and was able to regale those present with some of the wisdom imparted by the Dalai Lama.

Highly educated, the Dalai Lama is exiled from his own country and travels the world raising awareness of Tibet and the trouble it faces while helping people understand the need for compassion, tolerance and forgiveness. Tibetans are a gentle people with a strong connection to their religion and the natural environment.

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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 7th September

Next Edition
Thursday 10th September



Thanks

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

Elsie Bishop

Dick Phillips

Gwen Oliver

Thank you also to our many contributors of articles.

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- 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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- 5) The opinions, views and beliefs expressed in articles and other submissions to the Lakes Link News do not necessarily reflect the opinions, views or beliefs of the CRC staff or Committee.

335 copies printed and sold each fortnight

Editorial

- Our recent Scams workshop was a great success with all who attended taking something away with them, see our article on page 9.
- Our sincere apologies to all those Sudoku enthusiasts out there, we had a typo in the grid in last issue. Hope you didn't try too hard to get it to work!
- Its not too late to book in for our heavy vehicle driver training being driven by Keen Brothers training and held on the 15th September. We would need your booking by the end of this week (Friday 28th August) and you would need to get your learners permit before then. Please ring the CRC and talk to us if you are keen. (All puns intended!)
- We are thinking of introducing a new column employing the expertise of Mister Manners who will help us to navigate our way through the myriad of expectations in polite society. If you have any questions for Mister Manners please email the office and we will pass onto him. From using please and thank you to the correct way to address an email, table manners and phone etiquette, Mister Manners will tackle all the problems of modern society whilst looking back and commenting on how things have changed.
- Last issue we ran an article about Operation Christmas Child and we'd like to remind you all to get your boxes into Genni Curtin in the Chaplain's Office at the school as soon as you can.
- We wish the Newdegate Field Days committee all the best with this year's Field Days being held next week.

Danielle Robertson

Community Library Hours

Monday	9am—midday; 12:30pm—5pm
Tuesday	9am—5pm
Wednesday	9am—midday; 12:30pm—5pm
Thursday	9am—midday; 12:30pm—5pm
Friday	CLOSED

Workshop Calendar...

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

MC Licensing Training & Assessment - 15th September 2015. Cost is \$1,200 plus \$150/hour for training.

HC Licensing Training & Assessment - 15th September 2015. Cost is \$700 plus \$140/hour for training.

HR Licensing Training & Assessment - 15th September 2015. Cost is \$350 plus \$120/hour for training.

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

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



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

Entries to be in by 4pm Friday 28th August

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

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

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

Lunch in Tibet... (cont)

Bordering Nepal, Tibet shares Mt Everest; it is also the source of several major rivers including the Yangtze, Mekong and Ganges. It is a desolate country subject to high temperatures in summer and intense cold in the winter. The bleak desolation is unrelieved by any vegetation bigger than a low bush and where wind sweeps unchecked across vast expanses of arid plain; aside from the mountains and rivers it sounds a bit like some of the wheatbelt landscape!

The Tibetan Empire emerged in the 7th Century, however a desolate landscape wasn't enough to keep marauders at bay and the Tibetan people have been under siege throughout the centuries. In 1951 Tibet became an unwilling part of the Peoples Republic of China and in 1959 their government was abolished following a failed uprising.

The Tibetan economy is dominated by subsistence agriculture. Due to limited arable land, the primary occupation of the Tibetan Plateau is raising livestock, such as sheep, cattle, goats, camels, yaks, dzo, and horses. The main crops grown are barley, wheat, buckwheat, rye, potatoes, and assorted fruits and vegetables.

Religion is extremely important to the Tibetans and has a strong influence over all aspects of their lives. Bön is the ancient religion of Tibet, but has been almost eclipsed by Tibetan Buddhism, a distinctive form of Mahayana and Vajrayana, which was introduced into Tibet from the Sanskrit Buddhist tradition of northern India. Prior to the 1950's 10%-20% of Tibetan men were monks.

But now it's back to the menu; a starter for lunch was red lentil soup. The main course was momos with sepen. What's that I hear you ask....dumplings with a spicy sauce, chillies being the primary ingredient of the sauce. Remembering that those present were more used to a western diet the CWA ladies went easy on the chillies and filled the water carafes on the tables. The dumplings featured a selection of fillings; vegetable, beef and chicken. Dessert was Dresil with golden raisins; dresil being sweet rice.

The lunch was a wonderful opportunity to get out of our own environment and with Croatia being CWA's International country of choice for 2016 I'm sure the ladies will be very busy studying over the next few months.

BRIAN LETTON IN CONCERT

BRIAN LETTON will deliver an 'Entertainment Plus' Performance during his 2015 National Concert Tour.

Brian's tremendously successful shows prove that his concert has hit on the right formula with a variety of entertainment for the whole family to enjoy.

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for more information go to: www.brianletton.com.au

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Happy Birthday



28th August	Gary Frost
	Shelby Newton
29th August	Justin Carruthers
	Max Stubberfield
30th August	Ryan Carruthers (18)
	Christopher Kizhakkakara
31st August	Jason O'Neill
	Cambell Chatfield
1st September	Ed Naisbitt
2nd September	Magdalen Trevenen
	Vicki Smith
5th September	Trelise Jones
6th September	Ken Medlen
	Josh Willcocks
9th September	Grant Osborne
	Sheree Duckworth
	Lacy King
10th September	Bart Trevenen
	Gabrielle Trevenen (21)
	Levi Argent

What's Happening?

- Our deepest sympathy to Lesley O'Neill and her family on the loss of her brother Ian Jacoby on 29th July.
- We also express our condolences to Garry Reeves and his family on the passing of his mother Eileen Reeves on 18th August.
- Congratulations to Matthew Spurr and Mikaela Knill who recently announced their engagement.
- Well done to Kelly Hawtin and Mark Newton on the arrival of their daughter, Brooke Renee Newton (pictured below) born on 11/08/2015 at 4.20pm, 3.930g (8lbs 11oz), 53cm long. A much loved little sister to Mason and Jasmine.



What Else is Happening?

- Congratulations to Father Gayan who on Monday 24th had an appointment ceremony with the Royal Australian Air Force for his new role as Specialist Reserve Chaplain RAAF with the rank of Flight Lieutenant, the equivalent of a captain in the Army or lieutenant in the Navy. Father Gayan will undertake his new role on a part time basis at first which will increase when he moves closer to Perth.
- Congratulations to Grant O'Neill who was Runner-up in the Ongerup Football Association Reserves Fairest & Best and to Darren Clifford who placed third.
- Slightly belated congratulations also to Matt Smith and Lee-Anne Parker who welcomed their first child Ethan James Smith (below) on 11/08/2015.



- Congratulations to Tahryn and Damian Trevenen on the arrival of their third son, Corbyn Tain Trevenen (pictured below) on 19/08/2015. 8lb 12oz, 54cm.

Lake Grace Weather

- Terry Gladish



August Extremes

Highest Monthly Rainfall	104.3mm	1955
Lowest Monthly Rainfall	5.2mm	1995
Highest Number of Rain Days	24	1942
Lowest Number of Rain Days	4	2008
Highest Daily Rainfall	61.3mm	15/08/1976

Date	Min	Max	Rain
12/08	9.6	14.0	
13/08	10.9	14.9	
14/08	2.9	10.6	
15/08	4.6	23.5	
16/08	6.7	25.0	
17/08	12.9	21.5	1.0
18/08	9.5	19.4	1.4
19/08	7.4	18.8	0.4
20/08	9.4	15.1	5.0
21/08	6.1	15.0	
22/08	4.7	14.6	11.2
23/08	5.2	15.6	0.4
24/08	7.0	15.1	2.6
25/08	6.1	15.6	0.2
26/08	2.1		



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Farewell to Lake Grace and All Who Came From Far and Wide to the Lake Grace Medical Centre

Dr Francois Jacobs

By now, I am sure you have all heard the news that Henriette and I will be leaving Lake Grace at the end of October.

Reflecting on 4 years of work in Lake Grace has left us with a very positive impression of the Lake Grace, Newdegate, Lake King and Varley communities. I also had the opportunity to render a service to Hyden, Kulin and Kondinin and the towns to the South of Lake Grace. This includes Pingrup and Nyabing to the south and Kukerin to the west.

We are fortunate to have met so many wonderful people who extended their hospitality to us and have invited us into their homes. We went camping with some of you and enjoyed a Kimberley safari in 2013. You taught me the rules of "footy." I, coming from rugby playing countries like New Zealand and South Africa, even started to like the game.

I shared in the joy of Lake Grace winning the finals in 2012, and the excitement when Newdegate reached the finals last year. I know you were the better team, but in the finals, things can go wrong. We have been witnesses to a demonstration of wonderful family life and family structures seldom found in modern societies. We talked about the good relationships between parents and their children and the excellent interpersonal skills of the young people in the Shire of Lake Grace. We were witnesses to a group of young people who are not afraid to make eye contact, who can conduct a conversation with adults and radiate confidence in their everyday lives.

We were part of the "mini population explosion" in the region. Much to our delight (as grandparents), you allowed us to cuddle your babies and share in your joy, and sometimes in your sadness. We are proud of the excellent parenting skills of our young parents.

As a GP, I can honestly say that the last 4 years, although full on, were some of my best years as a GP. There were some stressful times in the Lake Grace Hospital, when we had to deal with very sick patients, but it all contributed to a very fulfilling experience. I had the opportunity to do some procedures that I had not done for many years, and that gave me an opportunity to re-live my younger days as a GP in South Africa. It certainly added to my bunch of grey hair. Luckily it did not lead to hair loss!

To the staff at the Lake Grace Hospital, who tried to make my life as easy as possible, I shall forever be thankful. Even though I was practically on call for 24 hours per day, 7 days a week, it was a great pleasure. I can honestly say that they have given 110% of their effort to make things run smoothly. I always felt I had your full support and backup. I appreciated your common sense and practical knowledge, which sadly, have been smothered by

bureaucracy. A special thanks to the domestic staff who saved me from starvation whenever Henriette went away. Also for the morning tea refreshments.

To St John Ambulance, our Lake Grace crew and the Newdegate team of Gary and his men and women, my sincere thanks. I wonder if there is ever enough appreciation for the work you do? Your dedication and friendliness, even in the middle of the night, or sometimes early morning, always encouraged me, and I can only speak highly of you. All this commitment for the love of it.

To my staff at the medical centre, I always felt that "I just worked there". Amongst Henriette, Debbie, Vicki and Caroline, they had everything under control. During our time of having the dispensary they were a most efficient team. I was frequently reminded by patients that my wife is actually better at getting blood and they did not bruise when she bled them. Quite humbling!

I will miss the Pingrup races and all the fun going with it. I managed to predict some of the winners, but never put money on them.

To the Shire of Lake Grace, thank you for the house, car and rooms that we used free of charge. An attempt to secure a doctor for Lake Grace has unfortunately not been successful so far, but I am sure the right person will soon show up.

To the farmers of the region, the best of luck. I can honestly say that I have brought good fortunes to the region. Arriving in 2011, after 2 years of drought, it started to rain and by the looks of it, it may just be 3 good years in a row! May there be many, many more. No, I do not have divine powers!

We shall remember the South West as an amazing area with some of the best beaches and scenery found anywhere.

So goodbye to you all, but I am sure there is a good chance that you will see us again.



The CRC has a new Thermal Binder available for documents up to 120 pages. We have also recently purchased a Coil Binder which we are desperate to try out!

For a professional finish to your documents call in to see us to discuss your options.

Botanica—Exhibition

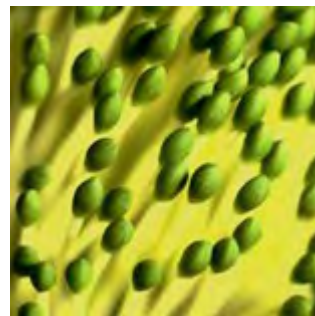
Media Release

John E. Maloney's exhibition *Botanica* is a collection of fine art photography bringing to life the beautiful flowers which were first collected in the late 18th and early 19th Centuries around the Australian coast.

Maloney is drawn to photograph Banksias because they are a way of "preserving rare natural history, and capturing the intricate beauty, in fine detail, of the world around us." – John E. Maloney

This artist's macro photographs depict the rich diversity of Australian flora. The exhibition transports the viewer back to the early 1770's when botanists Joseph Banks (in NSW) and later Robert Brown (in WA) landed on Australian soil and collected samples of previously unknown species of plants. The audience may wonder, as Banks and Brown did, over the variety and splendour of the genus that was named after the botanical explorer and supporter of Australia's early settlement. Maloney has captured the unique characteristics of 16 species of Banksia in *Botanica* along with a series of abstracted images focusing on finer details of Banksia blooms and flowering cacti.

Maloney lives and works in Perth and Albany, WA. The artist is available for interview via mobile on 0417 381 073 or email at johnemaloney@bigpond.com.



Botanica will be on show at:

Lake Grace Regional Artspace

25 Stubbs Street, Lake Grace WA

Date: September 1 - October 16, 2015

Official Opening: Monday 7th Sept 6:30pm

Botanica is proudly presented by John E. Maloney. This exhibition is curated and coordinated by John E. Maloney.

The tour of this exhibition is managed by ART ON THE MOVE which is supported by the State Government through the Department of Culture and the Arts and is assisted by the Australian Government through the Australia Council, its arts funding and advisory body.

Smarter than Smoking Artist on the Move Education Events are sponsored by Healthway promoting the Smarter than Smoking health message.



Great Job Opportunity



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

Town Maintenance Personnel

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

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

Applications to be marked 'Confidential' and addressed to;
Chief Executive Officer,
Shire of Lake Grace, PO Box 50 Lake Grace WA 6353

Applications for the position close 5.00pm Friday 4 September 2015

The Shire of Lake Grace is an equal opportunity employer

Wills and Scams

Suzanne Reeves

It may seem a long way down the track, perhaps at this stage of your life it seems like something that only happens to 'old' people however the reality is that we all die. Vanessa Hillerman from Albany Legal Service was in Lake Grace last week to remind us of this enduring fact and that we all need to prepare for it.

Of course as the old adage goes, once you're dead your problems are over but in too many cases this is when the problems start for the family left behind. A will is a very important document and is your voice beyond the grave. Vanessa stated that too few people understand the painful reality of an out-of-date will, no will (intestate), poorly written will or an old one which they have scribbled over thinking that will be okay. Will kits are alright if your estate is very simple, ie no properties, shares or dependants. However Vanessa said too many of these have been made null and void because they haven't been signed, witnessed correctly or dated - this results in a slow trip through the court system.

Vanessa emphasised the importance of individuals discussing their wishes with their families and that communication can alleviate the potential problems in the future. Albany Legal Service do outreach work and travel to Katanning fortnightly and are always eager to form relationships in outlying communities.

Following Vanessa's presentation Iris Thomas from the Department of Commerce talked about warranties, contracts of purchase and scams. Few people understand warranties and that when an item is purchased, your contract of purchase is with the retailer you purchased the item from, not the manufacturer.

Iris has seen where some people have got themselves in some very unfortunate positions purely because they did not understand contracts or their rights as a customer. Iris cited a young girl signing purchase contracts on three different cars in three different car yards in one morning, thinking she was able to ring up and say she was no longer interested in the first two. Iris also said it was very important when including a caveat on a contract that it was concise and detailed in what you meant and that it couldn't be misconstrued.

As part of her position with the Department of Commerce, Iris spends time travelling through the Great Southern region inspecting pricing and signage. Her pricing inspections include selecting items from shelves and ensuring they match the prices at the checkout.



Iris Thomas from the Department of Commerce highlights the rights of the consumer when it comes to product warranties and contracts of purchase.

Aggressive salesman and those taking advantage of the vulnerable are of particular concern for Iris and she implores that if unsure, don't sign anything.

Scams are an ongoing issue and the creativity and brazenness of the scammers never ceases to amaze. A scammer will keep a record of who they have scammed, call them back later pretending to be the Department of Commerce and saying that they have noticed that there has been unusual financial activity and that they are concerned that you have been scammed. The victim quite relieved that someone is sympathetic to their plight then unwittingly gives out more personal details and gets cleaned out a second time.

Iris said that if anyone rings and you suspect it is a scam simply hang up on them, don't bother engaging with them at all. If they say they're from the ATO and you're wanting to 'check up on them', don't call them back on the number they have given, locate the number for the ATO through the phone book and ask if anyone from the ATO has contacted you recently. Scamming has turned into quite a slick profession and what may look like an Australian phone number actually isn't; it's simply the scammer using VOIP (Voice Over Internet Protocol).

The Lake Grace CRC has information pamphlets from both the Albany Legal Service and the Department of Commerce, if you would like the contact details for either Vanessa or Iris then please drop into the Community Resource Centre.

New Orchid Species Add to WA Plant Diversity

Media Release

Seventeen new types of spider orchids have been discovered in Western Australia's south-west region, Australia's only internationally-recognised global biodiversity hotspot.

Department of Parks and Wildlife herbarium curator Kevin Thiele said the new orchids were found in areas throughout the south-west from north of Geraldton to east of Esperance.

He said the orchids had recently been formally named in a journal published by the WA Herbarium, highlighting the enormous variety of plant species known to exist in the region.

"This is a significant achievement – it's not every day 17 new types of spider orchids are named," Dr Thiele said.

The newly named spider orchids are all from the genus *Caladenia* and include 11 separate species and six subspecies.

"There are now 158 identified spider orchids in WA, the vast majority of them found only in the south-west, reinforcing the State's reputation for its amazing diversity of flora," Dr Thiele said.

"This discovery also adds greatly to the understanding of spider orchids by botanists and the wider community, who may have them growing on their properties."

"By knowing the distinguishing features of these species we may be able to show that orchids we thought to be rare may actually be more widely found and distributed."

Western Australia has one of the highest rates of new plant species discoveries in the world, with an average of more than 50 a year.

Parks and Wildlife staff member Andrew Brown and WA Herbarium research associate Garry Brockman identified and named the new species.

Information about the new orchids has been published in the current edition of WA's botanical journal *Nuytsia*.

Pictured is one of the new finds, Caladenia pluvialis (Yuna Spider Orchid)



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

HACC & MPS Activity Programs:

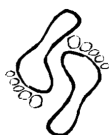
Foot Clinic

Tuesday 8th September

9.00—12 noon

All seniors welcome

(please provide your own manicure set)



Chair Aerobics

Every Tuesday @ 10.45am

At the Lakes Village Hall

Exercises for people with limited mobility



Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

2nd September—Sing-along

9th September—puzzles

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



Bus Outing

Friday 11th September 2015

approx. 9.30am—11.30am

SwimAbility

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

Next trips will be 31st August & 14th Sept.

Call the hospital to book a place on the bus.

4th Friday Activity

Friday 28th August

Activities / Games / Trivia

10.00 am—1.30pm

Lake Village Hall

RSVP 25th August for catering

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



Call 9890 2222 during office hours

to get further information about HACC
and Hospital services

Well Women's Clinic Tuesday 8th September

For appointment please contact

Anna Taylor

0428 652 507

or 9865 1507



Hospital Upgrade News

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

Renovations are gaining momentum, with the medical records room nearing completion and the kitchen finishing date expected within a month. Staff are looking forward to utilising these new areas.

Counselling Facilities Available

Three different counselling services are available at Lake Grace Hospital and all are free of charge. If you require any of these services please contact:

Glenda Miners : 9881 3939

(Rural Community Support Service)

Approx. every 3rd Monday

Sally Dickinson : 0427 192 155

Most Thursdays (Southern Agcare)

Bill Webb : 0429 323 006

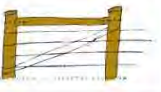

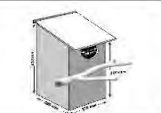



When required (Southern Agcare)






Matthew or Gail : 9881 1999

When required (Hollyoak Narrogin)

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

Shire of Kent NRM/Landcare District Community Support Service. 14 Month Review of NRM Outcome/Output Allocations (May-14 to Jul-15).		Kent/LG NRM District Area		
		Shire of Kent.	Shire of Kent.	Shire of Lake Grace.
		Blackwood Catchment, via Lake Dumbleyung.	Avon Catchment, via Lake Chinocup.	Avon Catchment, via Lake Grace.
Allocated Outputs (& Outcomes).		(Nyabing Area).	(Pingrup Area).	(Lake Grace Area, but not Newdegate &/or Lake King Areas).

Landholder Grants		Livestock Fencing (protection of remnant vegetation & revegetation with seedlings).	~ 78km for 17 farmers.	~ 25km for 6 farmers.	~ 36km for 9 farmers.
		Re-Vegetation (seedlings) (conservation of land, water & re-establishment of biodiversity).	~ 34,500 sdls for 8 farmers.	~ 9,000 sdls for 3 farmers.	~ 11,000 sdls for 2 farmers.
		Artificial Habitat (protection of native fauna & their habitat via artificial nest boxes).	~ 12 nestboxes for 3 farmers.	-	-
		Fox/Rabbit 1080 Baiting (protection of native fauna & flora.)	Landholder in-kind funded as part of Bushcare fencing funds received.		
		Farm Rain-Water Supply (Dep. Water - Farm Water Supply).	Externally Facilitated Farm Water Audits and proceeding Grants (Lance Mudgway).		
		Geo-Physical Survey (salinity management via surveys)	Externally facilitated bedrock (gravity) and aquifer (EM31) survey of waterway (Southern Geoscience Consultants).		

Group Grants		Soil/Crop Research. (GRDC trial of lime, humate & VAM for soil acidity mitigation & increased fertiliser efficiency/uptake).	Trialling prilled lime (CalciPrill & Magprill) and prilled humate mixed with granular fertiliser and banded subsurface at seeding (& VAM microbe/P grain dressing), compared to topdressed limesand.		
		Fox/Rabbit Control Event (protection of fauna & flora from predation/grazing via 'Redcard').	Culled: 112 Foxes; 8 Cats; & 26 Rabbits: Nyabing Red Card Shoot (21/22 March), & Pingrup Red Card Shoot (28/29 March).		
		Nyabing Townsite Water (event to discuss management of surface and ground water).	Event held in Nyabing on 2nd-Sep-14, to discuss townsite runoff works/storage/re-use and future risks of saline groundwater.		
		NRM Equipment (assessment of NRM assets/projects).	Equipment Includes: LCDC promotional banner; Pentax Digital SLR Camera; Bushnell Motion Camera; & Garmin GPS.		
		Bridal Creeper Control (Spraying on Main Roads)	Externally facilitated spraying of Nyabing-Katanning Road by Main Roads WA.		

Advance Health Directive

Taken from www.health.wa.gov.au/advancecareplanning/consumers/index.cfm

Advance Health Directive

An Advance Health Directive (AHD) is a legal document, which contains your decisions about future treatment (treatment decision) and can only be completed while you have the ability to make and communicate decisions (i.e. you have 'capacity'). As soon as you no longer have capacity, you are no longer able to complete an Advance Health Directive. It is also important to know that no one else can complete an Advance Health Directive for you once you have lost capacity.

Why should I consider making an Advance Health Directive?

You have the right to make decisions about your own health care and treatment. But what will happen if you're not able to make your choices known?

If you have chosen not to make an Advance Health Directive, a treatment decision will be made on your behalf in the event that you are unable to make the treatment decision for yourself. The treatment decision will be made by (in the following order of priority) your Enduring Guardian (if you have appointed one), your Guardian (if one has been appointed for you), or by a person responsible for you (such as your spouse, parent, child, sibling or unpaid carer)

An Advance Health Directive is a legal document in which you can set out in writing your decisions about future treatment. It will only come into effect if you are unable to make and communicate your own judgments about treatment later on.

'Treatment' includes medical, surgical, palliative, dental and other health care.

When should I prepare an Advance Health Directive?

You can prepare one at any time, even when you are fit and well. You must be at least 18 years of age and have capacity i.e. you are capable of understanding the nature and effect of your Advance Health Directive. You may lack capacity if your decision making is impaired, for example, by reason of illness, disease or injury, or the effects of medication, drugs or alcohol. If you have any doubts about your capacity to make an effective Advance Health Directive, you should ask your doctor for an assessment.

How do I go about preparing an Advance Health Directive?

You can make an Advance Health Directive by completing a form available from the Western Australia Department of Health. You can also obtain a booklet

called, Preparing an Advance Health Directive, to assist you through this process by telephoning 9222 2300.

You may consider asking your doctor to witness your AHD. In this way, any future doctor(s) looking after you will know that you have been assisted by your doctor to make an informed decision about your future care and that you were aware of the effects of your decisions. Alternatively, you can write on your AHD the details of the doctor you have spoken to. For further information phone: 9222 2300.

Hierarchy of Decision Makers

Many people believe that their next-of-kin has authority to give or refuse consent for their treatment. This is incorrect. The hierarchy of decision makers is designed so that those who are most likely to know your beliefs and wishes are given the most authority to make decisions on your behalf.

If a person identified as being a decision maker is not contactable/readily available or declines to make a decision, the health professional needs to contact the next person in the hierarchy of decision makers.

If your treating health professional does not acknowledge (or accept) your partner, as your decision maker, your partner should contact the State Administrative Tribunal (SAT). You can contact SAT by visiting their website <http://www.sat.justice.wa.gov.au/> or telephone: 1300 306 017 (cost of a local call).

Please note that de facto includes same sex partners.

You can prevent those people you do not want involved in your care from having a say by appointing an Enduring Guardian.



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LOCAL GOVERNMENT ORDINARY ELECTION

CALL FOR NOMINATIONS

Shire of Lake Grace

An Ordinary Postal Election will be held on 17 October 2015 in the Shire of Lake Grace to fill the following vacancies:

Lake Grace	1 Councillor	4 year term
Rural	3 Councillors	4 year term

NOMINATIONS OPEN on Thursday, 3 September 2015.

NOMINATIONS CLOSE at 4:00pm on Thursday, 10 September 2015.

Nominations must be lodged with the Returning Officer

- at any time during the above period by arrangement; or
- between 2:00pm and 4:00pm Thursday, 10 September 2015 (close of nominations) at the Shire of Lake Grace, 1 Bishop Street LAKE GRACE WA 6353.

NOMINATION REQUIREMENTS

Candidates are required to lodge with the Returning Officer:

- a completed nomination in the prescribed form, signed and witnessed. (This form is available from the Returning Officer, the Western Australian Electoral Commission or the Shire of Lake Grace;
- a single A4 page profile containing not more than 150 words of information about the candidate;
- a nomination deposit of \$80 (cash, bank cheque or postal order); and
- a recent passport-sized photograph (optional).

The Commission has developed an online system called Nomination Builder to assist candidates to complete their nomination form which includes the candidate profile. This is the preferred method of completing the nomination form and profile for elections conducted by the Commission. Candidates complete their nomination details and profile, print the completed form which has a reference number allocated and lodge it with the Returning Officer. The nomination builder can be accessed at elections.wa.gov.au

Where an agent lodges a nomination on a candidates behalf, it must be in the prescribed form with a written authorisation signed by the candidate.

The documents may be hand delivered, posted or faxed to the Returning Officer and must be received by the close of nominations.

INFORMATION

Full details about eligibility and nomination procedures for prospective candidates can be obtained by contacting the Returning Officer on Mobile 0427 651 022 or the Western Australian Electoral Commission on 13 63 06.

Terry GLADISH
RETURNING OFFICER



Open Letter to the Community

Community of the Shire of Lake Grace
C/O Lakes Link
LAKE GRACE WA 6353
24 August 2015



Dear Community

**RE : ST JOHN AMBULANCE WA Ltd - PROPOSED NEW LAKE GRACE SUB CENTRE BUILDING - LOT 501
STUBBS STREET LAKE GRACE**

The St John Ambulance WA Ltd - Lake Grace Sub Centre, wish to advise the community that the Lotterywest - Work Places Grant Application, was unsuccessful in gaining Lotterywest Board Support at their late July meeting. The grant application was for \$242,000.

On the 4th August 2015, senior management from St John Ambulance met with senior management of Lotterywest to discuss the future of this project. It was decided by both organisations, that the project should be placed in the hands of Mark Tap (Grants Officer, St John Ambulance WA Ltd) and Faye Baxter (Lotterywest) for the project to be re-written, with a stronger emphasis on volunteer wellbeing. It is planned that the application will go back to the Lotterywest Board, for re-consideration at the end of September 2015.

The original grant was written with the focus on community benefit as required, and submitted in February 2015.

The project funding by Royalties for Regions - Regional Grant Scheme of \$110,340 is contingent upon Lotterywest also contributing to the project. Without Lotterywest support the R4R monies do not flow either. The R4R application was submitted in December 2014.

The estimated project cost stands at \$850K. We, the community, are directly contributing \$350K cash to the project. There is also a further \$52K of donated services or pledges of materials/services committed. The balance of the project was requested 50/50 from R4R and Lotterywest.

Continued page 23

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1 School Place
LAKE GRACE WA 6353
Telephone: 08 9865 1207
After Hours: 0428 651 289
Email: lakegrace.dhs@education.wa.edu.au

OPEN CLASSROOMS

TUESDAY 8th SEPTEMBER



2.30pm	Kindy/Pre-Primary Assembly
3.15pm - 4.00pm	Afternoon Tea in the Undercover Area
4.00pm - 5.30pm	Classrooms open to Parents
4.30pm	Sausage Sizzle
5.00pm	Student performance on the quadrangle

We would like to extend an invitation to Parents, Relatives and Friends to please come and support the education of your child.

This is a great way for our Students to show you what they have been learning so far this year, with the added bonus of a student performance at 5.00pm.

This is a fantastic opportunity to get an insight into the functions of our school so we encourage you to attend.

History quiz

Photo booth

Cooking

Exciting science experiment

Warriors Wellbeing - Put Yourself Over the Pits.

What is the Fast Track Pit Stop?

A lot of blokes would appreciate the hard work and effort that goes into maintaining something we love; whether it's a new car, a valued piece of machinery, or our weekend toys (boat, motorbike). If we don't service and look after our machines regularly it will eventually affect their performance and easy fix problems may be compounded, and will end up costing us time and money.

So why is this any different to our wellbeing and health? To put it simply if we neglect our wellbeing and health (whether it be physical, mental or social/spiritual) it will eventually catch up with us and could cost us more than just time and money. Do we think about the way this flows on to affect other facets of our lives, whether it be our relationships (family, work or business), loss of function or participation in the things we enjoy?

It is important to recognise that the ageing process throws up all sorts of changes and complications. Sometimes illness and diseases can't be avoided, however, something as simple as a "routine service visit" or discussion with your GP or treating health professional may assist in the early detection and prevention of certain health and wellbeing issues.

At RMHI we have a simple but effective program that aims to empower men and communities to take responsibility for their wellbeing and health. The Fast Track Pit Stop is related to the servicing of a vehicle and is a non-clinical, non-invasive way of helping men become more aware and take charge of their own health and wellbeing. It involves a 3 Point Health Awareness Check:

Waist Measurement/Chassis: A waistline of more than 102cm (men) and 88cm (women) gives us an increased risk of developing Type 2 Diabetes, some cancers, stroke, heart disease and high blood pressure. Long term storage of internal fat surrounding the heart, liver, pancreas and kidneys is just one indicator.

Blood Pressure/Oil Pressure: According to the Heart Foundation, high blood pressure is one of the main risk factors for heart disease, stroke and blood vessel disease. So it's important to firstly know your blood pressure, but also take steps to manage it if it's getting high.

Coping Skills/Shockies: We are all affected by life's ups and downs, participants are given 10 questions to help identify stress levels. Encouraging communication and help seeking is part of the problem solving process.

We think it's about being there, allowing blokes to have a conversation, and listening. Life is hectic, people are busy, but it's about taking a minute to sit down, have a break and think about OUR health and wellbeing.



RMHI delivers the Fast Track Pit Stop program across rural and regional WA and can be set up on the back of the ute, under a marquee or in a hall. Field days and agricultural show season is on now so look out for the red utes and come and have a chat. It's time to start thinking about your service schedule habits!

Terry and the Team

The Regional Men's Health Initiative
delivered by Wheatbelt Men's Health (Inc.)
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Phone: 08 9690 2277
Email: menshealth@4blokes.com.au
www.regionalmenshealth.com.au

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Ovals Receive an Upgrade

Shire curator of the sporting precinct, Peter Kain (PK) has been busy trying to get the playing fields up to the best standard possible now that the fixtured season for winter sports is over, within the small window before cricket starts.

This week saw Bevan from Bevan Lay Spreading donating his time to spread a compost / soil improver on the hockey oval with plans to do the same to the footy oval after the boys have finished their season.

In the next three to four weeks the hockey oval will also be top-dressed and PK would appreciate if we could all stay off the fields for a bit to give the grass the best chance to recover and build a strong foundation; with the aim being to level the fields and to improve the growing media.

Pictured is Bevan in action and apparently happy about it!



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All in a Days Work at Lake Grace Hospital

Media Release

They say, 'if you can't take the heat get out of the kitchen', but the cooks at Lake Grace Health Service have shown they have the tenacity to operate in their temporary transportable kitchen as they wait for their modern new kitchen to be built.

WA Country Health Service Wheatbelt's Redevelopment Project Officer, Sheldon Paice, said the building upgrades at Lake Grace Health Service are well underway and due to be finished by the end of the year.

"As part of the refurbishments, Lake Grace Health Service will be upgraded with a modernised kitchen that meets the highest standards of safe food practices," Mr Paice said.

"The old kitchen has been completely gutted, leaving nothing but the original brickwork. The kitchen will be rebuilt and include brand new equipment including a combination thermal induction oven, gas hot plates, stainless steel work benches, commercial refrigerator and a new dishwasher.

Health Services Manager, Colleen Hopkins, said the transition to the temporary kitchen in June had gone without a hitch.

"The cooks haven't missed a beat, the transition from the old kitchen to the temporary kitchen which is about a quarter of the size, has been very smooth," Ms Hopkins said.

"The kitchen continues to produce meals for both our patients and our customers who receive Home and Community Care services such as Meals on Wheels."

In addition to a new kitchen, the Lake Grace Health Service will also benefit from a refurbished emergency department, as well as a new reception, administration, general office, waiting area and toilets.

The Lake Grace Health Service redevelopment is funded by the State Government's Royalties for Regions as part of the half a billion dollar Southern Inland Health Initiative being delivered by the WA Country Health Service.

The Southern Inland Health Initiative capital works program is more extensive and complex than any project previously undertaken by the WA Country Health Service, with new builds and upgrades to 37 hospitals and health services in the Wheatbelt, South West, Great Southern and Midwest.

In the Wheatbelt, Merredin, Northam and Narrogin hospitals are being redeveloped as well as upgrades to 23 small hospitals and health centres across the region, including the Lake Grace Health Service.

To find out more, go to www.health.wa.gov.au/southerninland.



Lake Grace Health Service Manager Colleen Hopkins (left), with Lake Grace Health Service cook Judy Fleay in the temporary kitchen.

Bits & Pieces

Cast your mind back to the 16th July Edition of the Lakes Link News and you may recall in that edition we touched on the topic of 'The Origins of Today's Saying'. It appears from the feedback that many people enjoyed not only a chance to become more educated but also where these sayings originated from. So to keep you the reader happy, let's take another history lesson and see if you know the origins of the following

'To freeze the b**ls off a brass monkey'

The story goes that cannonballs used to be stored aboard ship in piles, on a brass frame or tray called a 'monkey'. In very cold weather the brass would contract, spilling the cannonballs: hence very cold weather is 'cold enough to freeze the balls off a brass monkey'. There are several problems with this story, as follows:

- the term 'monkey' is not otherwise recorded as the name for such an object
- the rate of contraction of brass in cold temperatures is unlikely to be fast enough to cause the reputed effect
- the phrase is actually first recorded as 'freeze the tail off a brass monkey', which removes any essential connection with balls.

It therefore seems most likely that the phrase is simply a humorous reference to the fact that metal figures will become very cold to the touch in cold weather.

The term 'Love' meaning 'Nil' in tennis

It seems to have been adapted from the phrase 'to play for love (of the game)' (i.e. to play for nothing). Although the theory is often heard that it represents the French word *l'oeuf*, meaning 'an egg' (from the resemblance between an egg and a nought) this seems unlikely.

The phrase 'hair of the dog'

The expression the hair of the dog, for an alcoholic drink taken to cure a hangover, is a shortening of 'a hair of the dog that bit you'. It comes from an old belief that someone bitten by a rabid dog could be cured of rabies by taking a potion containing some of the dog's hair. The correlation suggests that, although alcohol may be to blame for the hangover (as the dog is for the attack), a smaller portion of the same will, paradoxically, act as a cure. There is, it should be added, no scientific evidence that the cure for either a hangover or rabies actually works.

Continued next page

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Bits & Pieces...(cont)

The origin of 'pros and cons'

The phrase 'pros and cons' is an abbreviation of the Latin phrase *pro et contra*, 'for and against', and has been in use in the abbreviated form since the 16th century, according to the Oxford English Dictionary.

'Pros and cons' is a well-established standard usage; Oxford's larger dictionaries do not mark it as 'informal' or in any way restricted in use. The much longer alternative is the phrase 'arguments for and against'.

The origin of the term 'Flea market'

Flea market comes from the French *marché aux puces*, a name originally given to a market in Paris which specialized in shabby second-hand goods of the kind that might contain fleas. The earliest English use that the 20-volume Oxford English Dictionary has found dates from 1922.

Where did the word 'loo' originate?

There are several theories about the origin of this informal British term for a toilet. The first, and most popular, is that it derived from the cry of 'gardylloo' (from the French *regardez l'eau* 'watch out for the water'), which was shouted by medieval servants as they emptied chamber pots out of upstairs windows into the street. This is historically problematic, since by the time the term 'loo' is recorded, the expression 'gardylloo' was long obsolete.

A second theory is that the word derives from a polite use of the French term *le lieu* ('the place') as a euphemism. Unfortunately, documentary evidence to support this idea is lacking.

A third theory refers to the trade name 'Waterloo', which appeared prominently displayed on the iron cisterns in many British outhouses during the early 20th century. This is more credible in terms of dates, but evidence is still hard to find. Various other colourful theories also circulate, involving references to doors numbered '00' or people called 'Looe'.

And finally.... One terminology which irks and rubs me the wrong way is the constant use of 'ok'. It appears no matter what language you are speaking, what form of communication is being used, (be it television, computers or written dialogue) the term 'ok' is becoming more and more prominently used. So where did it originate from? The following explanation may enlighten you.

There have been numerous attempts to explain the emergence of this expression, which seems to have swept into popular use in the US during the mid-19th century. Most of them are pure speculation. It does not seem at all likely, from the linguistic and historical evidence, that it comes from the Scots expression *och aye*, the Greek *ola kala* ('it is good'), the Choctaw Indian *oke* or *okeh* ('it is so'), the French *aux Cayes*

('from Cayes', a port in Haiti with a reputation for good rum) or *au quai* ('to the quay', as supposedly used by French-speaking dockers), or the initials of a railway freight agent called Obediah Kelly who is said to have written them on documents he had checked.

A more likely explanation is that the term originated as an abbreviation of *orl korrekt*, a jokey misspelling of 'all correct' which was current in the US in the 1830s. The oldest written references result from its use as a slogan by the Democratic party during the American Presidential election of 1840. Their candidate, President Martin Van Buren, was nicknamed 'Old Kinderhook' (after his birthplace in New York State), and his supporters formed the 'OK Club'. This undoubtedly helped to popularize the term (though it did not get President Van Buren re-elected).

The only other theory with at least a degree of plausibility is that the term originated among Black slaves of West African origin, and represents a word meaning 'all right, yes indeed' in various West African languages. Unfortunately, historical evidence enabling the origin of this expression to be finally and firmly established may be hard to unearth.

The above information has been taken from www.oxforddictionaries.com



LAKE GRACE / PINGRUP JUNIOR FOOTBALL CLUB



D GRADE

Congratulations to our Junior Football Team who have finished the season on top of the ladder.

We will be playing in the 2nd Semi Final at Newdegate this Saturday 29th August at 12:35 pm.

Lake Grace/Pingrup v Jerramungup

Please come along and support our kids all the way to the Grand Final.

Best of luck to all our other Lake Grace Pingrup teams on both Saturday and Sunday...go get 'em!



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Open Letter to the Community... (cont)

The R4R grant was short by \$132K from what was requested. However in a significant gesture, the St John Ambulance - Newdegate Sub Centre have offered to "short fund" the \$132K. What this means is that the Newdegate Sub Centre will loan to the Lake Grace Sub Centre \$132K, should the \$242K from Lotterywest be forthcoming. Essentially the Newdegate Sub Centre sees this project as so important that they don't want a funding shortfall to see the project fail (the offer is subject the St John Ambulance CEO - Tony Ahern approving the offer). In the meantime the Lake Grace Sub Centre has been attempting to crowd fund from within the St John Ambulance Sub Centre network (100 sub centres) to gain their financial support.

We are proud to announce that the Wundowie Sub Centre have pledged \$15K to the Lake Grace Project and the Boddington Sub Centre have pledged \$20K to the project. These pledges now mean that the offer from the Newdegate Sub Centre can be reduced by \$35K to \$97K. We are continuing with this internal crowd funding project.

It is fair to say that the delay in gaining Lotterywest financial support at this time is a significant setback for the project. And we are now asking for your help

We are actively seeking financial pledges and pledges for the donation of materials and/or services for this project.

Your volunteers can no longer safely, or effectively deliver an ambulance service from the building they currently occupy.

Financial pledges, donations of materials or pledges of services can be made in writing to St John Ambulance, PO Box 48 Lake Grace 6353. For further information please contact Amanda Milton 0429654011 or allumbia@bigpond.com.

Yours Sincerely

Amanda Milton
Chairperson
St John Ambulance WA Ltd - Lake Grace Sub Centre



TO NON FOR PROFIT ORGANISATIONS

Does your group need more funds?

A 'yabby drive' is a great fund-raiser and for the months of August and September, Cambinata yabbies will be donating an additional \$2 per kg for every kilogram of yabbies (above 30gms) your organisation delivers.

We will pay your organisation the following special prices **ONLY** for a limited time in the months of **AUGUST and SEPTEMBER**.

30-40gr	- \$17.00 a kg	70-90gr	- \$18.00 a kg	Proc 30-60gr	- \$16.00 a kg
40-50gr	- \$18.00 a kg	90-110gr	- \$20.00 a kg	Proc 60+gr	- \$17.00 a kg
50-70gr	- \$19.00 a kg	110+gr	- \$21.50 a kg		

As an example, for every 100kg generated at a conservative average price of \$18/kg, over \$1,800 can be made for your organisation. Or a possible \$18,000 for every 1000kg.

Pick ups over 100kg from your organisation are free and a trailer full of yabby traps can be borrowed from Cambinata (depending on availability).

A recent article, before the most recent price rise, on the Argent brothers in the Countryman, describes how easy it is to raise funds with very little effort. And another recent price rise on the 24th of August has now seen yabbies rise from \$8kg for 30-40gm yabbies last December to a staggering \$15/kg for 30-40gm this month.

For further inquires, please contact Ian on 0408 646 054

Weight Watchers

Julie King

Weight Watchers Lake Grace has now been going 4 months with great success. As a group we have lost over 230 kg in this short amount of time!! Proof that Weight Watchers works and is for everyone – young and old, men and women!

Summer is just around the corner so if you have been meaning to do something about your health and weight loss goals, don't put it off. With new members joining weekly, join the group and make your weight loss journey easier with the support of your coach and other members. Whether you have 5 kg or 50 kg to lose, we can do it together.

Allan pictured right, joined our Lake Grace group at the beginning in April and has lost over 15kg! He is well on his way to reaching his personal goal. Take a look at the before and now picture!! He is one of the 7 guys that are having huge success in the group – so guys out there don't be shy, turn up.

We meet at the Lakes Village Hall every Tuesday from 5:30-6:20 pm. For more info please call Julie King 0428 847 565 or email julzking@hotmail.com



Before ◀ After ▶



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p: 0427 020 561



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



Local Government Elections

Local Government elections will be held on the 17th October 2015 with 4 vacancies to be filled for the Shire of Lake Grace, 1 in Lake Grace Ward and 3 in the Rural Ward.

Please refer to the notice in this publication from Returning Officer Terry Gladish on behalf of the WA Electoral Commission.

Key points: Nominations open Thursday 3rd September and close at 4.00 pm sharp on Thursday 10th September 2015. Further details can be found in the notice.

Newdegate Field Days

The countdown is on for this year's Field Day event. The Newdegate Committee has been busy over the last few weeks finalising arrangements for the exhibitors. Come along and have a look at the restored and relocated Newdegate Railway Station. Councillors will be in attendance at the Shire display. Best wishes to the Field Day Committee and the Newdegate community for a successful event.

Lake Grace and Newdegate Medical Practice

Councillors and staff continue their efforts in the recruitment of a suitable medical practitioner for this important community service. The Shire is working in cooperation with Rural Health West in advertising the position. We are hopeful of finding a replacement for

Dr Jacobs in the not too distant future. It may be necessary to put in place an interim arrangement should the need arise.

Roadworks

The Shire's Roads Construction crew have made significant progress in rolling out this year's re-sheeting program with excellent results achieved on Willcocks Rd, Fourteen Mile Rd and their current project along Mallee Hill Road. These works are of a high standard and are on budget notwithstanding some rain interruptions.

4WDL Housing Project

I am pleased to advise that the Shire of Lake Grace has, through the 4WDL Housing Project, secured funding from the Royalties for Regions 2015 Southern Inland Initiative for three additional over 55 housing units to be located in the townsite of Lake Grace. If you have an interest in aged housing at Newdegate or Lake Grace please register your interest by contacting the Shire Office. Registration of interest is an essential element for both current and future housing initiatives.

Neville Hale

Chief Executive Officer

Shire Display at Field Day

Come along to the Shire site in the Family Interest Pavilion

**Wednesday 2 &
Thursday 3 September**

Chat with Councillors
and staff.



Ordinary Council Meeting

The next Ordinary Council Meeting will be held:
3.00pm Wednesday, 23 September 2015
Location: Council Chambers Lake Grace

Members of the public welcome.

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



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Office Opening Hours

Monday - Tuesday - Thursday - Friday
8:30am - 4:30pm

Wednesday 8:30am- 4:00pm

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

Licensing Opening Hours

Monday, Tuesday and Thursday 8:30am - 4:15pm
Wednesday and Friday 8:30am - 4:00pm

Tip Opening Hours

Lake Grace

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

Newdegate

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

Lake King & Varley

Open Every Day

Waste & Recycling Pick up Dates

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

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

Lake Grace	Newdegate
7 Sept	8 September
21 September	22 September

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.



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

Driving Assessor

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

Friday - 4 September 2015

Friday - 2 October to be confirmed

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

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

Building Surveyor

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

Tuesday 8 September 2015

Tuesday 22 September 2015

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

Rates Due

Full payment and 1st instalments are due on the

Friday 11 September 2015.

For any enquiries please contact the Shire's Senior Finance Officer, Warrick Millar on 9890 2500.

Wanted - Photographs

For people who always have their camera at hand the Shire is looking for photos to promote our area.

If you have any photos of events, infrastructure or landscape please email, with a description, to shire@lakegrace.wa.gov.au.

Your photos will be used to promote the area on our website, Facebook page and publications.

Wherever possible you will be acknowledged if your photo is published .

Please ensure you have permission from the people who are captured in the photo.



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Local Government Elections

Important Dates on the Election Timetable

22 Aug - 02 Sept 2015	Advertising of the call for nominations for Councillor.
<i>Check the 26 August editions of the West Australian & local papers.</i>	
28 Aug 2015	Close of electoral roll at 5.00pm.
03 Sept 2015	Nominations open for candidates to lodge completed nomination paper.
09 Sept 2015	Last day for the CEO to prepare an Owners and occupiers roll.
<i>Note: Terry Gladish at the Lake Grace Post Office is the Returning Officer.</i>	
10 Sept 2015	Nominations for Council close at 4.00pm.
18 Sept 2015	WAEC commences posting out election packages to country WA.
28 Sept 2015	Last Statewide public notice advertising the election.
<i>Check the 16 September editions of the West Australian & local papers.</i>	
17 Oct 2015	Election Day – Shire Office open to receive votes until close of poll at 6pm. Announcement of successful candidates follows.

Library Exchange System

In Western Australia there are more than 240 public libraries. The main collection of materials belongs to the State Library of WA. To ensure the collection remains interesting an exchange program is maintained.

New and exchange books, audio books and DVD's are delivered each month to ensure that the smaller libraries have a constantly changing collection with different items. So a book that may start its life in Lake Grace or Lake King can be exchanged to Halls Creek, Albany, Newdegate and end up in Claremont.

Individual libraries may also have their own donated or purchased collections.

Libraries have their exchange items selected for them and sent by courier from the State Library.



Unauthorised Fires – Lake Grace Rubbish Tip

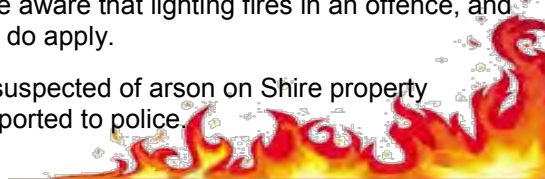
The Shire wishes to remind residents that lighting fires at Shire landfills is illegal and dangerous.

Lake Grace rubbish tip has experienced an increase in the incidence of unauthorised fires and this is concerning to the Shire and Councillors.

Lighting fires at the tip can cause serious environmental damage and pollution, as well as pose a bush fire threat to surrounding land and properties.

Please be aware that lighting fires is an offence, and penalties do apply.

Anyone suspected of arson on Shire property will be reported to police.



Paying your Rates

Pursuant to section 6.45 of the *Local Government Act 1995* and regulation 64(2) of the *Local Government (Financial Management) Regulations 1996*, Council nominated the following due dates for payment in full or by instalments:

Full payment & 1 st instalment due date	11 September 2015
2 nd half instalment due date	16 January 2016
2 nd quarterly instalment due date	13 November 2015
3 rd quarterly instalment due date	15 January 2016
4 th quarterly & final instalment due date	15 March 2016

The cost associated with instalment options are

Admin Fee : 4 Instalment option - \$33

2 Instalment Option - \$22

Instalment Interest— 5.5% per annum

Penalty Interest Charges on Overdue Rates

Under the *Local Government Act* interest charged on overdue amounts. Council has set the charge at 11% per annum which will be applied to all amounts outstanding after 35 days from the issue date of the Rate notice. Penalty interest accrues daily until all overdue rates and charges are paid in full.

Eligible pensioners are exempt from interest charges.

For any enquiries please contact the Shire's Senior Finance Officer, Warrick Millar on 9890 2500.



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Event Risk Management Workshop

Event Approvals, Compliance and Risk Management for Events Organisers & Community Groups

1. Events Overview

Introduction to events, key stakeholders, common objectives and what can go wrong.

2. Event Approvals and Compliance

An introduction to legislative and approval requirements associated with events, including roles and responsibilities for event organisers.

3. Event Risk Management Planning

Practical guidance on understanding requirements, developing and implementing an event risk management plan aligned to AS/NZS ISO 31000:2009 Risk Management.

4. Q&A Discussion

RSVP: by Friday 4th September 2015 to Lauren Pitman, Environmental Health Officer

Phone: 0427 137 431 or

Email: eho@corrigin.wa.gov.au

OVER 55's ACCOMMODATION

Register Your Interest

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

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

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



Saturday 24 October

Everyone can be involved in the Garage Sale Trail in your community, and it's free.

Registrations have started:

Lake Grace - 3

Newdegate - 1

Lake King 1 - combined boot sale

Time to start having that spring clean and think about how you want to sell your treasures. Whether it be a boot sale, load up the car boot and head to a combined sale in your area. Remember that groups that sell together attract the biggest crowds. Hold a sale in your own backyard.

Register to get your sale on the map. When registrations close there will be maps to pin point all the locations of sales so no one is missed.

To register fill out the registration form and return to:

Elle Atwell ☎ 9865 2140

Email lgvisitorcentre@westnet.com.au

Lake Grace Visitors Centre

19 Stubbs Street, Lake Grace



*To Tahryn and Damian Trevenen
on the birth of their son Corbyn
Tain on 19 August
2015 weighing 8lb
12oz a little brother
to Taj and Beau.*





POLICE NEWS

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

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

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

Young Men – Do you want to be branded with an 'Indecent Assault' offence?

Please be very clear - if you inappropriately touch a female you may be charged with 'Indecent Assault' or worse. Do you really want to be branded with that type of offence against your name for the rest of your life just because you had too much to drink and didn't have enough respect for a young lady to keep your hands to yourself?

Ask your Mum, ask your family if that's what they'd want for you?

I absolutely acknowledge that I'm talking about a small minority regarding this behaviour but I wouldn't be doing my job if I didn't bring it to public attention. The high majority of the young men in our communities are fine young men who have been raised with good morals and values, which is more reason for me to speak up about these albeit isolated incidents.

Enough of setting the scene. Here is one of the real life examples that I'm talking about that happened right here in Lake Grace recently and involved some of our football players.

A lovely young lady visiting Australia from overseas obtained some casual work here. She was kindly invited to a post football game function at a liquor outlet and excitedly accepted in good faith looking forward to enjoying a night out with people her own age. Later in the night she's standing at the bar with her back turned waiting to be served when someone touches her bottom – strokes her bum. She turns around to see a group of about six football players standing behind her with stupid smiles on their faces like it's a big joke. Despite her obvious upset and quiet protest to them it happened again straight after. She complained to some local girls about what had happened to her and they dismiss the behaviour as a bit of a joke.

Let me be very clear to you all, this young lady was genuinely upset and aggrieved by the behaviour and had every right to be. She was indecently assaulted that night, twice. She was and is to this day, a victim and was so upset and felt so disrespected.

She didn't initially approach police to report the matter but we heard about it and later took her report and complaint. She wasn't so much interested in reprisals as she was about trying to ensure that it didn't happen to other young ladies, who like her, wouldn't think it was okay to be treated in that manner.

Unlike in other parts of the world, Western Australia doesn't have a statute of limitations on such serious offences and the person or persons responsible could be charged at any time in the future.

I investigated at the time but didn't have the evidence to pursue the matter. Had there been a witness prepared to stand up for this young lady, or some CCTV footage, I wouldn't hesitate to initiate charges.

Since that report there have been two other similar incidents that have come to my notice. One involved a shearer in Lake Grace who groped a female worker and touched her inappropriately and another football player who inappropriately and unlawfully touched a young lady, again at a licensed premises.

There is also no statute of limitations on the offence of common assault.

Continued next page

Linda Bettenay Author Talk



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

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

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

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

Please book on 9865 1470

or lakegrace@crc.net.au



POLICE NEWS...(cont)

While the specific behaviours involve a minority I raise it now so that all young men in our community are aware and understand that this behaviour isn't okay and that they are playing with fire. It's not okay in general, it's not okay just because you're with your mates, it's not okay just because you've consumed alcohol, and it's not okay just because the odd young lady thinks it's a bit of harmless fun and/or a compliment.

It won't wash as an excuse to us or in Court to say – "well I'd been drinking, and/or, I've done it to other girls and they haven't complained".

I repeat - the lovely, shy young lady from overseas that was the subject of an indecent assault in our community felt very hurt, felt violated, and felt disrespected. All because she dared to venture out to a licensed premises to socialize with some people her own age.

I've made inquiries and know that this type of behaviour happens in other rural towns and of course in Perth. Be

that as it may, my immediate concern is for the young ladies coming into our communities, Lake Grace and Newdegate, and also for the young men who for whatever reason think that this behaviour is just some harmless fun. Be advised that it could blow up in your face and have serious repercussions for all parties for life.

To the slightly more mature young men in our community, please make sure you are setting a good example for the younger men to follow in this regard and certainly not the opposite. Speak out against allowing young ladies to be subjected to such treatment simply because they are in a licensed premises where some young men have had too much to drink.

Regards,

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



Government of Western Australia
WA Country Health Service

So you are pregnant— congratulations!

Community Midwifery services are available in the Southern Wheatbelt

Phone 9881 0385 to arrange an appointment

The Community Midwifery Service aims to improve the quality and convenience of care for women during pregnancy. The midwives will work with your GP/ Maternity Hospital to support you to have a healthy pregnancy and baby by:

- Providing coordinated Antenatal care and support for women with high needs
- Providing pregnancy education
- Assisting with options and booking arrangements with your birthing hospital
- Offering postnatal contact and liaison with Child Health
- Assisting with referrals to other health care providers, if needed.

Our Values: Community | Compassion | Quality | Integrity | Justice

Lake Grace / Pingrup Hockey Club

Naomi Duckworth

Senior Results from Round 15

Lake Grace/Pingrup (3) *defeated* Boxwood Hill (0)
Newdegate (4) *defeated* Jerramungup (1)
Borden (1) *drew with* Gnowangerup (1)

Team	W	L	D	F	A	%	Pt
Newdegate	14	0	1	77	10	770	43
LG/Pingrup	8	5	2	27	25	108	26
Boxwood Hill	6	7	2	14	23	60.8	20
Borden	4	8	3	12	35	34.2	15
Gnowangerup	4	10	1	13	22	59.0	13
Jerramungup	4	10	1	17	46	36.9	13

Junior Results from Round 15

Boxwood Hill (4) *defeated* Lake Grace/Pingrup (0)
Jerramungup (7) *defeated* Newdegate (0)
Borden (1) *drew with* Gnowangerup (1)

Team	W	L	D	F	A	%	Pt
Jerramungup	13	0	2	43	4	1075	41
Borden	8	2	5	29	9	322.22	29
Boxwood Hill	7	6	2	21	11	190.91	23
Gnowangerup	7	6	2	21	18	116.67	23
LG/Pingrup	4	10	1	11	28	39.29	13
Newdegate	0	15	0	3	58	5.17	0

SENIORS

Second Semi Final Saturday 29th August @ Newdegate

Newdegate vs Lake Grace/Pingrup

First Semi Final Sunday 30th August @ Gnowangerup

Boxwood Hill vs Borden

JUNIORS

Second Semi Final Saturday 29th August @ Newdegate

Jerramungup vs Borden

First Semi Final Sunday 30th August @ Gnowangerup

Boxwood Hill vs Gnowangerup

Combined Junior Sports Wind-up

Sunday 13th September 2015

Oval / Sportsman's Club

10.00 am Parents v Auskick
Parents v D Grade Footy

11.30 am Junior Footy AGM (Auskick & D Grade)
Parents v Daughter Netball

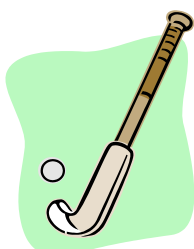
12.30pm Sausage sizzle & Steak Lunch (\$10 Adult / Kids Free)

Followed by Netball, Auskick, Footy & Hockey Presentations

Could you please supply:

D Grade & Auskick Families - a Salad
Hockey & Netball Families - Sweet Plate

Queries Contact: Missy Clifford 9865 2324 or 0407 190 177



Puzzles & Stuff

Some words from the 13/08/2015 edition of Boggle

Mouldiest
Emulsoid
Melodist
Moldiest
Solitude
Dilutes
Loudest
Mildest
Modules
Moulded
Outside
Tedious
Tousled
Demist
Dilute
Duties
Idlest
Listed
Loused
Lusted
Meloid
Milted
Misled
Misted

Models
Modest
Module
Motels
Moused
Muesli
Oldest
Oldies
Seldom
Silted
Smiled
Soiled
Souled
Suited
Tedium
Toiled
Tousle
Demos
Diets
Dimes
Dotes
Duels
Edits
limes

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

L	S	T
E	T	N
R	I	O

Answers to 13/08/2015 Sudoku

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

This week's Boggle

STUBBY'S ELECTRICAL PTY LTD T/AS

OUTBACK

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Office 9865 1092 all hours Fax 9865 1328

LIC NO :EC004197

RTA NO :AU29828

Auskick

Missy Clifford

The end of the season is here! I'm not sure where the year has gone but last Thursday saw our last Auskick training session and Saturday was our last 'game'. Thursday brought a small amount of rain but luckily it held off so we could finish the season properly and end it with a sausage sizzle.

Our Thursday Auskick sessions have included a lot of fun and variety as our parents were asked to coach using a roster system. This has never been done before but it seemed to be a success, with a range of ideas and skills being taught. It's amazing to see the improvement in our 24 registered players from the start of the season to the end and it's a credit to our Club to see Auskick succeed as many other clubs in our Association are struggling to keep Auskick running due to such low numbers and interest.

I would like to wish our eight graduating players all the best as they further their skills in D Grade next year.

I would also like to thank all the Auskick parents for all your help and support. Auskick wouldn't happen without you and I'm sure your child really appreciates it. I would like to remind you all that our Wind-Up is on Sunday 13th September at the Sportsman's Club and I hope to see you there.



Auskick graduating footballers from back left: Michael Watson, Luke Clifford, Ned Leigh, Reece Duckworth, (front) Cambell Chatfield, Judd McKenzie and Stefan Venter. Absent Christopher Benson.



2015 Auskickers from back left: Judd McKenzie, Cambell Chatfield, Savannah Trevenen, Griffin Naisbitt, Ned Leigh, Linkin Eaton, Michael Watson. Centre: Taj Carruthers, Morgan Chatfield, Tate Naisbitt, Alex Clifford, Lucas Robinson, Luke Clifford, Jasper Marshall. Front: Alby Stanton, Seth Argent, Cole Fairbrother, Paige Trevenen, Myles Borgward, Stefan Venter, Reece Duckworth.



Local insurance for crop producers

We know your area so we can make sure you're covered for local conditions and circumstances.

For a full range of cover from seed to silo including hail, fire, livestock intrusion, chemical overspray, transit, storage covers and more. For a competitive quote, please call Justin Wright at the Lake Grace Elders Branch on 9865 3500 or 0427 936 345.

**Elders Insurance Lake Grace
Stubbs Street, Lake Grace, 6353
eldersinsurance.com.au**



Insurance

Lake Grace Tennis Club

Kristie Stanton



The Lake Grace Tennis Club held it's AGM last week, with the main concern arising from the meeting being the decline in interested tennis players within Lake Grace. Attracting committed members is an issue many sporting clubs are facing, however, the tennis club is particularly hard hit. With the 2015/16 tennis season approaching, the current committee is concerned that it won't have enough players to field the pennants team. The pennant season runs from the end of October through to March, with a total of six matches played in this time. The season breaks from mid December through to the end of January to account for harvest and holidays, so it is not a huge commitment. Both the ladies and men's teams require six players each.

Continuing on from this issue, is the possibility of the annual Junior Tennis Tournament being forced into recess, due to the lack of support from the community. Last year, the tournament was cancelled due to low numbers, and it was particularly disappointing that there were only two nominations from Lake Grace junior players. Whilst a lot of children access the coaching provided by Keith O'Brien, which is subsidised by both the Lake Grace and Tarin Rock Tennis clubs, that is where it ends for many potential players.

The concept of playing in a tournament may seem daunting to many children. It is however, through the experience of a tournament that an individual will develop their skills. It is not the outcome, but the process which is important, and being involved in a tournament not only provides an opportunity to apply skills learnt, but it teaches tennis etiquette, correct scoring and knowledge of the rules. It is also an opportunity for a child to play an individual sport, which may be a new experience for them. The tournament has been running successfully for many years, and it would be disappointing to see it recessed.

Finally, the Lake Grace Tennis Club would like to extend our heartfelt thanks to outgoing President Ross Bowron. Ross has dedicated a huge amount of his time to the LGTC and has been committed ambassador to the development of tennis in Lake Grace. We would like to congratulate Ross on receiving his Life Membership of the Lake Grace Tennis Club, and it is our intention to formally celebrate Ross' achievement with him in the near future.

An excerpt from Ross' President's report highlights these concerns:

The tennis season of 2014/15 was very similar to the previous season, our numbers participating are just enough to field a Pennant side, run the Club and do some basic fundraising.

Despite Kristy Stanton's best efforts the Lake Grace Junior Tournament didn't attract enough entries to go ahead for the second year in a row. Although the 2013 Tournament was cancelled due to extreme expected heat conditions, we are in danger of losing this long running tournament if we don't all push it back into everyone's field of vision .

I ran ladies midweek night coaching, aimed at beginners, and although we only got five nights in due to windy or rainy conditions, the girls all showed improvement and we have potentially gained three new members to the club. I hope someone will continue to develop this area,

Social tennis was very quiet, almost non existent, we had some reasonable turnouts on Thursday nights for doubles, but otherwise struggled to fill more than two courts. We need to involve Juniors more, especially those 12 yrs and older. We have to look outside the arena of who we think would be a good tennis player and embrace anyone who wants to have a go.

Our Pennant season was fairly forgettable, I think we only won one round. We were reasonably competitive but lacked practice and a full strength line up. Thank you to Alex and Lauren Duckworth for doing the Mens & Ladies captains jobs again this year. I appreciate that quite a few of the players have young families so just being able to field a side and not forfeit is important. If everyone is enjoying themselves that is the main thing.

In conclusion I would like to say that I have enjoyed my years of involvement with the Lake Grace Tennis Club as a player, office bearer and ambassador. I feel I am handing a club over that is not in a good position, and feel like a captain leaving a sinking ship. Having said that I know that it is time for younger people with drive and fresh ideas to take control. I wish you all the best of luck, I remain a friend of the Tennis Club for life and if I am able to help out in anyway it would be my pleasure.

If you are interested in becoming involved in the Lake Grace Tennis Club this season as a player, committee member/office bearer, or would like to become involved in helping to organise the Junior Tournament, please contact Jemma Bairstow - 0439 851 505, Lauren Duckworth - 0488 559 860 or Kristie Stanton - 0427 973 206.

Lake Grace - Kukerin Hockey Club



Danielle Robertson

15th August 2015 v KK Vipers @ Kukerin

C Grade 0-5

Awards: Thomas Smith

B Grade 0-3

Awards: Briony Adams, Jess Davidson

A Grade 1-1

Goals: Phoebe Robertson

Awards: Stevie Sutherland, Brooke Carew-Reid

22nd August 2015 Semi Finals in Hyden

1st Semi Final A Grade

Lake Grace-Kukerin 0 *defeated by* Narembeen 3

2nd Semi Final A Grade

KK Vipers 4 *defeated* Karlgarin/Hyden 1

1st Semi Final B Grade

KK Vipers 2 *defeated* Narembeen 1

2nd Semi Final B Grade

Karlgarin/Hyden 8 *defeated* Corrigin 2

1st Semi Final C Grade

KK Vipers 5 *defeated* Karlgarin/Hyden 0

2nd Semi Final C Grade

Corrigin 3 *defeated* Narembeen 2

So that's it for us playing this season. Well done to Phoebe Robertson (5th) and Julie Ditchburn (9th) who both polled in the top ten of the Association A Grade Fairest and Best.

We are hosting the Grand Final on the 5th September so hope to see all there to support RDWHA.

Our wind up isn't until October so will let you know who gets our club awards after that.



Above: C Grade after their last game for this season.

Left: Phoebe Robertson reaches to get the ball to teammate Michelle Gooding for a scoring opportunity in the A grade.

Below: Natalie Lee clears the ball out of defence in the B grade game against KK Vipers on 15th August. Also pictured are Jess Davidson and Ben Lee for LGK.



Lake Grace Pingrup Football Club

Dennis Gittos

LGPFC vs Newdegate played at Newdegate on 15/8/2015

Thanks to our sponsors for this week who were Lake Grace Hotel-Motel, FarmWorks and Greenline Ag.

Newdegate was unable to provide a Reserves team.

LGP LEAGUE

The Derby between Newdegate and LGP is as big as it comes but with every game a possible season changer for the Bombers this one was huge. LGP once again went in with a depleted side with the bench made up of a couple of Estonian towers and a reluctant Justin Carruthers in the green sub vest after a recent hamstring strain. What pressure was out there couldn't be seen in the Bombers who were cool as cucumbers leading up to the match, focused on the task ahead. It was good to have Tyson Prater back in the side after a few weeks off. Tyson's return aligned with the loss of Kane Pinney with a groin injury.

The game was as expected with both teams hitting the contest hard, neither taking a backwards step. Newdegate managed to grab a small two goal lead early but the Bombers just kept on pressing. Stevie Koresoc was giving their gun full forward all kinds of

trouble while Marcus Argent kept Dean Rintoul's impact to a minimum.

The Lions were being matched across the ground; every time they managed to get a goal the Bombers fought back stopping them from taking any large advantage into the long break. Newdegate came out strong after half time, but once again the Bombers pegged back the lead. The LGP midfield led by Rohan Trevenen in the ruck managed to slowly get on top as the game progressed and this saw the Bombers within two goals at the final change.

The final quarter was similar to the first three with both teams fighting off fatigue in the hot weather to create a stellar contest between two proud clubs. When the final siren went both teams were out on their feet with Newdegate holding onto a 14 point lead.

Final Score: Newdegate 14-14 (98) def LGP 12-12 (84)

Better players were, Jack Carruthers, Tim Shalders, Rowan Trevenen, Stevie Koresoc, Marcus Argent, Alex Duckworth and Chris Poot.

Award winners were: Best on Ground Jack Carruthers, Best on Ground runner up Rowan Trevenen and Coaches award went to Tim Shalders.



Continued on page 39

Eastern Wheatbelt Physiotherapy

**Your specialist
Physiotherapy service
in Lake Grace**

Appointments available on
Wednesday and Friday.

Eastern Wheatbelt Physiotherapy can help with the following:

- > Sports Injuries
- > Back / Neck Pain
- > Ligament Sprains
- > Headache/Migraine
- > Sciatica
- > Musculoskeletal Pain
- > Work-Related Injuries
- > Whiplash

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

HICAPS Services are available for on the spot claiming with your private health fund.

Lake Grace Medical Centre

T: 0428 619 078

E: ewphysio@gmail.com



information sessions for farm and local businesses

Keeping your business and community healthy

Mental illness is the leading cause of sickness absence in the developed world with three to four days off work per month for each person experiencing depression alone. Absenteeism, reduced productivity and staff turnover are all linked to poor mental health. The impact of losing even one worker through absence or reduced productivity can be substantial. It makes sense to invest in your employees' wellbeing by giving them tools to help them stay mentally healthy.



EVENT DETAILS

Date Tuesday 22 September

Time 1.30pm - 4.30pm

Venue Lake Grace Sportsman's Club
Stubbs St
Lake Grace WA 6353

Cost FREE (value \$495pp)
kindly sponsored by CBH
refreshments provided

Places are limited

Registration

www.blackdog.org.au/cbhworkshops

Further information

Chilin Gieng

Black Dog Institute

02 9382 8518

education@blackdog.org.au

www.blackdog.org.au

Keeping your farm business healthy (and what to do if it's not) 3 hour workshop

This workshop will enable you to identify and respond to mental health issues in the workplace and will provide strategies that reduce the impact of mental illness. You will learn about:

- The prevalence of mental health issues
- Recognising common mental health issues
- The benefits of disclosure in the workplace
- Discussing mental health with employees
- Supporting employees at work and in return to work
- Building a healthy workplace through team leadership

Who would benefit from this workshop?

This information session is designed to suit the needs of farm businesses including farm managers and staff, local business owners, managers, supervisors, team leaders, staff, community leaders, and those who are interested in taking the first step towards promoting mental wellness in their workplace.

The CBH Black Dog Mental Wellness Program workshops to improve mental health understanding, enhance wellbeing and reduce the incidence and impact of mental health issues in grain growing regions of WA



Lake Grace Pingrup Football Club



Thanks to the boys that pulled the boots on for us on the weekend especially to Maddis and Mills, Estonian brothers who have embraced our club since their first training. We wish them the best in their travels and thank them for their commitment to the Bombers. It's the final home game next weekend and the final game before finals. The Bombers must also win to play finals this season so please come down and support the boys and get them across the line against Boxwood Hills.

LGPFC vs Boxwood Hill played at home on 22/8/2015

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

LGP A RESERVES

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

It was Boxwood Hill who came out of the blocks early taking the lead in the first quarter. It was obvious from the first bounce that the breeze was going to play a strong part in all the games played that day. Unfortunately the Bombers lost their star midfield recruit Grant O'Neill early due to his 48th hamstring tear in 5 years. We can only pray for young Jed that he doesn't have the wound up guitar string hammy's his father has. Boxwood Hills went into the first break with a 13 point lead.

The tide changed in the second and the Bombers showed why they are premierships favourites as they hit the scoreboard 6 times with the breeze. Nick (Tricky) Smith, the smooth, well aged premium red wine of the club was creating havoc for Boxwood and finished with 2 goals for the day. This brings his tally to 5 for the season and 6 for his career.

Half time score was LGP 7-3 (45) BH 3.5 (23)

The third quarter was about reducing the flow of goals down the swimming pool end. This was much more difficult than it sounds and Boxwood were able to peg back the lead going into the final break 3 points up.

LGP had the breeze in the last but failed to capitalize early, while Boxwood fought hard to hold their lead. The cool heads of our senior players and the speed and class of our young boys managed to finish the game up by 3 points. At the end of the home and away season the boys finish second a sterling effort.

The final scores were LGP 12-5 (77) def BH 11-8 (74)

Leading goal scorer Nick (Tricky) Smith 2

Better players for LGP were Darren Clifford, Grant Marshall, Nick Smith, Nash Kirk, Cent Amores and Tom (The Rock) Dunham.

Awards: Best on Ground Cent Amores, Runner up Best on Ground Bailey McGlinn and coaches award went to young Darren Clifford.

LGP JUNIORS

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

LGP 10-19 (79) def Boxwood Hill 2-0 (12)

Fed by Fyfe awards went to James Ayers-Dillon and Cody Giles.

LGP LEAGUE

This was a knockout game for both teams, the winner going through to the finals. With the wind blowing strong from the south the coin toss was crucial and the Bombers won that, kicking with the wind in the first. The message was clear from the coach demanding 10 goals in the 1st quarter. The players decided to not to listen to Damo's raving and proceeded to kick 10 points instead but still managed to get out to a handy lead. Jack Carruthers dominated around the ground while Alex Duckworth and his backs kept the ball from Boxwood's danger men.

Knowing Boxwood had the wind in the second meant the players had to lock down their opponents. This was easier said than done but due to the abundance of points scored in the first, the boys held a 14 point lead going into half time.

They say that the 3rd quarter is the premiership quarter and that was never more relevant for the Bombers than on Saturday. They knew a big score was important to give them a decent lead going into the last. Around the ground the boys lifted, locking the ball in their forward line and not taking a backward step.

The last saw Ducky playing as a loose man for the Bombers to reduce Boxwood's forward entries. It came down to a tussle between two proud sides. Heads were down willing each other to get into the finals. Tensions were high with spot fires breaking out across the ground. Luckily the umpires were watching and one incident resulted in Dennis Gittos receiving a free plus fifty, he then composed himself from straight in front and sent the boundary umpire out to Slarke's paddock to collect the ball. From here the Bombers were able to hold onto their lead putting them into the finals.

Final scores were LGP 10-20 (80) def BH 7-10 (52).

Goal scorers for LGP: Jack Carruthers 4, Dennis Gittos 2, Jack Trevenen, Chris Poot, Alistair Hunt and Craig Clinch 1 each.

Better players were Jack Carruthers, Reuben Smith, Alex Duckworth, Tyson Bell, Marcus Argent, Justin Carruthers and Tom Gambuti.

Award winners were: Best on Ground Jack Carruthers, Best on Ground runner up Alex Duckworth and Coaches award went to Tim Shalders.

Finals start on Saturday in Newdegate with the Juniors against Jerry and Reserves taking on Gnowangerup. The League will travel down to Gnowangerup on Sunday to play old rivals Jerramungup. All players would love to see you at the games to help them push for a Grand Final berth.

Grants to Develop Female Sports Leaders

Media Release

Federal Member for O'Connor Rick Wilson MP today encouraged women across O'Connor, who are interested in sport, to apply for \$400,000 worth of grants to support and develop women leaders in Australian sport.

Mr Wilson said the Australian Government is pleased to be able to support women to reach their leadership potential.

"I encourage all women who are interested in and have a commitment to their sport and local community to apply for the grants of up to \$5,000 for individuals and \$10,000 for organisations as part of the Women Leaders in Sport programme," Mr Wilson said.

The Women Leaders in Sport (WLIS) programme, now in its 14th year, is targeted at increasing female representation in sport leadership roles and has provided support for more than 22,000 Australian women since its inception in 2002.

"We are lucky to have so many outstanding women involved in sport but there is still room for many more to pursue leadership roles.

"We want to encourage as many women as possible to be part of our national sporting success and we are pleased to assist through these leadership grants."

The WLIS programme provides women with opportunities to undertake intermediate to advanced training in the areas of coaching, communications, media and marketing, governance, management, administration and officiating.

Supported by the appropriate sporting organisations, grants can be used by volunteers, sport sector employees and organisations for a range of activities to support women in their leadership aspirations in sport.

There are two types of grants available under the WLIS programme - individual grants of up to \$5,000 per annum and organisation grants of up to \$10,000 per annum.

The WLIS grant is jointly funded by the Office for Women and the Australian Sports Commission.

Further information including the eligibility criteria and details on how to apply is available at www.ausport.gov.au/wlis.

Applications close on 9 September 2015.



AGRECRUIT EMPLOYMENT

18-20 Sanderson St

Pingrup WA 6343

Mobile: 0437 204025

Email: agrecruitemployment@gmail.com

EMPLOYMENT AGENTS LICENCE No. 2338

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

If you are looking to employ header drivers, chaser bin drivers, cooks, mechanics or general farm workers we can help you out.

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

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

TO FIND OUT MORE, CONTACT US TODAY

Lake Grace Pingrup Netball Club

Joely Slinn

15th August away game in Newdegate.

A Grade: A tough game for the ladies who were playing against nine. The A Grade side didn't let this affect their sportsmanship or the skill they all possess. This in itself is the biggest achievement.

BOG went to two ladies this week, Joely Slinn for her constant hunt for the ball in defence resulting in nine intercepts, turning the ball over in her GK bib. And Gabby Trevenen for her ever so reliable shooting and strong leads throughout the court playing GA like a pro.

B grade: The girls played an awesome game right from the start, with some great defending and attacking from both ends. The shooters didn't have it easy but through the use of the circle and the offering from the outside they produced some great shooting. Unfortunately Newdegate's defence was a little too strong for us and their attacking through the mid court was amazing and this resulted in them running away with the win 36-18.

BOG: Sonia Harris who has just returned from her honeymoon. The rest from Netball did her wonders. Her defence was amazing on Saturday and her calling and leading through the mid court to open up space was just outstanding. Well done Sonia. Coaches award went to our young little pocket rocket Emily Younger, another great game in centre position for the 4 full quarters. Your dedication to the game and the team is awesome. So proud of how far you have come.

Juniors: Firstly Coach Wendy would like to thank the sexy woman in the tight sweaty hockey shirt for her extraordinary umpiring skills (you know where you are :))

The girls learned a couple of more advanced skills at training this week and it was great to see them use this knowledge. It was great to have Brianna and Grace from Newdegate join our team in the second half of the game, both girls worked hard and were an asset to our team. Thanks to Georgia and Kaitlyn for trying their hardest when playing for Newdy. The final score was 13- 37.

BOG went to our pro shooter Emilee Eaton who played GS and then showed her diversity playing C. Coaches award went to Georgia Garard, playing GD, GK and WD for putting in 100 per cent in every quarter.

Thanks to our little rocket Ruby for filling in once again!

22nd August home match vs Boxwood Hill

A Grade: A must win for the ladies. Being pumped up and raring to go, the A Grade side showed some of the best netball this season, winning every quarter of the match. Extreme defence throughout the court and a will to not be defeated got the ladies into the finals. Well done all. BOG Went to Kristie Stanton for her efforts in the GD and C bibs, her strong leading and tight defence is outstanding, a credit to this club. Coaches award went to Teneeka Morgan who was a stand out in her WD position her initiative to drop back to the circle



Junior Netball from back left: Denica Stoffberg, Emilee Eaton, Wendy O'Neill (coach), Kaitlyn O'Neill, Abbey Strevett, Georgia Garard, Camryn Furphy and Jessie Walton.

Front: Paige Zweck, Jessica Duckworth and Kira Pearce.

Photo: Sarah Allen

edge to help block out the shooters was a huge help and her interceptions were brilliant. Thank you to our fill ins Chloe and Kathleen, you both played an outstanding match.

B Grade: A great win for the girls with such positive attitudes final score was 45-16. Amazing game girls!

Best player went to Latisha McGlinn. Shooting was on point, her leads were sharp, her use of the circle to get closer under the goal post was amazing. Well done Tish your games have improved immensely since the start of the season. Coach Sym Is so proud of you.

Coaches award went to Sonia Harris who is always a superstar defender. Her defence right from the centre pass down to the opposing side goal circle is just awesome. You're always there in free space at the right time which always helped us gain the turnovers. Well done Sonia.

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.

Association Netball Championships—30th May to 1st June 2015

Article & Photographs provided by Ongerup Netball Association

A record 272 teams participated in the 2015 Smarter than Smoking Association Netball Championships held in Perth from Saturday 30 May to Monday 1 June.

Three of these teams were a representation from the Ongerup Netball Association; an U12, an U14 and a Senior team. It was great to see every Club in our Association being represented. This netball weekend gives all players the opportunity to develop and improve their skills by playing with players of the same age. It is also an opportunity for the girls to develop new friends and experience some 'city' activities and living!

This year's Championships were held at the new State Netball Centre at Wembley Sports Park, where fantastic facilities were available and the weather was ideal for sport.

Our weekend of netball started with the Championships Opening Ceremony being held at the Perth Arena with Melita Davey (Newdegate), pictured right, proudly representing our Association in the Opening Ceremony march. The ANZ Championship fixture, West Coast Fever v NSW Swifts, was held after. Unfortunately our Fever team didn't win but the girls enjoyed cheering

them on as loudly as they could and they were keen and excited to show us how awesome they could be on court after watching the finer techniques showed to them by West Coast Fever.



Shop 5, Lakeway Shopping Centre,
22/23 Stubbs Street, LAKE GRACE
Telephone 9865 1465

FASHION FOR THE SALT OF THE EARTH

Winter Stock in on sale and we are now getting new spring stock in

CC Resort shoes have been popular and we are putting in another order this week

Come in and have a look

Layby available on all new stock and non sale items layby is three months

Appro on new stock and non sale items

Appro - town - overnight only

Out of town - next trip back into town or three days, whichever is first.

Association Netball Championships—30th May to 1st June 2015

A highlight of the weekend was the opportunity for the girls to get signatures and/or have photographs with several of the West Coast Fever players.

Thankyou kindly to the team Coaches, Managers and all the parents who supported us in Perth. Fantastic weekend had by all!

Senior Results:

Ongerup 23 def by Wongan Hills 27
 Wanneroo Districts 27 def **Ongerup** 20
Ongerup 22 def Central Wheatbelt 21
 Mandurah 18 def by **Ongerup** 24
 Perth 25 def **Ongerup** 19
Ongerup 40 def Northam 15
Final standing 5th position
 Grand Final: Central Wheatbelt 30 def Perth 22

Pictured above right is the Ongerup Netball Association Senior Team

Standing: Neah Stewart, Tracey Cheetham, Jamie-Lee Maslij, Sharon Minitier (coach), Cassandra Cheetham, Zania Davey
Kneeling: Bridget Michell, Pippa Barrows



U14 Results:

Ongerup 24 def Swan Districts 14
 Sport Ready Singapore 11 def by **Ongerup** 21
Ongerup 15 def by Katanning 18
 Tom Price 5 def by **Ongerup** 28
Ongerup 20 def Corrigin & Districts 12
 Donnybrook 17 def **Ongerup** 12
Final standing 3rd position
 Grand Final: Katanning 16 def Donnybrook 14

Pictured middle right is the U14 team.

Standing: Dennise Johansen (coach), Jordan Tapscott, Maeve Sparrow, Lacey Richter, Abbey Cristinelli, Tess Shields, Anne Shields (manager)
Kneeling: Amy Alaouze, Karma Cleal, Nakeesha Minitier, Felicity Barrett



U12 Results:

Ongerup 9 def Quairading 3
 Leschenault 10 def by **Ongerup** 17
Ongerup 7 def by Corrigin & Districts 15
 Katanning All Stars 7 def by **Ongerup** 20
 Eastern Hills 6 def by **Ongerup** 16
Ongerup 16 def North Midlands 4
Final Standing Runner-up
 Grand Final: Corrigin & Districts 14 def **Ongerup** 12, in extra time

Pictured below right is the U12 team

Standing: Zali Sparrow, Johanna Tomlinson (manager), Wendy O'Neill (coach), Kaitlyn O'Neill, Georgia Garard, Kaya Flavell
Kneeling: Melita Dacey, Khesan Cleal, Joy Alaouze, Sophie Tomlinson



Lake Grace Pingrup Netball Club...(cont)

Juniors: What a fantastic game! It was a great contest in every quarter with Boxwood Hill and Lake Grace/ Pingrup playing all their members. It was great to see the girls trying their hardest against such an opposing team. Although fighting hard in every quarter we lost by seven goals.

BOG went to Kira Pearce playing WA, for trying hard to make leads and reoffering. Coaches award went to Jessica Duckworth for tight defence in WD.

Nettas: The whole club would like to say a huge well done to these little ladies who come on every week and show off their skills. Coach Shelley has provided these girls fun and skilful training which has improved their netball throughout the season. You should all be so proud of how far you have come since day one of the season.

Thank you to Abbey Strevett, Denica Stoffberg and Kaitlyn O'Neill for selling all the tickets in the \$100 raffle. Congratulations to Theresa Naisbitt who is \$100 richer!



Goal Keeper Camryn Furphy takes the rebound against Boxwood Hill on Saturday 22nd August while Paige Zweck (WD) and Abbey Strevett (C) look on.

Photo: Sarah Allen



Great Job Opportunity

The Shire of Lake Grace is looking for a person who is committed to their Community and has the passion to Manage the Local Government Swimming Pool in accordance with all Shire policies, procedures and all applicable Acts and regulations to provide a safe and attractive environment for patrons.



LAKE GRACE SWIMMING POOL MANAGER

Permanent Part-Time (Seasonal)

**Maximum 38 hours over 5 days per week
but could include some of those 5 days as being the weekend**

Pool Manager qualifications desirable

If no qualification held course fees excluding travel and accommodation may be negotiable

For further information contact Manager Community Services, Lee Holben
at the Shire of Lake Grace on 9890 2500 .

To obtain an application package for this position please contact Lee-Anne Trevenen
on ☎9890 2500 or email cfa@lakegrace.wa.gov.au

Applications to be marked 'Confidential' and addressed to;
Chief Executive Officer, Shire of Lake Grace, PO Box 50, Lake Grace WA 6353

Applications for the position close 4:00 pm Friday 25th September 2015

The Shire of Lake Grace is an equal opportunity employer



Lake Grace Golf Club Inc.
PO Box 37
Lake Grace WA 6353
golfclub@lakegrace.wa.au

TM5 THERMOMIX RAFFLE—DRAWN THIS WEEKEND!

Lake Grace Golf Club are now winding down the sales of our Raffle Tickets. We are drawing the prestigious raffle this coming Sunday 30th August at 7pm.

- **1st Prize is a brand new TM5 Thermomix valued at \$2089.00 including Basic Cook Book & Chip, Varoma, Butterfly, Steaming Basket, Measuring Cup, Spatula and also being thrown in is a 2.6L Thermoserver valued at over \$200.00 and cannot be purchased from the official Thermomix online store.**
- **2nd Prize \$250 CASH**
- **3rd Prize \$100 BP Fuel Voucher valid Australia Wide at all BP Outlets**

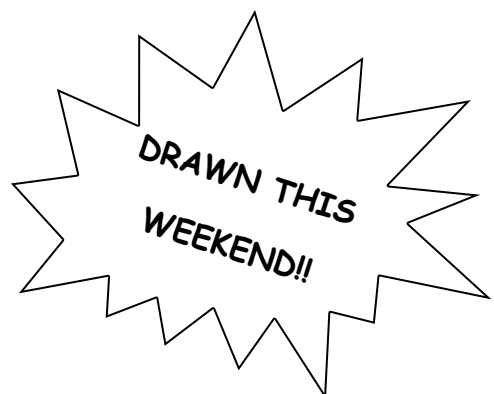
Tickets are now limited so get in before you miss out. We have had an extremely positive response to our raffle but there are still a few tickets in circulation and available from:-

Farmers Centre 1978, Lake Grace Post Office, Caffè Arjo, CCL Hardware, Lake Grace Visitors Centre, Lake Grace Sportsman's Club and limited Club Members.

A very big thank you to our sponsors Grant & Michelle Osborne / Lake Grace Concrete and Fred & Letty Leo who have very generously donated funds towards our fundraiser.

The Lake Grace Golf Club invites all community members who have purchased tickets to join us at the Clubhouse for the draw and social drinks afterwards to mark the special occasion. If you would like to join us for Dinner please RSVP to Kelly Hawtin on 0427 651 053 for catering purposes.

The official results will be published in the next edition of the Lakes Link and in The West Australian newspaper on Wednesday 3rd of September.



PUBLIC NOTICES

Late Night Shopping

Meeting to discuss this year's event.
Monday 7th September
9am @the Lake Grace CRC
All interested parties are invited to attend

Thought about getting your bus licence?

Relief school bus drivers are in demand.
Contact Nat Gambuti 0429 793 973 or
Danielle Robertson 0427 676 025

CWA Meeting

Held the second Tuesday of the month at the
CWA rooms. 1:30pm start.
Next Meeting - 8th September

FOR SALE

Cavalier Camper Trailer

New canvas top - 2 room, Queen bed, Off road
suspension, Watertank and tool box
\$5,500 inc. GST
Call: 0429 653 058

1991 Holden Rodeo

2.8L Turbo Diesel 4WD
ARB Bullbar, Tow Bar, Snorkel, New Clutch,
Hydraulic Tipping Tray, Water Tank,
Tradesmans Rack, Good Condition
\$6,000 ONO
Phone Clint on 0428 651 848

Community Consultation



Keeping of Roosters in
Lake Grace Town Site

The Shire of Lake Grace has received two written requests to keep roosters within the town site of Lake Grace. The keeping of roosters is not permitted within the town site under the Shire of Lake Grace's Health Local Law, unless permission has been granted by Council.

The roosters will be kept at the following premises:

3 Absolon Street, Lake Grace
6 Bennett Street, Lake Grace

In order to assist Council in making an informed and fair decision on these applications, the Shire is seeking feedback from the community through this public advertisement. In particular the Shire would like to hear from those who may be aggrieved by the keeping of roosters on these particular properties, as roosters can cause a noise nuisance to surrounding residents.

Please submit your comments in writing to the Shire of Lake Grace administration office. The best way to do this would be by sending a message on the Shire's website, on the "Contact Us" webpage.

Lake Grace Library & Resource Centre Meeting

Tuesday 3rd November
11am at the Library

RDWHA Raffle Results

Permit Number LS207278015 - One prize only
won by Marie Hayes of Narembreen

CHURCH TIMES

Anglican Church of Lake Grace

Sunday 30th August

Lake Grace 9:00am

Sunday 6th September

Lake Grace 9:00am

Enquiries: Father Dave 0427 545 560
Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 30th August

Lake Grace (CS)	9:00am
Kukerin (CS)	9:00am
Hopetoun	9:00am

Sunday 6th September

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

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

Community Clubs and Associations

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

Crisis Care Numbers

Doctor's Surgery - 9865 1208	Electricity Faults - 13 13 51
Hospital - 9890 2222	Water Faults - 13 13 75
Ambulance/Fire/Police - 000	Directory Assistance - 1223
55 Central Men's Refuge 9272 1333	Family Helpline 1800 643 000 / 9223 1111
Sally Dickinson 0427 192 155 Southern AgCare Counselling	Kids Helpline 1800 55 1800 www.kidshelp.com.au
Poisons Information 13 11 26	Ngala 9368 9368 www.ngala.com.au
Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Relationships Australia Fair Programme 9336 2144 www.wa.relationships.com.au 1300 364 277
Lifeline Australia - 13 11 14 www.lifeline.org.au	Beyond Blue - 1300 22 4636 www.beyondblue.org.au
Seniors Information Services 9321 2133 www.cotawa.asn.au	Citizens Advice Bureau 9221 5711 www.cab.wa.com.au
Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au	Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au
Main Roads - 138 138	

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDAR

August

Fri 28	Fish & Chips at the Sportsman's Club Physio (Jenna M) in Lake Grace Crochet Workshop at CRC	Mon 7	Rubbish Collection & rubbish tip open Recycling Collection Lakes Link News Deadline LG Development Association Meeting
Sat 29	Craft Group at CWA 12 noon onwards Rubbish tip open Meals at the Sportsman's Club Hockey - Prelim Final @ Kondinin Winter Sports - 2nd Semi Final @ NGT Golf - Harrismith Ladies Open Day	Tue 8	Chair Aerobics 10:45am at Village Hall SOYF Seniors Program-10am @ Shire Hall Men's Shed 9.30am-12 noon Weight Watchers @ Village Hall Primary Health Physiotherapist in LG Foot Clinic LGDHS School Board Meeting LGDHS Open Classrooms
Sun 30	Rubbish tip open Winter Sports—1st Semi Final @ GNP Golf - Aggregate Stableford	Wed 9	Rubbish tip open HACC Activity & Morning Tea 10-11:30am Physio (Jenna M) in Lake Grace Em's Dance @ Town Hall
Mon 31	Rubbish Collection & rubbish tip open Swimability in Narrogin	Thur 10	Lakes Link News Published Talking Soil Health Playgroup (9:30am—11:30am)
Tue 1	Chair Aerobics 10:45am at Village Hall SOYF Seniors Program-10am @ Shire Hall Men's Shed 9.30am-12 noon Weight Watchers @ Village Hall Primary Health Physiotherapist in LG	Coming Events 11th September - Talking Soil Health 12th September - Winter Sports Grand Final Boxwood Hill 14th September - P&C Meeting 16th September - Linda Bettenay Book Launch 17th September - Walking Bus (LGDHS) 18th September - Faction Athletics Carnival (LGDHS) 19th September - Winter Sports Presentation Night 20th September - Yoga Retreat (Kulin) 3rd October - AFL Grand Final 13th October - International Rural Women's Day 17th October - Local Government Election 24th October - Garage Sale Trail 19th December - Pingaring 90th Christmas Tree	
Wed 2	Newdegate Field Days LGDHS School Development Day (Pupil Free) Rubbish tip open HACC Activity & Morning Tea 10-11:30am Physio (Jenna M) in Lake Grace Em's Dance @ Town Hall		
Thur 3	Newdegate Field Days Playgroup (9:30am—11:30am) Toy Library (9:45am) at RSL		
Fri 4	Fish & Chips at the Sportsman's Club Crochet Workshop at CRC 10am Driving Assessor in Lake Grace		
Sat 5	Rubbish tip open Craft Group at CWA 12 noon onwards Meals at the Sportsman's Club Hockey - Grand Final @ Kukerin Winter Sports - Prelim Final @ Borden		
Sun 6	Rubbish tip open Golf - Par Fathers Day		

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

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.

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