

LAKE GRACE GYM CLUB

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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19th January 2017

\$1.20 inc GST

Vol 23 Issue 1

Lake Grace Gym Club Awarded "Holden Home Ground Advantage" Grant

Vynka Lay



Above: Kristie Stanton, Delys Giles, Anke Stoffberg, Lauren O'Neill, Lisa Pearce, Vynka Lay, Graham Broad (Holden Narrogin), Alison Dines, Josh Giles, Chase Kuchling, Torah Robertson, Ella Ward, Charlotte Benson, Winter Korosec, Peter Stoffberg, Adrian Edwards (Holden Katanning), Nicola Kuchling holding Emmett Kuchling Lewis Garard, Clancy Lay, Charlie Lay, Alby Stanton, Kira Pearce, Amber Pearce, Tess Stanton, Holly Stanton, Sara Bray, Ruby Stanton, Mabel Dines, Stella Dines, Mark Garard, Sarah Ward. Photo Jayne Argent.

In August last year, Lake Grace Gym Club submitted an application for grant funding in the "Holden Home Ground Advantage" program. A long term goal of our club has been working towards building a shed for use as a dedicated gymnastics facility, and we were seeking funds to assist us in this goal. Inspired by the power of local communities, Holden started their "Home Ground Advantage" grants program to help clubs improve facilities, purchase equipment and even develop exceptional talent.

In October we were thrilled when contacted by Graham Broad (Narrogin Holden) and Adrian Edwards (Edwards

Holden, Katanning), who advised us that our application had been successful, and we would be receiving \$12 000 from the grant pool of \$250 000. There had been around 2000 applications in this round, so we were ecstatic, humbled and extremely appreciative of Holden's commitment to grass roots sport, their support and belief in our club, and their acknowledgement of the volunteers who dedicate many hours to coaching and administering our club.

During the application process, clubs are encouraged to submit a basic video to help Holden get to know the club and what the grant is needed for. We were very lucky to

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Conditions do apply.

CRC Opening Hours

9:00am - 5pm

Closed from midday to

1pm for lunch when short staffed.

Deadlines & Editions

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

Next Deadline

Monday 30th January

Next Edition

Thursday 2nd February



Thanks

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

Elsie Bishop

Gwen Oliver

Annie Slarke

Thank you also to our many contributors of articles.

DISCLAIMER

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340 copies printed and sold each fortnight

Editorial

- ☺ Christmas and New Year celebrations are done and dusted but it is time to embrace all of the opportunities that every new year brings. We have plenty of training workshops coming up; all designed to make your life as a volunteer a little easier or perhaps to provide you with a few tips in your personal life.
- ☺ Our trip to Canberra was quite an emotional journey, recognising the ultimate sacrifice that my great uncle made during World War I. For anyone who hasn't been to the Australian War Memorial make sure that you stay and witness the memorial service that is held at the end of the day. Each day, a different soldier who has passed away during conflict, is recognised at their own service. Family can nominate a family member.
- ☺ Enjoying a week off while the last Lakes Link for 2016 was produced was only possible because Jayne Argent came back to help out. Thank you Jayne! Hard to believe it's four years since Jayne worked at the CRC but it was like she hadn't left.
- ☺ It's a big **welcome to our new trainee Chloe Robertson**. With our first paper for the year coming out this week it was a nice busy time for Chloe to start. Chloe will be a wonderful addition to our team (and the average age of the workforce has dropped) and I'm sure will gain a great deal of knowledge that will help her in the future.
- ☺ We have a **forklift workshop** coming up on Friday 9th and 10th February (provided we have the numbers). This is a two day workshop. See page 33 for costs.
- ☺ Have you been feeling the financial squeeze since Christmas, or perhaps you feel you should be able to get more mileage from your money. If this is the case the CRC are hosting **budgeting workshops** on Monday 13th February (evening) and Tuesday 14th February (morning); so there's a time slot to suit everyone. Trent Frost from Bird Cameron will be running the workshops, they are free so make the most of the opportunity. These budgeting workshops are useful not only for the home budget but also for small business and organisations.
- ☺ Following on from the budgeting workshops we have our '**Roles of the Committee**' workshop happening on the evening of Monday 20th February (in Lake Grace) and Monday 27th February (Newdegate). As a group or organisation the lines can become blurred on who is meant to do what with the end result of nothing being done. For an organisation to run successfully it is vital that everyone knows their role and fulfils it accordingly. Caroline Robinson will be facilitating the workshop; she will also be providing assistance with constitutions so book your place. The constitutions visit will be on Tuesday 28th March; we will need a digital copy of your constitution to send to Caroline. Places are limited for this assistance so you will need to be quick!
- ☺ The **Albany Legal Service** will be visiting Lake Grace on Tuesday 14th March from 1pm-2pm. Bookings aren't essential but they're helpful for the presenter.
- ☺ Thank you to everyone who got on and organised their **subscriptions**; your prompt attention to this was a big help in getting us organised for the 2017 year.
- ☺ At the moment we are organising **MYOB training**, however I do need a concrete show of interest to get this workshop off the ground. MYOB haven't as yet got back to us with prices or numbers needed but if you show your interest we will keep you in the loop. MYOB are also looking at coming to Lake Grace to provide an information session on their products and what package would best suit your business. With cloud accounting and bank streaming available it would be a good idea for anyone using MYOB (or if you're in the market for purchasing some accounting software) to attend. This is an ideal opportunity to utilise MYOB staff to work out what package would best suit you rather than taking that stab in the dark. The information session is free, at this stage we don't have a date.
- ☺ We are currently in conversation with Holyoake to hold a **drug and alcohol information session** in Lake Grace. A tentative date has been set for Thursday 6th April.
- ☺ Have received some **school ball photos** from 2016 but are needing a couple more to fill up the page.

Suzanne Reeves

Wanting MYOB training???

The Lake Grace CRC is currently looking for interest from anyone interested in undertaking training in Lake Grace.

Not sure of cost at this stage, this will largely be dictated by potential participants.

Please ring the Lake Grace CRC on 9865 1470 to register your interest.



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Plus



What's Happening?

- Congratulations to Jodie Sabourne and fiancé Russell Couzens on the arrival of their baby daughter Eve Marie Michele. Eve arrived on Friday 13th January and was born in Albany Hospital. Eve is a baby sister for Shelby and Kaylah.
- All the best to Lomas McPherson and Elle Atwell who will be getting married this weekend in Lake Grace. Wishing you both a very long and happy future together.



Anniversaries

19th January	Pat & Belinda O'Neill
24th January	Grant & Lisa O'Neill
26th January	Brayden & Bec Reynolds
29th January	Ollie & Lucy Farrelly
	Peter & Michelle Lay

Happy Birthday



19th January	Melissa Clifford
21st January	Morgan Chatfield
	Natasha Strevett
	Stella Dines
	Dot Morgan
23rd January	Harry Strevett
	Abbey Strevett
	Jacob Strevett
	John Gambuti
25th January	Keirnan Harvey
26th January	Letisha Marshall (?)
27th January	Dean Carruthers
28th January	Rhiannon Stubberfield
	Dennis Gittos
29th January	Amber Pearce
	Darcey Pelham
30th January	Aylah Withnell
1st February	Judd McKenzie
2nd February	Charlotte Benson
	Mirella Jones

Mortgages, car loans, holidays – where's your money at?

If you're sick of 'just getting by' and constantly find yourself in 'catch-up mode' with your finances, now's the time to get organised with a personal budget. RSM's Trent Frost will guide you through the ins and outs of budgeting so that you can keep your finances on track.

Topics covered in this session include

- Why should I have a budget?
- What do I need in my personal/household budget?
- How to prepare your budget – a step by step guide
- How to review my budget and stick to the plan
- What happens if something unexpected happens and who can I ask for help?



Sessions will be held on

Monday 13 February
5.30pm–8.30pm

Tuesday 14 February
9.00am–12.00pm

at the

**Lake Grace Community
Resource Centre**

To register for one of these sessions, please contact Suzanne Reeves on 9865 1470 or email lakegracecrc@westnet.com.au

rsm.com.au

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Letter to the Editor

Dear Editor,

When I think back to the start of a new school year, I can still remember the buzzing feelings of excitement, anticipation and nerves. Am I going to have classes with all my friends? Will I get better results than last year? Which teachers will I have?

Millions of young people across the country heading into primary and secondary school over the coming weeks may be facing similar feelings – whether they are starting another school year or commencing a new school for the first time.

Some students can adjust to the changes and settle into things quickly. However, some young people may find this a daunting and challenging time.

There can be a number of reasons why it might be hard to go to school: trying to make new friends, pressure to get the best marks, dealing with bullying, or perhaps going through a mental health issue such as anxiety or depression. These worries can make the next few weeks an uncertain time.

Whether you are a young person struggling, or a parent with concerns about your child, headspace is here to help. As the National Youth Mental Health Foundation, headspace provides support for young people aged 12-25 years old who are struggling with their mental health and wellbeing.

No matter where you are, you can access help at headspace – either through one of our 95 centres in metro, rural and regional areas of Australia, or via ehheadspace.org.au where you can receive online and

telephone support between 9am-1am (AEDT), seven days-a-week. There are also general mental health and wellbeing resources available on our website: headspace.org.au.

We wish you and your families a safe and healthy school year ahead.

Dr Natalie Gray Chief Medical Officer headspace

Dear ladies of Lake Grace and surrounds,

On behalf of Wheelchairs for Kids, all volunteers and especially the handicapped children of the world, we would like to thank you the wonderful, generous ladies of Lake Grace and surrounds.

The rugs and toys, once again are simply amazing and it is obvious how much time and effort all you have put into each one of them. We fully appreciate how busy your lives are and it is heart-warming to know that you have taken our charity on board to help all the disabled children around the world.

Thank you once again we are very grateful that this enables us to supply each wheelchair with a rug and toy because of your generosity.

On behalf of Wheelchairs for Kids

CWA AGM

Tuesday 14th February

5:15 PM

At the CWA rooms



Australia Day Breakfast

Hosted by: Lake Grace Lions Club

When: Thursday 26th January 2017

Where: Lake Grace Swimming Pool

Time: 7:30am

Details: Free BBQ breakfast BYO plates, cutlery & mugs.

Starting at 9am:

Australian Citizenship Ceremony

Presentation of Australia Day Citizenship Awards

Australian Citizenship Affirmation

Everyone welcome

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Grant Osborne - Lake Grace

Mobile: 0427 651 367

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Super For Self Employed

www.ato.gov.au

Many small business owners don't start paying super for their retirement until they are into their 50s. Often they see their business as a retirement asset, however, the value of the business usually drops significantly when the owner stops working.

It helps to start paying into your super account early. The longer you contribute to super, the larger your retirement income will be when you stop working.

Being self-employed, you may be able to claim a full tax deduction for contributions you make to your own super until you turn 75. You may also be eligible for the super co-contribution payment.

You may want to discuss retirement planning with your accountant or tax agent. Now is the time to act!

If you're a sole trader or in a partnership, you don't as an employer have to make super guarantee (SG) payments for yourself.

But you may want to make personal contributions to super as a way of saving for your retirement.

Most self-employed people can claim a full deduction for contributions they make to their super until they turn

75. Keep in mind that contributions you make may attract extra tax if they exceed the contributions limit for that year.

You may also be eligible for the super co-contribution payment. This helps eligible low-to-middle income earners save for their retirement. If you're eligible and you make personal super contributions, the government will match your contribution up to certain limits, unless you have claimed your contribution as a tax deduction.

Make sure your super fund has your tax file number (TFN). If it doesn't:

- your super contributions will be taxed an additional 34%
- your fund won't be able to accept personal contributions from you, which means you may miss out on any super co-contribution you're eligible for
- it will be harder to keep track of your super.

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Lake Grace Sportsman's Club Inc.

News and Updates

NEW COMMITTEE, NEW LOOK, NEW YEAR!

We would like to wish the entire community a very Happy New Year and may 2017 be your best one yet!

As some of you may be aware there has been some progress on the improvements at the Sportsman's Club. Firstly, we have had some of our kitchen revamped with a new fryer and kitchen bench being installed, this has made cooking on Friday and Saturday nights a lot easier. Thank you to CCL for the donation of the self-levelling cement for the kitchen area, your kindness is greatly appreciated.

There has been some cleaning and building up of the area at the back of the club with the purpose of one day soon, being able to hold outdoor functions and a playground for the kids. For the progress so far we would like to thank Pelham Enterprise for the use of their bobcat and Des Pelham for driving it.

If you have visited the club in the last month or so, you would have noticed the wall behind the bar has been painted. The light grey painted brick wall has given the club a fresher, brighter look and feel and is only the beginning of the plans we have installed for YOUR club. A big thank you goes to Claire Pelham, Danielle Robertson and everyone else that chipped in with the painting of the wall. Again, CCL made a very generous donation of paint, as well as Steve & Helen Hunt - Thank You!

2017 was seen in by a number of people at the club, I think we can say a great night was had by all. The night started with a beautiful buffet meal, prepared by our amazing chef - I'm

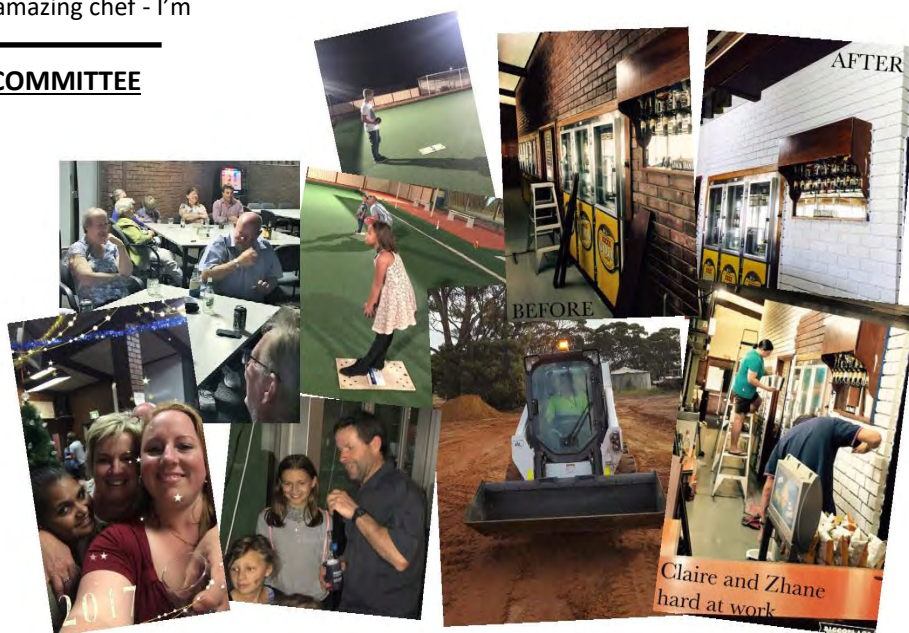
sure all that came for dinner can vouch for it being absolutely delicious. There was a colouring-in competition for all of the kids and kids at heart, where everyone was a winner. Some of the kids also had a go at some lawn bowls and we can tell you now there are some talented up & coming bowlers. Rosey Chircop and Julie King "entertained" a small crowd with their karaoke skills and Ross Bowron gave us his rendition of "Angie" before the kids rescued the microphone (and our guests ears) and continued singing the night away, until they couldn't sing anymore. They then rested their voice boxes and watched a movie. The money wheel was spun a few times, thanks to Rosey Chircop for her excellence in sales and wheel spinning - Winners were Grinners!

We would like to finish off by saying a huge thank you to everybody that supports the club. Everything that we are doing and planning to accomplish at the club, could not be done with out the continuous support of the community. We look forward to many more good, family times here and hope to see more new faces around. Everybody is welcome and we hope to get some new members on board. If you have any suggestions at all for the club, please don't hesitate to approach a committee member (listed below) with your suggestions or write a letter to the committee if you are more comfortable doing so. Everyone's suggestions will be addressed and considered. We look forward to hearing from you!

Watch this space for more news, updates & member specials!

YOUR 2017 SPORTSMAN'S CLUB COMMITTEE

- ☺ Steve Hunt - President
- ☺ Caryn Kirk - Vice President
- ☺ Anke Stoffberg - Sec/Treas
- ☺ Geoff Sabourne
- ☺ Danielle Robertson
- ☺ Brett McKenny
- ☺ Alison Dines
- ☺ Kelly Callope
- ☺ Rosey Chircop
- ☺ George Chircop
- ☺ Tash Bowman



Knowing When to Stop

Suzanne Reeves

Congratulations to Maisey Lay who was the first correct quiz drawn out of the box in the recent Roadwise quiz that focussed on Stop signs and the rules that apply to them.

With her \$50 voucher Maisey now has plenty of fuel to keep the wheels turning on her motorbike during the school holidays.

Thank you to the Shire for putting the SAMM trailer on the north road, I know that would have been a big help to know the fine and demerit points for not stopping at a stop sign. Yes it's \$300 and 3 demerit points...that would have to hurt.

The second quiz that was run in the 22nd December Lakes Link was won by Rita Marshall, well done Rita!

The Driver Reviver was out on the 23rd and 24th December, thank you to the Firies for putting the van out and a big thank you to those who helped staff the van.

Eight volunteers worked 12 hours to keep the van open, with 54 motorists stopping to have a chat, enjoy a free beverage or simply get directions to the toilet. With the weather in the mid 30's it can be a challenge to lure travellers out of the comfort of the air conditioned vehicles to take some time out to stretch their legs.



Above: Maisey Lay with her Great Southern Fuels voucher that was funded by the Lake Grace Roadwise Committee.

Not Sure About Your Role on the Committee?

**Are you presenting the right reports? Do you know what you're doing?
Do you leave meetings with questions unanswered? Is everything
running as smoothly as you would like within your Club?**



Come along to a two hour workshop facilitated by Caroline Robinson and discover the roles of the committee and how as a Club you can make it easier for your committee, the executive and your volunteers.

Caroline will also touch on the subject of constitutions in reference to the changes to the Incorporations Act.

Date: Monday 20th February

Time: 6pm-8pm

Where: Lake Grace CRC - RSVP Lake Grace CRC 9865 1470.

There are limited timeslots available on Tuesday 28th March for individual clubs to have some one-on-one with Caroline (bookings for these timeslots is essential).

Last Post Ceremony for Sergeant Norman Leslie Oliver

Suzanne Reeves

At the end of each day, commencing at 4.55 pm AEDT, the Australian War Memorial farewells visitors with its moving Last Post Ceremony. The ceremony begins with the singing of the Australian National Anthem, followed by the poignant strains of a lament, played by a piper. The story is then told of the serviceman who is featured that day; this includes personal information and details of their service.

On Wednesday 21st December a service was held for Sergeant Norman Leslie Oliver. A large photograph is displayed (if one is not available they show a photo of the Australian flag) of the nominated soldier through the day in the entrance of the Australian War Memorial. This is then moved out to the Pool of Reflection prior to the service starting. The family are given instructions on what will happen throughout the service and are invited to lay a wreath (or more than one if they wish). They are asked to write on a card which is then added to the AWM's archive.

The service has only been going a little more than 3 years and with more than 102,000 Australians on the Roll of Honour there is no shortage of soldiers to commemorate. Family can nominate a family member, which is what I did ever hopeful that Les's name hadn't been one of the earlier ones pulled out of a hat. There was less than twelve months between my nomination and the date of the ceremony; however with a rise in popularity of the ceremony (and family desperate to hold the service before aging family pass away) the waiting time has now pushed out to two years.

Regardless of whom is being celebrated the service is incredibly moving; we were honoured to be approached by so many after the service wanting more information about Les and his family. There was some degree of incredulity that Les was involved in Gallipoli and then reenlisted to take part in the Western Front where he was eventually mortally wounded.

The service is live streamed from the Australian War Memorial out to participating RSL clubs and can also be watched via their website. Les had eight members of his family present at the service; the two great nephews (Malcolm Oliver and Ken Francis) and one great niece (Suzanne Reeves) laid the wreath in honour of his parents and siblings who never stopped missing their son and brother.



An image of Les Oliver (left) with his father (seated) and brother Alf (right) on display in front of the Pool of Reflection.

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2	Thursday and Sunday
3	Friday and Monday
4	Saturday and Tuesday
5	Sunday and Wednesday
6	Monday and Thursday
7	Tuesday and Friday
8	Wednesday and Saturday
9	Thursday and Sunday
0	Friday and Monday
You may water only once each day either before 9am or after 6pm.	

Lake Grace Weather



Date	Min	Max	Rain
21/12	13.1	37.6	
22/12	23.6	31.8	
23/12	13.1	34.1	
24/12	14.8	34.6	
25/12	14.3	26.3	
26/12	10.0	34.0	
27/12	11.1	21.9	0.8
28/12	12.6	22.4	0.2
29/12	13.9	26.5	
30/12	9.5	29.1	
31/12	13.7	24.8	
1/1	13.3	30.0	
2/1	13.1	32.7	
3/1	15.1	36.5	
4/1	20.6	39.7	
5/1	21.7	42.0	
6/1	12.1	26.4	
7/1	14.8	28.8	
8/1	10.8	31.1	
9/1	13.0	32.9	
10/1	13.7	37.3	
11/1	14.9	40.8	
12/1	16.9	26.7	
13/1	11.0	27.8	
14/1	12.1	35.3	
15/1	16.4	40.3	
16/1	14.5	28.9	
17/1	13.1	26.1	
18/1	12.3		



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Ambulance Building...Linemarking, Compliance Signage, External Signage....and almost Telstra

Amanda Milton

Day 262 of the construction of the New St John Ambulance - Lake Grace Sub Centre and progress continues as we near the Grand Opening scheduled for Saturday 25th February 2017 at 2pm.....and you are all invited!

The most substantial recent physical changes to the outside of the building took place early this week. Our little lady is all grown up as she put on her makeup for the world to see.

The pylon sign was lifted into place on Sunday 15th January after some footing re-engineering by Ironstone Fabrication. Our thanks to Ben and Annie Argent for the fast turnaround to change the footing from concrete-in to bolt-down. Our thanks also to Spencer Wools for the loan of the forklift and to Ross and Stephen Chappell and Graham Milton for helping Ben get the sign into place. It looks absolutely fabulous. Wait till we get the power on so at night the logo and the word St John will be illuminated.

The line marking was completed on Monday the 16th January by Peel Line Marking. Paul did a great job of getting our carpark to Australian Standards. Our thanks to Peel Line marking and the Shire of Lake Grace for working with us to put a package of work together that saved both the Shire and this project dollars through combining the body of work.

Monday 16th January also saw the large sign above the garage put into place with the help of some cool tools.

Our thanks again to Spencer Wools and in particular our drivers Stephen Chappell and then Company Owner Darren Spencer for the lift we needed to get that high in the air. Ross Chappell and Keith Higgs got the sign in place in quick time.

While we had the specialist gear we also tackled the "watermark" on the red wall. Now I know the CBH girls at harvest thought our red wall really needed a big yellow M, however girls your will have to settle for a subtle St John watermark. Made of a UV stabilised acrylic the letters are attached with a very high tack glue. Grant Medlen and Amanda Milton can attest to just how "high tack" the glue is.....once it is on there is nothing that is going to move it, so they had to get it right the first time.

With her makeup on our little lady said good morning to the world on 17th January 2017 and she must have had an impact on people driving past because the text messages started flowing in saying how impressive the building is looking.

The last items to be completed are the carpark wheel stops (that have taken some serious chasing to get delivered from REPLAS, good thing we are recycling 30,000 shopping bags or I would have given up and changed product), and the landscaping. When our little lady puts on her party dress she will be ready for her big day.

Continued page 32



Stephen Chappell, Ben Argent, Ross Chappell and Graham Milton following the installation of the sign.



Shire of Lake Grace



Public Notice

Review of Wards and Representation

The Shire of Lake Grace is conducting a review of its wards and representation and invites public participation in the review.

Ward boundaries and the number of offices of Councillor for each ward will be reviewed against the following factors:

- Community of interest
- Physical and topographical features
- Demographic trends
- Economic factors
- Ratio of Councillors to electors in the various wards

A Discussion Paper will be available from Monday 16th January 2017 outlining the current situation and alternative structures.

Public submissions are invited and must be submitted to the Shire of Lake Grace at:

Shire of Lake Grace
1 Bishop St, PO Box 50
Lake Grace WA 6353
Fax: 9890 2599
Email: shire@lakegrace.wa.gov.au

by 10.00am on Monday 27 February 2017

For further information and a copy of the Discussion Paper please contact Governance Officer Tash Bowman at the Shire on 08 9890 2500. The Discussion Paper is also available for download on the Shire's website at www.lakegrace.wa.gov.au.

In order to provide the opportunity for the community to have input into the representation model the following community forums are scheduled to which the community are encouraged to attend to have their say:

Denise Gobbart
Chief Executive Officer

COMMUNITY	DATE	TIME	VENUE
Newdegate	Tuesday 7th February 2017	7.30pm	Newdegate Recreation Centre
Varley	Wednesday 8th February 2017	3.00pm	Varley Town Hall
Lake King	Wednesday 8th February 2017	6.30pm	Lake King Town Hall
Lake Grace	Thursday 9th February 2017	7.30pm	Lake Grace Town Hall



POLICE NEWS

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

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

Personnel: Sgt Dave Ellis, SC Tara Spencer.

G'day all,

Happy New Year to you all.

Firstly, I want to address a subject that came to prominence over the New Year's Eve festivities. There was a well-publicised incident involving a member of the Lake Grace community, and I won't go into details about that for obvious reasons. The person concerned has had issues with drugs in the past, but he is not the only person in town using drugs I can assure you. Google "signs of meth use" and you may be surprised at what you read. WA Health websites have information and support lines for those of you that have family members or friends using drugs. It is only a matter of time before someone else goes the same way and we the Police end up dealing with them too. The person concerned has a lot of family support and it was heartening to see that they will try everything to get him well again. They also have our support at the station too.

So, if anyone knows of people dealing drugs or supplying drugs by picking them up from another place. Call us here or Crime stoppers. Simple really – don't let dealers get away with it and we won't have serious incidents in our towns. The former Chief of the Australian Army and Australian of the Year Lt Gen David Morrison famously said "the standards we walk past are the standards we accept." If we walk past someone urinating on a building in the main street then expect it to be something we see over and over again. Someone smoking weed outside the pub? Acceptable? Not really. Call those people on it and if they don't accept that then call the Police. I'm not asking for vigilantism, I'm asking for us to start setting the standards of behaviours for others. It's not being nosy or a sticky beak it's called community spirit!

A good example of this came from Newdegate in recent days where an individual has extended the middle finger to his community in a number of ways, but more recently by hooning round town in an unregistered car and a few other traffic offences to boot. Members of the community tried to reason with the bloke and when that was met with blank indifference they called us. He is now the recipient of \$1200 in fines and 3 points on his fairly non-existent license.

Some new legislation has been enacted in State Parliament in relation to unregistered motor bikes – typically off road bikes made and used for that purpose. If anyone uses or attempts to use an off road bike on a road it can now be seized and impounded for 28 days. Off road bikes are just that and I expect off road bikes to be on trailers or walked to the places where they can be used and enjoyed safely. They are not capable of being licensed for a reason, in that they don't have lights or indicators or other safety features found on typical road bikes. Hence the new legislation.

Also, noticing on our travels a lot of trailers and caravans being towed at 110km/h. The speed limit for vehicles with trailers is 10km/h **UNDER** the posted limit. Speed limit shows 90km/h then someone towing a trailer should be at 80km/h or less.

Australia Day weekend is coming soon and the usual double demerit week applies. Again, keep the speed down and make sure the kids are strapped in properly!

Here ends the lesson!

Till next time

Sergeant David Ellis



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Talking Trash

CSIRO

CSIRO's marine debris team is calling on Australians to do the right thing with their rubbish in 2017, with new research highlighting the nation's ocean and coastal pollution issue.

The research, published today in *Frontiers in Ecology and the Environment*, showed the coastline from Brisbane to Melbourne, western coast of Tasmania and the southern part of Western Australia to be the worst hot spots.

"More than eight million tons of rubbish finds its way into the worlds' oceans each year," CSIRO Principle Research Scientist Chris Wilcox said.

"While about one million tons is out floating in the ocean, the rest ends up on the shore.

"Apart from looking ugly, it causes significant harm to wildlife with about half of all seabirds and 30 per cent of sea turtles found to have eaten plastic.

We think turtles eat plastic bags because they look like jellyfish in the water and with seabirds it's the smell of plastic which takes on a krill-like smell in the water."

The research showed that while marine debris was a global issue, a significant amount of the litter found in a

region had originated from the local area.

"Our research shows that in most cases, communities are being affected by their own rubbish, not the big rubbish gyre out in the middle of the ocean or rubbish from a neighbouring country," Dr Wilcox said.

"This means that we are the cause but also the solution.

"While up to 40 per cent of litter found during clean-up activities are beverage containers, things like discarded fishing equipment are also common culprits.

"Our new research shows this is the case in western Tasmania with a large amount of the debris found to have been coming from fishing.

"With millions of tons of rubbish produced each Christmas, it's something to keep in mind during this years' celebrations.

"If you're out on the beach or at the park, take your rubbish home with you – don't add to the pollution pandemic."

The facts about marine debris:

- More than 600 marine species have been found eating plastic
 - There are about six items of plastic on our coast for every person in Australia
 - About half of sea birds and 30 per cent of turtles have plastic in them
 - As many as 15,000 turtles are caught in dumped fishing gear in Northern Australia every year
- 8.4 million tons of rubbish lands in the worlds' oceans each year

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HACC & MPS Activity Programs:

Chair Aerobics

Every Tuesday @ 10.45am
At the Lakes Village Hall



Bus Outing

Friday 10th February

Call the hospital to book 9890 2222

Foot Clinic

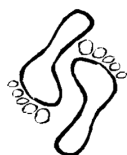
(No clinic in January)

Tuesday 14th February

Lakes Village Hall

9.00am—12 noon

(bring your own manicure set)



Wednesday Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

25th January—Games

1st February—Sing-a-long

8th February— Games

15th February— Pamper

All welcome to join in

4th Friday Activity Day

Friday 27th January

10am—1.30pm

at the Lakes Village Hall

Cost: \$8.00

RSVP by 24th January at
Chair Aerobics or call 9890
2222 during office hours.



Call 9890 2222 during office hours

to get further information about any of the
services we provide.

It is recommended you **keep a record of all your medications with you**, because you never know when you might need this information!

You can use the template below, designed to fit in your wallet or purse so it can be carried with you at all times for easy reference

OR

there is an i-phone app available called **“MedicineList+”** that allows you to scan the barcode on your medication and stores it on a list that you can easily access.

Physiotherapist / Occupational Therapist:

Call Primary Health in Narrogin to
make appointments **ph: 9881 0385.**



Immunisation:

Appointments are required

Contact Child Health Nurse

ph: 9890 2246



Drug Name	Dose	How Often

Drug Name	Dose	How Often

High Blood Pressure – A Silent Killer

Warriors Wellbeing - Tim and the Team 96 902 277

Sadly lots of us blokes don't have our blood pressure (BP) checked because we don't visit our GP for check-ups or the GP has not done a blood pressure test.

High BP is one of the 3 main risk factors for heart attack and the main risk factor for stroke. Having a consistently high BP isn't a good thing and may become more common as we age. High BP isn't inevitable, nor unmanageable if we have it, but controlling high BP is critical in protecting our long term health and wellbeing.

Our bodies contain about 5 litres of blood which the heart pumps continuously around an intricate network of blood vessels. This process delivers vital nutrients and fresh oxygen to our body's tissues and organs whilst creating a certain amount of pressure inside our arteries (blood vessels that take blood away from the heart and out to the body).

Our blood pressure depends primarily on two things:-

- The amount of blood pumped by the heart; and
- How easily the blood can flow through the arteries.

Blood pressure readings are given in millimetres of mercury (mmHg) and consist of 2 numbers:

- The top number - measures the pressure in your arteries when your heart pumps – systolic (sys-tol-ik) pressure;
- The bottom number - measures the pressure in your arteries when your heart relaxes – diastolic(di-as-tol-ik) pressure.

What is 'normal' blood pressure? According to the Australian Health Foundation there is no 'normal' or 'ideal' blood pressure reading. The following figures should only be used as a guide.

Normal	Less than 120/80
High/Normal	Between 120/80 and 140/90
High	Equal to or more than 140/90
Very High	Equal to or more than 180/110

(Source – Heart Foundation – Managing high blood pressure)

The cause of high BP quite often is a mystery. It can be linked to genetics (family history is important), poor diet, being overweight and/or lack of exercise. The effects of some medicines being used to treat varying health conditions can also be a factor along with underlying health disorders that we may have.

The harm of high BP over time is simple. It can overload both the heart and blood vessels which in turn make us more susceptible to heart attack and stroke.

There are many things that we can do to keep our blood pressure healthy. To help manage high BP many people need medicine but by making the following healthy lifestyle changes blood pressure can be lowered.

- Be a non smoker;
- Eat less fat & salt;
- Lose excess weight;
- Exercise regularly;
- Keep alcohol intake down.

It is possible to have high BP for years without knowing it, which is why it's called a 'silent killer' and is most often discovered during routine physical examinations. Remember, be proactive and make an appointment for a service visit to your GP and always have BP on your checklist for your GP to look at.

Other non-prescription medication or other relevant information:

MEDICATION LIST

Name: _____

So What's Your Role?

Suzanne Reeves

You've taken on a committee position within a local organisation and although you're chuffed about being asked to join, you aren't really sure what you're doing. That's perfectly normal and it really is up to the club or organisation to help you find your way.

If you've landed the job of coach for the local footy team or perhaps the treasurer of the local bird watching group the title enough is to make this role a little more self explanatory. However even in these more defined roles the lines can become blurred if the committee person is inexperienced and the organisation does not have succession planning or training in place.

Being on a committee isn't just about attending meetings; it's about believing and supporting the organisation you're involved in. On the flip side of the coin an organisation shouldn't grab at people to make up numbers; they need to think about the gaps within their committee and target prospective committee members accordingly. It is important to have diversity on a committee; variances in ages, gender and life experience.

In an organisation where everyone is a volunteer the roles will stretch from executive roles through to more hands on tasks. In small towns such as Lake Grace, clubs can't afford to have members along for a free ride, they need everyone to 'do their bit'.

In the case of a committee where a manager is in place, the CRC is a good example of this, many of the tasks are carried out by staff. The committee's role is more about support, strategic planning and governance. The committee aren't there to order the stationery or become involved in the general day-to-day running of the establishment; this would be micromanaging and a waste of both staff and committee members time.

Overstepping the boundaries of your role can create an unhappy environment within any organisation, nobody would (or should) want to be that person. If your job is to manage the equipment, don't rearrange the bar. If you're not happy with how something is being run don't backbite or white ant but bring the matter up in a meeting and respect those around you. Think about that email before you push send!

It's important to define the roles of everyone that is involved in an organisation; the easiest way to do this is by creating a job description. This may seem formal, but it can save a great deal of anguish in the long run. Caroline Robinson will be facilitating a workshop based around the roles of the committee, we encourage everyone who is involved in an organisation to attend. The workshops will be run in Lake Grace (20th February) and Newdegate (27th February). More details included on page 8.

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Perth Writers Festival

Media Release - UWA

The 2017 Perth Writers Festival program brings more than 100 celebrated writers, thinkers, artists and activists from around the world to Western Australia for a provoking and inspiring literary weekend this February.

From 23-26 February 2017, Perth Writers Festival comes to life at The University of WA and State Theatre Centre of WA for lovers of language and bold ideas. The hugely diverse program of luminous literature and engaging events will delight and surprise.

"Whether we want to change areas of our own life or how we think about the world we want to live in, the 2017 Perth Writers Festival that will make you think differently with a weekend of big ideas and engaging debate," Perth Writers Festival Program Manager Katherine Dorrington said.

"Perth Writers Festival will pop up for the first time in Northbridge with Courtyard Sessions – a hot ticket to experience exciting emerging wordsmiths and smash-hit literary shows in a two-night party," she said.

"Expect everything from the heart-stopping to the controversial to the beautiful as the Festival comes alive over four days this February."

Two illuminating literary events will bookend the Perth Writers Festival weekend with powerful and morally urgent perspectives on the global humanitarian crisis.

In the *Opening Address* on February 23, writer and researcher Ben Rawlence (*City of Thorns*) focuses our attention beyond the headlines on the daily lives of nine individuals in the world's biggest refugee camp, City of Thorns (or Dadaab) in Northern Kenya.

Syrian architect and memoirist Marwa al-Sabouni (*The Battle for Home*) speaks in the Closing Address on February 26 about how architecture can help reconstruct a civil society from carnage after watching her home city of Homs torn apart by war.

A major 2017 program highlight is the exciting new event *Courtyard Sessions* at the State Theatre Centre of WA. Join the fun at Perth Writers Festival's inner-city hub for a two-night party showcasing the power of the spoken word, music, hip hop and comedy from a range of brilliant writers, performers and RTRFM 92.1 DJs.

Hosted by Black Comedy writer and star Nakkiah Lui, *Courtyard Sessions* on February 24 brings you wordsmiths – Sukhjot Kaur Khalsa, Omar Musa and Ziggy – followed by *Literary Death Match*, USA's hilarious storytelling event touted as *Def Poetry Jam* meets *Australian Idol*. On February 25, be captivated by a performance of writing legend Nick Earls' novella series *Wisdom Tree*, and the literary phenomenon *Women of Letters* returns for a show themed 'A Letter to How I Got It Back' hosted by Marieke Hardy and Angie Hart.

This year's Perth Writers Festival international guests

include world-renowned pioneer in the field of neuroplasticity Barbara Arrowsmith-Young (*The Woman Who Changed Her Brain*); Canadian Booker Prize-nominated author Madeleine Thien (*Do We Say We Have Nothing; Dogs at the Perimeter*); one of USA's most prominent feminist voices Lindy West (*Shrill*); Nigerian-American writer Chinelo Okparanta (*Under the Udala Trees*); Ireland's two-time Booker Prize shortlisted Sebastian Barry (*Days Without End, The Secret Scripture*); major new American voice Nathan Hill (*The Nix*); US-Chinese Pulitzer Prize winner Mei Fong (*One Child*); bestselling UK writer Kate Summerscale (*The Suspicions of Mr Whicher; The Wicked Boy: The Mystery of a Victorian Child Murderer*); US novelist and Pulitzer Prize winner Jane Smiley (*Last Hundred Years: A Family Saga*) and Chilean writer Alejandro Zambra (*My Documents; Ways of Going Home*).

Perth Writers Festival is thrilled to host a bounty of Australia writing talent including Deng Thiak Adut (*Songs of a War Boy*) who shares his story from child soldier to refugee advocate, lawyer and author; Lee Zachariah (*Double Dissolution*); Clementine Ford (*Fight Like a Girl*); Hannah Kent (*The Good People*); Natasha Lester (*A Kiss from Mr Fitzgerald*); William McInnes (*Full Bore*); Osama Sami (*Good Muslim Boy*) and Holly Throsby (*Goodwood*).

Teen Talk is a new program series delving into the world of Young Adult fiction with highly-lauded fantasy author Garth Nix and hosted by 2016 Inky Awards teen judge Chloe Kam.

In 2017, the ever-popular Perth Writers Festival Family Day on February 26 invites you to celebrate the 20th anniversary of JK Rowling's first Harry Potter book by coming dressed as your favourite wizardly character and take part in a series of Hogwarts-themed events. The jam-packed free day inspires book lovers of all ages and includes storytelling, art, performance, workshops and conversation. Local writer Chris Owen and street artist Chris Nixon's children's book *Pandamonia* will come to life in a story telling event with Adam Hall and the Velvet Playboys and Perth Swing Dance Society Hoppers.

For the first time our Family Day features Curated by Kids, with a group of guest programmers aged 9-12 selecting authors and topics for the young, by the young. Family Day highlights include Lance Balchin bringing his *Mechanica* creatures to life through steampunk-inspired illustrations and Chris Owen creating 'pandamonia'. Other guests include Kylie Howarth, Oliver Phommavanh and Bruce Pascoe.

Browse the Perth Writers Festival program at perthfestival.com.au and book your tickets.

BOOKINGS AND FESTIVAL INFO: 08 6488 5555 – perthfestival.com.au – Ticketmaster outlets

Humour

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you, I'm doing community service this week.'

The florist was pleased and left the shop.

When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept money from you, I'm doing community service this week.' The cop was happy and left the shop.

The next morning when the barber went to open up, there was a 'thank you' card and a dozen doughnuts waiting for him at his door.

Then a Member of Parliament came in for a haircut, and when he went to pay his bill, the barber again replied, 'I cannot accept money from you. I'm doing community service this week.' The Member of Parliament was very happy and left the shop.

The next morning, when the barber went to open up, there were a dozen Members of Parliament lined up waiting for a free haircut.

And that, my friends, illustrates the fundamental difference between the citizens of our country and the politicians who run it.

You've been waiting for them with bated breath, so without further ado, here are the 2016 Darwin Awards:

Eighth Place

In Detroit, a 41-year-old man got stuck and drowned in two feet of water after squeezing head first through an 18-inch-wide sewer grate to retrieve his car keys.

Seventh Place

A 49-year-old San Francisco stockbroker who "totally zoned when he ran", accidentally jogged off a 100-foot high cliff on his daily run.

Sixth Place

While at the beach, Daniel Jones, 21, dug an 8 foot hole for protection from the wind and had been sitting in a beach chair at the bottom, when it collapsed, burying him beneath 5 feet of sand. People on the beach used their hands and shovels trying to get him out but could not reach him. It took rescue workers using heavy equipment almost an hour to free him. Jones was pronounced dead at a hospital.

Fifth Place

Santiago Alvarado, 24, was killed as he fell through the ceiling of a bicycle shop he was burglarizing. Death was caused when the long flashlight he had placed in his mouth to keep his hands free rammed into the base of his skull as he hit the floor.

Fourth Place

Sylvester Briddell Jr., 26, was killed as he won a bet with friends who said he would not put a revolver loaded with four bullets into his mouth and pull the trigger.

Continued page 27

CITY OF PERTH'S

OPERA

IN THE PARK

50TH GALA CONCERT

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8pm | Saturday 4th February 2017



Government of Western Australia
Department of Regional Development

\$70,000 for Pingrup Sporting Pavilion through CSRFF

Media Release - Tuck Waldron

Local Member Terry Waldron is delighted the Pingrup Sporting Pavilion will receive a much needed upgrade, after the Shire of Kent was allocated \$70,000 for refurbishments, as part of the latest round of the Community Sporting and Recreation Facilities Fund (CSRFF).

Mr Waldron said the Shire of Kent was one of 10 regional local governments and community groups to share in the \$11.9 million CSRFF grants (along with 16 metropolitan recipients), announced on Saturday by Mr Waldron's Nationals WA colleague and Minister for Sport and Recreation Mia Davies.

"I congratulate the Shire of Kent for their successful grant application. I understand they will utilise the funds to upgrade the changerooms at the Pingrup Sporting Pavilion," he said.

"I look forward to seeing the completed project, and I know it will make a difference to people living in the Pingrup community and surrounds."

Mr Waldron said these grants directly supported grassroots sport and active recreation in our communities, keeping people of all ages and abilities active.

"Regional communities continue to come together

around sport, particularly in areas where clubs, recreation centres and pools provide a great hub for social connection," he said.

"Quality facilities are important as they create an opportunity for clubs, which is why the State Government has worked hard to invest and improve community facilities."

Ten projects across regional Western Australia will benefit in this round of CSRFF grants (Annual and Forward Planning Grants round), with 16 in the metropolitan area.

This latest round takes the total of grassroots sport facilities funding since 2008 to more than \$169 million, of which \$93 million has been spent in regional WA.

Nationals WA candidate for Roe Peter Rundle said that through this state-wide infrastructure program 55 per cent of the funds had been spent in the regions.

"This is a valuable investment in our community and allows people living in the regions access to quality sport and recreation facilities," Mr Rundle said.

The Department of Sport and Recreation administers CSRFF annually through two rounds of small grants (up to \$200,000 in total project cost) and one round of Annual and Forward Planning Grants (from \$200,001 in total project cost).

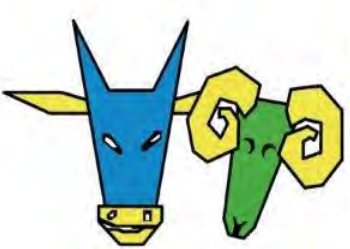
The State Government also provides \$10 million a year to support state sporting associations and local regional sporting associations.

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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.

Green Machine VS Mundine



Live at the Lake Grace Sportsman's Club

Friday 3rd February

4pm to 9pm

Happy hour 4-5pm (bar snacks provided)

Fish & Chips available from 6:30pm

Lake Grace Gym Club Awarded "Holden Home Ground Advantage" Grant (cont.)

have Peter Stoffberg compile our video application. We are very grateful for the countless hours Peter put into editing our video to ensure it made a lasting impression on the Holden team assessing the applications.

In the 32 years since Lake Grace Gym Club was formed (in 1984), the club has operated from various venues, including a shearing shed, a railway shed, and our home for the last 20 years, the town hall. Because this is a community facility, we need to pack up our equipment whenever the hall is booked for other functions. This is a huge undertaking, taking five adults around an hour, removing a door from its hinges, and painfully stacking all of our equipment into a 5 x 3m storeroom (the gym mats reach almost to the ceiling!). We then have to do the reverse to set it all back up! It is physically hard work, bad for volunteers backs, bad for our equipment, and a huge drain on volunteer time.

Which is why we are working towards our own venue - a shed to call our own where our equipment can remain set up all the time, and perhaps give us the opportunity to offer gymnastics for a longer season. This is a difficult task though when we also need to upgrade equipment and uniforms, pay affiliation costs, pay hall hire (beginning this year), and all the while keep gymnastics fees affordable for families.

And so, when Graham Broad and Adrian Edwards visited our club in December to present us with a cheque for \$12 000, they could not have over-estimated how much Holden's financial contribution means to our club. It might take a while, but when we finally do get our own gym shed, it will be in no small part due to the belief that the people at Holden have in the importance of sport, of communities, and of the people who give so much of themselves to both. Thank You Holden!

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3 Banksia, Lake Grace - Executive Residence - Available for Lease 1 February 2017

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For Details contact: Ron Dewson 0428 651 213



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

Email: shire@lakegrace.wa.gov.au



CEO's Corner

Welcome to 2017

I would like to take the opportunity to wish everyone a Happy New Year for 2017. The year has started off in full swing with the implementation of the review of wards and representation, and the community consultation process will include scheduled forums to take place in Lake Grace, Newdegate, Lake King and Varley in February. In addition, the required four year review of the Shire of Lake Grace's Strategic Community Plan is also due to commence in February. We look forward to working with the community on these projects over the coming weeks.

Review of Wards and Representation

As mentioned previously, the Shire of Lake Grace is required to conduct a review of its wards and representation and is keen to invite public participation in the review. Ward boundaries and the number of offices of Councillor for each ward will be reviewed against the following factors: Community of interest; Physical and topographical features; Demographic trends; Economic factors; and, Ratio of Councillors to electors in the various wards. A Discussion Paper will be available from Monday 16 January 2017 outlining the current situation and alternative options.

Public submissions are invited and must be submitted to: Shire of Lake Grace, 1 Bishop St, PO Box 50, Lake Grace, WA, 6353, Fax: 9890 2599 or email: shire@lakegrace.wa.gov.au by **10.00am on Monday 27 February 2017**.

For further information and a copy of the Discussion Paper please contact our Governance Officer, Tash Bowman, at the Shire on 9890 2500. The Discussion Paper is also available for download on the Shire's website at www.lakegrace.wa.gov.au.

In order to provide the opportunity for the community to have input into the representation model the following community forums are scheduled. It is extremely important that the community be part of this process in order to ensure the equity of the review process and the final outcome, so all are encouraged to attend a meeting in their locality.

Community Strategic Community Plan

COMMUNITY	DATE	TIME	VENUE
Newdegate	Tuesday 7th February 2017	7.30pm	Newdegate Recreation Centre
Varley	Wednesday 8th February 2017	3.00pm	Varley Town Hall
Lake King	Wednesday 8th February 2017	6.30pm	Lake King Town Hall
Lake Grace	Thursday 9th February 2017	7.30pm	Lake Grace Town Hall

The Strategic Community Plan Workshop will be commencing in February 2017. Further details will be available after the start up meeting with our consultants engaged to assist with the process. We need to ensure the vision and values of the Shire are as one with the community, and to do this, community input is essential.

Medical Practice

The Shire Working Group consisting of Cr De Landgraft, Cr Marshall and Cr Armstrong and the Chief Executive Officer is continuing to pursue all available options for the placement of a suitably qualified permanent doctor. We have been fortunate to have a number of good options available for our consideration. A new contract drafted by Rural Health West for the Shire to engage directly with any new doctor, should eliminate any past contractual concerns.

We are hoping that we can enter into a contract with a suitably qualified doctor in the next few weeks. It is proposed that we will require the services of locum doctors during February, until the commencement of the new doctor.

Ranger Services

The Shire is engaging the WA Contract Ranger Services to assist Dog and Cat Management. The first phase of this engagement will be an education process

Continued over ..



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 continued

with the Rangers visiting each household within our townsites, to ensure pet owners are aware of their responsibilities. We will then have a regular monthly service of ranger patrols within the townsites. It is proposed that their first visits will occur in February; the community will be notified of the initial dates in the coming weeks.

Building Works - Progress on Lake Grace Units & Maintenance

Our Building Maintenance Team is carrying out maintenance tasks within the towns. They have also been removing the Christmas decorations in the town sites.

The Building Maintenance Team is currently carrying out the stick work on roofs at the Lake Grace Independent Living Units. Our Manager Infrastructure Services is currently following up on quotes for the completion of works, which will take the units to lock up stage.

Road Works

Our Construction Team has finished the tree clearing on Parsons Road. They are currently carrying out the culverts and trimming up the culverts ready for sealing. They will then be moving over to Holt Rock South Road for culvert works. The reseal should be completed by the end of next month. Line marking for the parking spaces in town will be completed by next week.

The Lake Grace maintenance grader is currently working on Biddy Camm Road out as far north to North Burngup Road and then will be moving onto the school bus routes.

The Newdegate grading contractor is cleaning out drains on Dykes Road and then moving on to Lockhart Road.

The Lake King grading contractor has been on Hogan Road and currently on Hatters Hill Road and then will be moving on to Biddy Camm Road.

Road Maintenance

The maintenance team have been patching around Newdegate Townsite and have been placing white posts and erecting road signs on the school bus routes (Mallee Hill Road, White Dam Road, Mt Sheridan Road and Edwards Road).

Gardeners

The town maintenance crew have been cleaning up around town and has been up to Pingaring and out to Lake King. They have also been out to the airstrip and carried out spraying of weeds.

Australia Day

The community is carrying out services for Australia Day on Thursday 26 January 2017 in the following areas:

Lake Grace:

Hosted by: Lake Grace Lions Club
When: Thursday 26th January 2017
Where: Lake Grace Swimming Pool Time: 7:30am
Details: Free BBQ breakfast BYO plates, cutlery & mugs.
Australian Citizenship Ceremony
Presentation of Australia Day Citizenship Awards
Australian Citizenship Affirmation

Newdegate:

Hosted by: Gateway Uniting Church
When: Thursday 26th January 2017
Where: Pioneer Park Time: 8:30am
Details: Free BBQ breakfast with live music
Presentation of Australia Day Citizenship Awards
Australian Citizenship Affirmation

Lake King:

Hosted by: Lake King Progress Association
When: Thursday 26th January 2017
Where: Bicentennial Park, behind the Tavern
Time: 11:00am
Details: Free BBQ
Presentation of Australia Day Citizenship Awards
Australian Citizenship Affirmation

Varley:

Hosted by: Varley Progress Association
When: Tuesday 26th January 2017
Where: Varley Sports Pavilion Time: 11:00am
Details: Free BBQ lunch
Table Tennis Competition
Australian Citizenship Affirmation

Denise Gobbart

Chief Executive Officer

Department of Transport Licensing Agency

As an agency we can process the majority of transactions, including; renewals, transfers, number plate orders, boat registration renewals and new license applications. Being an agency there are also some limitations on what we can do for example, most importantly, we cannot process any transactions or access records over the phone.

Records can only be assessed by the person who appears on them. Your partner, mother or sister cannot access your records. However payment of invoices and renewals can be paid by any person if they present a renewal notice or invoice.



Shire of Lake Grace Community News

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

Office Opening Hours

Monday - Tuesday - Wednesday - Friday

8.30am - 4.30pm

Thursday 8.30am- 4.00pm

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

Licensing Opening Hours

Monday, Tuesday and Wednesday 8.30am - 4.15pm

Thursday and Friday 8.30am - 4.00pm

Tip Opening Hours

Lake Grace

Monday & Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm

Saturday 9am - 1pm

Lake King & Varley

Open Every Day

Waste & Recycling Pick up Dates

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

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

Lake Grace	Newdegate
25 January	1 February
8 February	15 February

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

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

Driving Assessor

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

Friday - 3 February 2017 - to be confirmed

Friday - 3 March 2017 - 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 24 January 2017

Tuesday 7 February 2017

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

Environmental Health Officer

Shire Environmental Health Officer Barry Smith is available.

For Barry's availability please contact the Shire on 9890 2500 or email shire@lakegrace.wa.gov.au

Library Hours

Lake Grace Public Library School Place Absolon St

School holidays Tuesday & Thursday

Times: 9am - 5pm - Closed for lunch 12.00 - 12.30pm

School term Monday - Thursday

Times: 9am - 5pm - Closed for lunch 12.00 - 12.30pm

Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm

Closed for lunch 12noon - 1pm

Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd

Tuesday & Thursday 8.30am - 3.30pm

Everyone is welcome.



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



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



Shire of Lake Grace Community News

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

Shire of Lake Grace

Newdegate Community Library Management Committee

Community Representative

The Shire is seeking to appoint one (1) community representative to the newly established Newdegate Community Library Management Committee.

Background: The above Committee has been established under the terms of a formal Agreement between the Shire, the Department of Education and the Newdegate CRC. The Agreement sets out usage and management of the joint library / community resource centre facility for the mutual benefit of the community, the Shire and the School.

For further information and a copy of the Agreement which sets out the Committee Rules can be obtained from Jeanette Bennett at the Shire Office (08) 9890 2500, or email shire@lakegrace.wa.gov.au.

Nominations **close on Friday 10th February 2017** and can be submitted to the Chief Executive Officer at the Shire of Lake Grace by email as per above or by post to:

PO Box 50

Lake Grace WA 6353



Shire of Lake Grace LOCAL PLANNING SCHEME NO.4

Notice of Public Advertisement of Planning Proposal

Planning and Development Act 2005
Shire of Lake Grace

The local government has received an application to use and/or develop land for the following purpose and public comments are invited.

Lot / House No: Lot 11 / No.7059
Street: Kulin-Lake Grace Road
Suburb: Lake Grace

Proposal: The ongoing storage and distribution of 15,000 to 20,000 tonnes of lime sand by Co-Operative Bulk Handling Limited at its grain handling and storage facility in the Lake Grace townsite.

Details of the proposal are available for inspection at the local government office and its website (www.lakegrace.wa.gov.au).

Comments on the proposal may be submitted to the local government in writing on or before the **3rd day of February 2017**.

Signed:

Dated: 16 January 2017

for and on behalf of the Shire of Lake Grace,
PO Box 50 Lake Grace WA 6353



Bushfire Bulletin

Ph: (08) 9890 2500 | Fax: (08) 9890 2599 | Email: shire@lakegrace.wa.gov.au

Total Fire Ban

A Total Fire Ban is declared on days when fires are most likely to threaten lives and property. In Western Australia, Total Fire Bans are declared by the Department of Fire and Emergency Services following consultation with local governments based on a range of criteria including forecast weather provided by BOM, bushfire activity and availability of emergency resources.

In addition to prohibiting lighting any fires in the open air, a Total Fire Ban also extends to any other activities that may start a fire. It is generally issued from midnight to midnight but may be revoked if the forecast weather does not eventuate or if weather conditions ease.

Vehicle Movement Ban

Vehicle Movement Bans are issued by local governments and place an even stronger restriction on Western Power's activities. Local governments will impose the ban when their Bushfire Control Officer is concerned that the use of engines, vehicles, plant or machinery (including mobile generators) is likely to cause a fire or contribute to the spread of a bushfire. Vehicle Movement Bans may be imposed for any length of time but are generally imposed for the 'heat of the day' and may be extended or revoked by the local government should weather conditions change. A Total Fire Ban may be in place at the same time as a Vehicle Movement Ban but not necessarily.

The Fire Danger Rating is based on the weather forecast and gives you advice about the level of bushfire threat on a particular day

Humour (cont.)

Third Place

After stepping around a marked police patrol car parked at the front door, a man walked into H&J Leather & Firearms intent on robbing the store. The shop was full of customers and a uniformed officer was standing at the counter. Upon seeing the officer, the would-be robber announced a hold-up and fired a few wild shots from a target pistol. The officer and a clerk promptly returned fire, and several customers also drew their guns and fired. The robber was pronounced dead at the scene by Paramedics. Crime scene investigators located 47 expended cartridge cases in the shop. The subsequent autopsy revealed 23 gunshot wounds. Ballistics identified rounds from 7 different weapons. No one else was hurt.

HONOURABLE MENTION

Paul Stiller, 47, and his wife Bonnie were bored just driving around at 2 A.M. so they lit a quarter stick of dynamite to toss out the window to see what would happen. Apparently they failed to notice that the window was closed.

RUNNER UP

Kerry Bingham had been drinking with several friends when one of them said they knew a person who had bungee-jumped from a local bridge in the middle of traffic. The conversation grew more excited, and at

least 10 men trooped along the walkway of the bridge at 4:30 AM. Upon arrival at the midpoint of the bridge, they discovered that no one had brought a bungee rope. Bingham, who had continued drinking, volunteered and pointed out that a coil of lineman's cable lay nearby. They secured one end around Bingham's leg and then tied the other to the bridge. His fall lasted 40 feet before the cable tightened and tore his foot off at the ankle. He miraculously survived his fall into the icy water and was rescued by two nearby fishermen. Bingham's foot was never located.

AND THE WINNER IS....

Zookeeper Friedrich Riesfeldt (Paderborn, Germany) fed his constipated elephant 22 doses of animal laxative and more than a bushel of berries, figs and prunes before the plugged-up pachyderm finally got relief. Investigators say ill-fated Friedrich, 46, was attempting to give the ailing elephant an olive oil enema when the relieved beast unloaded. The sheer force of the elephant's unexpected defecation knocked Mr. Riesfeldt to the ground where he struck his head on a rock as the elephant continued to evacuate 200 pounds of dung on top of him.

Painting

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Local references available

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0419 701 332



Puzzles & Stuff

Some words from the 22nd December edition of Boggle

Answers to 22/12/2016 Sudoku

Unwrapped
Prawned
Predawn
Undrape
Wrapped
Append
Dapper
Enwrap
Napped
Napper
Pander
Pauper
Pawnd
Rapped
Unread
Unwrap
Upward
Wander
Warden
Warned
Warped
Awned
Drape
Drawn
Nappe
Padre

Paned
Paper
Pared
Pawed
Prawn
Pupae
Raped
Redan
Wader
Waned
Anew
Aped
Awed
Dare
Darn
Dawn
Dean
Dear
Draw
Earn
Nape
Near
Pane
Pare
Pawn
Pear

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

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

C	P	C
E	A	I
G	N	T

This week's Boggle

lake grace engineering

***Hydraulic Hose Crimping & Fittings**

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

*General Steel Repairs & Fabrication

*Stainless Steel Fabrication

*Insurance Work

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

*Sandblasting & Spray Painting

*Transport Equipment Fabrication & Repairs

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

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

Email: adminlge@bigpond.com

Caltrop is About

Taken from Department of Agriculture website

With recent rains Caltrop is germinating! Please be on the lookout and take action to eradicate it.

What you should know about caltrop

Caltrop (*Tribulus terrestris*) is a summer-growing weed found widely throughout Western Australia. It is most common in areas of frequent spring and after summer rain.

Under the *Local Government Act 1995* it is a prescribed **pest plant** in a number of southwest and cereal growing shires of the State. However it is not a declared plant, and there is no requirement to report it to the Department of Agriculture and Food, Western Australia.

What you should look for

Caltrop has seeds that remain dormant in the soil for probably four to five years. They germinate after summer rain. Plants grow rapidly, flowering and forming new burrs within three to five weeks.

The trailing stems of caltrop are long and wiry. They are covered with fine hairs. The stems lie prostrate on the ground, radiating from a central taproot. The leaves consist of several leaflets arranged opposite each other on the stems. The leaves are fern-like and greyish-

green. Caltrop is often confused with doublegee; however, the latter has a green leaf similar to English spinach.

The flowers are small, less than 1cm in diameter, and yellow with five petals. Wedge-shaped burrs are formed in clusters of five, each with four or more long sharp spines.

Under cropping situations the weed is of little agricultural importance as it is a summer-growing plant, which does not affect winter crops. Sheep readily eat it, but there have been a number of confirmed cases of caltrop poisoning in sheep and goats. Caltrop is a nuisance around farm buildings, townsites, railway yards, roadsides, car parks, cycle paths and other recreation areas because of the sharp spiny burrs.

A heavy infestation after summer rain can produce an abundance of spiny burrs, which make it very uncomfortable for people and animals alike.

What you can do about it

Small numbers of plants can be eliminated by hand grubbing. The plants may be placed in a bag and disposed of in a bin or they could be dried and then burnt, if permitted by local council bylaws.

Congratulations to the 10 winners of our IGA \$100 gift vouchers

D M Willcocks

Anna Taylor

Di Desmond

Tracey Earnshaw

Nanette Wallace

Naomi Duckworth

Rita Marshall

Nick Smith

Deb Giles

Caryn Kirk



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LIFE and ALLOW YOU TO LIVE THE
LIFE YOU REALLY WANT.**

Just the Way it is For Country Music Lovers

Media Release - Boyup Brook Country Music Festival

"It's a plume of dust down an old dirt road, and hanging off the rails at the rodeo," and for so many, it's warm February days, sitting in the shade of gum trees by the river, surrounded by the buzz of people connected by a love of music. That's just the way it is at the Boyup Brook Country Music Festival presented by LiveLighter and for the first time, in 2017 the Country Music Club of Boyup Brook is thrilled to be welcoming the legendary Lee Kernaghan to its stage and will undoubtedly give us a show we will never forget in 2017.

Lee Kernaghan has cemented his place as one of the greatest Australian country music singers of our time, and to many, his songs are the embodiment of the Australian country. Winner of 36 Golden Guitars, Lee is second only to Slim Dusty himself, and has had over thirty number one hits on the Australian Country Charts. His most recent album, *Spirit of the Anzacs*, has been certified platinum and was number one on the Australian charts for four weeks. Lee is a rare blend of success and authenticity, and is a passionate supporter and advocate for rural culture. He has been awarded the Order of Australia in 2004 and was named Australian of the Year in 2008.

The Boyup Brook Country Music Festival is known not only for its amazing headline acts, but also for its incredibly diverse line-up that always has something for everyone. This year's show will deliver an array of local and national talent that country music lovers have come to expect. Crowd favourites such as Patrick McMahon, Karin Page, Gypsy Chicks and Red Ochre provide the audience with their authentic country sounds, while well-known interstate names Dave Prior, Acoustic Juice, Rohan Powell, Greg Champion, Carter and Carter and Justin Standley will cross the borders to grace the stage.

A number of events will be held from Wednesday 15th to Sunday 19th February and begins with a light-hearted Welcome event at the Caravan Park and the launch of the Art Awards at the Town Hall. Finalists of the West Australian Country Music Awards presented by LiveLighter have just been announced with 9 categories and \$9,000 in cash and prizes up for grabs. Winners across all of the categories will be announced at the 2017 event, which for the 32nd year running will be held at Boyup Brook during the Festival. Karin Page, winner of Best New Talent and Best Group two years in a row at the Awards with her former band China Doll, will also be returning as the recently crowned 2016 Toyota Star Maker winner.

The Festival also offers four days of fun with a friendly, country vibe. Street markets bustle with the hum of people and the sounds of buskers on the main street, and the Boyup Brook Ute and Truck Muster provides roaring entertainment through the streets of Boyup Brook. Campers and caravanners sleep beneath the stars over the weekend. Food stalls provide fresh food on site, and the Country Music Club of Boyup Brook's retail store, Hot Country, offers clothing, music,

footwear and accessories for attendees to browse or buy.

The Boyup Brook Art Awards, held in conjunction with the Festival, provide something a little different, showcasing great local talent, and the Festival, gives ample opportunities to bootscoot your way to lighter living, even providing lessons for those whose dancing is a little rusty.

There is something to keep everyone entertained, including workshops, the largest Bush Poets breakfast in WA, and lots of activities for the children. The Festival is built on the backs of its many volunteers, who work tirelessly to create a festival that has become one of the best in the country, and a must visit destination for all country music lovers.

For further information about the Boyup Brook Country Music Festival, or to purchase tickets, please visit www.countrymusicwa.com.au or phone 08 9765 1657.



ALBANY COMMUNITY LEGAL CENTRE

Staff from the Albany Community Legal Centre will be visiting the Lake Grace Community Resource Centre to give a short talk on what services the Centre offers.

Tuesday 14 March 2017, 1-2pm

Do you need Legal Advice?
Have you got your documents up-to-date?

Areas of law and advocacy include:

- Wills
- Criminal Law
- Enduring Powers of Attorney
- Family Law
- Enduring Powers of Guardianship
- Tenancy Advocacy
- Advance Health Directives
- Disability Advocacy
- Probate
- Community Legal Education

Please contact the Lake Grace Community Resource Centre to book in.

How Soil Organisms Can Help Plant Species Co-Exist

Media Release - UWA

A new study of shrublands in Southwest Australia has identified how plant species can successfully coexist while competing for space and limited resources.

A team of international researchers, including Dr François Teste, Dr Michael Renton and Dr Etienne Laliberté from The University of Western Australia, found that part of the answer for high plant diversity is due to the many organisms that live in soils.

The study is the first of its kind to show that soil organisms interact with the way plants absorb nutrients which plays an important role in maintaining plant diversity in rich ecosystems.

While some organisms are harmful to roots, causing diseases or even plant death, others are beneficial and enhance nutrient uptake and protect roots against harmful microorganisms.

Infertile shrublands in semi-arid regions support 20 per cent of the world's plant species on just five per cent of the land surface, and those of Southwest Australia are some of the most species-rich of all.

By understanding the reason behind this high plant diversity, researchers can explore solutions for the conservation of species-rich ecosystems.

The study, published today in the journal *Science*, looked at the interaction between a range of shrubland plant species and the organisms around their roots to

understand how they influenced plants' long-term coexistence.

Results reveal that soil organisms helped counteract growth differences between plant species. The researchers then used simulation modelling which showed this helped long-term coexistence of diverse plant species in ecosystems such as the Southwest Australian shrublands.

The researchers selected a large number of plant species and exposed them to soil organisms collected either from the plants own species or from other species.

While some plants grew better in their 'own' soils, many others actually performed best in the soils of other species.

Lead author Dr François Teste, said the results highlight the 'unseen' interactions that occur in soil.

"These interactions can enhance our understanding of the mechanisms that maintain local plant diversity, thus better informing ecosystem conservation efforts," Dr Teste said.


"Ultimately, our study should enhance our ability to predict the way plants and ecosystems respond to global environmental change."



- Sports injuries •Acupuncture •Work injuries
- Muscle and Joint pain •Post-op Rehabilitation

Lake Grace Medical Centre: Monday & Friday
Newdegate Medical Centre: Tuesday & Thursday

Appointments available

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movesmartphysio@gmail.com

Opening 6 February 2017

Karen Rodgers-Smart
(B.Sc) Physiotherapy



MoveSmart Physiotherapy

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- ◆ Forklift to load wool on farm
- ◆ Accreditation to load at Midland Brick
- ◆ We also cart bulk grain, fertilizer, lime, gypsum and firewood

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Darren on 0428 651 339



Ambulance Building...Linemarking, Compliance Signage, External Signage....and almost Telstra

Inside the building the locker room is finished, the fatigue management rooms have beds, bedside tables, lamps and a locker in them, and the mattresses are awaiting collection from Albany.

Instant Racking from Albany has quoted on the slot wall/slat wall system for the ambulance store room, and due to the price of the quote a second quotation will be needed.

The majority of the training room and office furniture is due late this week/early next week.

The kitchen is finished and the appliances are all in place, we just have some final wall finish to be applied above the cupboards by Lake Grace Cabinet Makers and that is done.

The debrief space furniture is now in place after a pickup visit to Albany by Ross Chappell and Amanda Milton. Unfortunately on the way back with the furniture trailer in tow, Amanda's ute came to grief with a Kangaroo 26km's south of Lake Grace. So it is a \$3,800 damage bill for the Navara... bother! At least no-one was hurt, the ute was still driveable, no furniture was damaged, just the excess to pay.

All fire safety and general safety signs are in place. The security system is in and functioning.

Chris and Josie Anderson of Eaton Engraving have been working with us on the internal signage i.e. signs for internal doors such as "Training Storeroom". Chris made a site visit on Boxing Day and we will have the majority of the door labels this weekend by personal delivery. Chris and Josie have donated the internal signage to the project, our sincere thanks to Eaton Engraving for their support.

Then there is Telstra!!! The good news is that late last week the contractor (after having the order for 3 weeks) came down and dug a new line from the west of our block to memorial drive and installed a new 50mm pvc conduit. They then ran a new 10 pair cable in that conduit from the east of our site to Memorial drive. They were paid to put in a cable from the east pit to the building, but that had already been installed by Lake Grace Communication. From memory we paid \$2200 for an upgrade of Telstra infrastructure when there was already a cable in the pit we could have linked into... go figure? But you have to pay or nothing happens.

After a ridiculous telephone guessing game with Telstra we finally found out there was only one person in St John Ambulance who could apply to have the phone line physically connected. Fortunately that person still works for the organisation... long story short, the line should be connected by the Thursday 19th January. A mere 81 days after our application was lodged and 1 year and 2 months since we started working with Telstra on the project. Talk about frustrating.

What does this all mean. We are finally moving. Our aim (minus hiccups to Telstra) is to move in the last weekend of January into the new building. This news will make our Men's Shed friends very, very happy.

Then it is the mad dash to the line for the GRAND OPENING - Saturday 25th February 2017 at 2pm. We want to make the place perfect for your visit. So please put the date in your diary to come... please come and let us say thank you.

If you have any questions or queries please contact the Project Manager - Amanda Milton on 0429 654 011.



No excuses for not knowing where to park.

Beware of Scams

Your Life Choices Newsletter

Coles is cautioning customers about a new email scam that offers random recipients a free \$500 gift card in exchange for a few personal details and liking its Facebook post.

The shopping chain is warning customers to ignore the fake message.

This new scam is another in a long line of email scams using major retailers' brands to 'phish' for personal details.

Woolworths, JB Hi Fi and Bunnings are just some of the stores being used as a front for fake emails.

The Coles email reads: "Congratulations! Your email address was selected! Please make sure you claim your chance to receive this \$500 Coles gift card".

Once clicked, customers are led to a social media page, asked for personal details and then to share or like its Facebook post in exchange for a gift card. If customers click any of the links they'll unsuspectingly download malicious software. Upon closer inspection, you'll also note that the unsubscribe email address is based in New York.

Coles has released a warning statement about the scam, informing customers that "These offers predominantly attempt to collect your personal details

or financial information. Coles will never request personal or banking details in unsolicited communications".

Cybersecurity experts are warning Australians not to be conned by increasingly sophisticated phishing scams such as this one from Coles and to report any such activity to Scamwatch.

Another scam doing the rounds is in relation to the shower head swap. The statement below comes from the Water Corporation.

It has come to our attention that a direct marketing company who has no connection or business relationship with the Water Corporation, has been contacting households directly by telephone offering a service where-by someone will come to the customer's home, to install the showerheads for them. This practice has been taking place in areas which include many of the towns currently eligible for the Regional Showerhead swaps and is a campaign on behalf of a Solar Panel sales and installation business, who are using a non-existent link to our Showerhead Swap programs in an attempt to generate sales leads for them. Consumer Protection are currently investigating these questionable and concerning sales approaches.

Accredited Forklift Workshop

9th & 10th February

Cost

To be confirmed

Need 6-8 people for the workshop to run.
Please phone the Lake Grace Community Resource Centre on 9865 1470 to book in.

**Must be 18
years of
age to take
part.**



Charlee's Piano Lessons

\$15 for 1/2 hour lesson



Ring Charlee Earnshaw on 0407 774 622
for more information or to book a lesson.

Cancer Support Coordinator

Sally Dickinson

CWA Bookings

House for Rent

Raffle Results

LG Sportsman's Club

Dr Linda Haines

1st Prize – Mart Carruthers (orange ticket L07)
2nd Prize – Donald Fleay (orange ticket (L15)
3rd Prize – Rosey Chircop (purple ticket L38)
We would like to thank everyone who kindly
donated and supported a very
successful evening.

FOR SALE

Dimplex GDC15RCWA Portable Air Conditioner / Heater

Has remote control. Heats/cool 29 square metres. Dehumidifier also. Works well, no longer needed as permanent systems have been fitted. Only used for one summer. \$500. Open to negotiation.
Ring Suzanne on 0427 651 310 / 9865 1310

Community Midwife

Sandy Slee the Community Midwife will be coming to Lake Grace the first Tuesday every month until further notice. Call Narrogin Primary Health on 9881 0385 to make an appointment.

CHURCH TIMES

Anglican Church of Lake Grace

Sunday 22nd January
Lake Grace - no service

Sunday 29th January
Lake Grace - no service

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

Lake Grace Catholic Church

Sunday 22nd January
Lake Grace 10am

Sunday 29th January
Lake Grace 9am (C/S)

For inquiries and request for home visitation,
please contact Fr Joseph Sousa 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 midday onwards		
CWA	Irene McGlinn	08 9865 1148	irenemcglinn@bigpond.com
Early Learning Centre (Daycare)	Vicki Reynolds	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	Lauren Duckworth		laurenalex@westnet.com.au
Summer Sport			
Lake Grace Cricket Club	Rebecca Reynolds	0417 923 284	rjleigh80@yahoo.com.au
Lake Grace Bowls Club	Claire Pelham	0457 207 749	richie21claire@yahoo.com
Lake Grace Tennis Club			
Tarin Rock Tennis Club			

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 <i>Southern AgCare Counselling</i>	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 <i>Fair Programme</i> 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
Jeanette de Landgraft (<i>Pres</i>)	9838 9062	9838 9041
Steve Hunt (<i>Vice Pres</i>)	9865 1650	
Len Armstrong	9871 1334	9871 1317
Ross Chappell	9865 4058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Allan Marshall	9865 3022	9865 3012
Murray Stanton	9865 1329	9865 1223
Roz Lloyd	9871 1534	9871 1676
Andrew Walker	9865 1241	

COMMUNITY CALENDAR

January / February

Fri 20	Fish & Chips @ Sportsman's Club Dr Linda Haines in Lake Grace
Sat 21	Craft Group at CWA 12 noon onwards Rubbish tip open Steak Tea @ Sportsman's Club
Sun 22	Rubbish tip open
Mon 23	Rubbish Collection & rubbish tip open Recycling Collection
Tue 24	Men's Shed (morning) Chair Aerobics 10:45am at Village Hall Building Surveyor in Lake Grace
Wed 25	Rubbish tip open
Thur 26	Australia Day Breakfast at the Pool
Fri 27	Fish & Chips @ Sportsman's Club Dr Linda Haines in Lake Grace
Sat 28	Rubbish tip open Craft Group at CWA 12 noon onwards Steak Teas @ Sportsman's Club
Sun 29	Rubbish tip open
Mon 30	Rubbish Collection & rubbish tip open
Tue 31	Men's Shed (morning) Chair Aerobics 10:45am at Village Hall
Wed 1	Rubbish tip open School Starts for Year HACC Activity & Morning Tea 10-11:30am
Thur 2	Cricket Training Bowls Training - 5:45pm

25th February - Ambulance Building Opening
 27th February - Roles of the Committee workshop (Newdegate)
 3rd March - Driving Assessor in Lake Grace (TBC)
 11th March - State Election
 14th March - Albany Legal Service in Lake Grace
 28th March - Constitutions workshop
 6th April - Drug and Alcohol information session (TBC)

Coming Events

3rd February - Driving Assessor in Lake Grace TBC
 3rd February - Green vs Mundine fight
 7th February - Building surveyor in Lake Grace
 9th February - Review of Wards and Representation
 9th & 10th February - Forklift Workshop
 13th February - Budgeting workshop (evening)
 14th February - Budgeting workshop (morning)
 20th February - Roles of the Committee workshop



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

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