

LAKE'S LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
School Place

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

Email: lakegracecrc@westnet.com.au

ABN: 19 498 730 152

Website: www.lakegracecrc.net

28th January 2021

\$1.50 inc GST

Vol 27 Issue 1

FRRR Funding a Boost to Men's Shed Workshop

Suzanne Reeves



Lake Grace Community Men's Shed President Walter Perry with members, Pat O'Neill, Allan Zweck and Chris Harvey with their latest acquisition.

Thanks to the Foundation of Rural and Regional Renewal the Lake Grace Community Men's Shed have added some new 'toys' to the workshop.

In pride of place is a HAFCO 20" Bandsaw which is able to handle much larger projects than the previous saw, as well as being able to cut at angles. The capability of the saw will enable members to take on a wider range of projects - all adding to the fun of being a part of the Men's Shed.

Other items purchased were a compound vice that is set

up with the bench top drill, a 200mm benchtop grinder, a HAFCO scroll saw and accessories to go with the new tools..

Funding of \$2,750 from FRRR paid for the bulk of the items, with the Men's Shed only having to contribute a further \$900.

If you would like to be a member of the Men's Shed then drop into the Shed on a Tuesday or Thursday morning or alternatively give the CRC a call on 9865 1470.

CONTENTS

• Page 1	FRRR Funding For Men's Shed	Page 20	From the Archives
• Page 3	Editorial	Page 21-24	Shire Pages
• Page 4	What's Happening	Page 25	Book Review
• Page 5	Facelift for Playgroup	Page 26	COVID Affected Tenancies
• Page 6	Water Supply in a Bushfire	Page 27	The Legend of Garlic
• Page 7	Getting the Best out of Your Makeup Kit	Page 28	Puzzles and Stuff
• Page 9	LGDHS End of Year Awards	Page 29	Bits & Pieces
• Page 11,12	Australia Day Celebrations	Page 30-31	Reflections - Rosemary Bywaters
• Page 13	Fantastic Service on Offer in LG	Page 34-36	Nightwitches
• Page 14	Regional Men's Health	Page 37-39	Australia Day Nominations
• Page 15	Getting to Know	Page 40	Classifieds
• Page 16-17	Police News	Page 41	Town Information
• Page 19	Containers for Change	Page 42	Calendar

LAKES LINK NEWS

2021 Advertising Rates

	Non Profit Org	Members	Non Members
Classified	FREE	FREE	\$1 per line
Public Notice	FREE	N/A	N/A
1/8 page	FREE	FREE	\$14.00
1/4 Page	\$13.50	\$16.50	\$20.00
1/2 Page	\$22.00	\$27.50	\$35.00
Full Page	\$37.50	\$50.00	\$60.00
Insert (d/s)	\$33.00	\$33.00	\$50.00
Thank You's	FREE	FREE	FREE
Editorial	FREE	FREE	FREE
Colour	\$165.00	\$165.00	\$200.00

Conditions do apply.

CRC Opening Hours

9:00am - 5pm

Closed from midday to

1pm for lunch when short staffed.

Deadlines and Editions

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

Next Deadline
Monday 8th February

Next Edition
Thursday 11th February



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

Gwen Oliver Lee Duckworth
Dick Phillips Annie Slarke

Thank you also to our many contributors of articles.

DISCLAIMER

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

280 copies circulated each fortnight

Editorial

- Well the holiday is over and it's back to business for 2021. Thank you to everyone who has been sending material in during January and once again we've had a terrific response from our advertisers.
- During the holidays we had our Skincare and Makeup for girls, the girls had a great time and a big thank you to Shenae for coming on board.
- We've got plenty more workshops coming up, please ring or email the CRC if you would like to register your interest:
 - Understanding Grief & Loss - Wednesday 17th February - FREE - plenty of places still available - need RSVPs for catering.
 - Thursday 25th February - 10am - Let's talk about Road Safety - Men's Shed - All welcome. FREE. RSVP for catering.
 - Managing Conflict and Challenging Behaviours - Wednesday 3rd March - FREE - 3 places still available.
 - Forklift Accreditation - 17th & 18th March - Booked out.
 - Auschem Accreditation - two day workshop - 29th & 30th March - need 8 participants for this to go ahead - Cost TBC.
 - Auschem Refresher - one day workshop - Wednesday 31st March - need 8 participants for this to go ahead - Cost TBC.
 - Forklift Accreditation - 21st & 22nd April - 1 place available - cost TBC.
 - Tenancy Information Session - 23rd April 11am - midday. One-on-one half hour sessions from 1:30pm-3:30pm. FREE.
- Now there are other workshops that we're interested in organizing but we need some commitment of numbers as soon as possible for these to go ahead.
 - HR - we do have a date for this, it will be the week beginning the 22nd Feb, costs are yet to be confirmed but PLEASE get in touch if you are interested.
 - HC/MC - we are looking at March for this workshop, as with the HR we do need your responses asap if you're interested as it does take some time to do the paperwork. Costs are yet to be confirmed.
- We also have a school holiday activity planned (in conjunction with the Shire) for primary school aged children on the 7th April. Sports Inflatables will be set up in the Hall; the first 1.5 hour session will be for 4-7 year olds (a parent/guardian will have to be there for each family); this will be followed by a 3 hour session (broken up by lunch) for the 8-12 year olds. We do need parent volunteers for this to go ahead. We encourage parents to register their interest now so that we know we have the support for this activity to go ahead. More information on this fun holiday activity in the next Lakes Link.
- Also during the April school holidays we have our 'Basic Car Maintenance and Safety' workshop for 16-18 year olds. As well as car maintenance the group will learn about safe cars, legalities, what to do in an accident and the role of emergency services. This is fully funded as part of the Youth Engagement Grant and will include lunch, there are 12 places available.
- The CRC is currently working towards a reprint of John Bird's 'Across the Lake'. However we are looking for copies of the photos that were put in the original book so that we can maintain clarity. If you offered some of the photos for use in the original we would love to be able to borrow the photos and rescan.
- We have been asked for an iPad workshop for seniors, if this is something you might be interested in then please give us a call or drop in and have a chat.
- Thank you to the Lake Grace Development Association for nominating the Harvest Festival for the Citizenship awards and well done to the Lake Grace-Pingrup Football Club for getting the nod.

Suzanne Reeves

Understanding Grief and Loss

A free workshop

17th February 2021

9am - 1pm

This workshop will assist participants in supporting family, friends, community and themselves through unexpected grief and loss as a result of trauma.

Contact the Lake Grace CRC on 9865 1470 or lakegracecrc@westnet.com.au to reserve your place.



About Town

- Congratulations to Drew Marshall and Jess Garcia Zoiti on the arrival of their baby girl Matilda Evelyn (pictured below) born on 30 December 2020. A sister to Hudson.



- Congratulations to Jason Taplin and Claire Crosswell on the arrival of their baby boy, Hayden Graeme (pictured bottom left). Hayden arrived on the 20th January in Albany and weighed in at 4.32kg and measured 54cm.
- Condolences to the family of Elizabeth Carruthers who passed away on 19th January at 85 years of age. Our thoughts are with Greg & Paula, Brett & Jill, Annette & Kel and their families.
- Sympathy also to Di Gray, whose mother Millie Tyler, passed away recently.
- It's a belated happy first birthday to Axel Slarke (16th January) and Bridie Gray (26th January) whose special days didn't quite make it into the December edition of the Links.
- Farewell to Matthew (Merv) and Mikaela Spurr and their daughters Ariya and Cara who have relocated to Karlgarin. I'm sure we'll still see them around the traps.
- Welcome to community paramedic Shelley Johnstone, husband Hayden and three children who have relocated to Lake Grace.

Happy Birthday



- | | |
|---------------|---|
| 28th January | Rhiannon Stubberfield
Dennis Gittos |
| 29th January | Amber Pearce
Darcey Pelham |
| 30th January | Aylah Withnell |
| 1st February | Judd McKenzie |
| 2nd February | Mirella Jones |
| 3rd February | Peter Medlen
Joel Giles |
| 4th February | Cheryl Chappell
Misha Clarke
Leighton Trevenen |
| 6th February | Joe Trevenen
Bobby King |
| 8th February | Anna Strevett
Adam Hunt
James Morgan
Lydia Murray
Rohan Ballard |
| 9th February | Derek Stanton
Joyce Gilson |
| 10th February | Georgia Garard
Katara Chappell
Trevor Wheeler |

Anniversaries



- | | |
|--------------|----------------------|
| 29th January | Michelle & Peter Lay |
| 6th February | Kerrie & Greg Argent |

Facelift for Playgroup

Amy Jones

Lake Grace Playgroup is one of the luckiest Playgroups around. Not only do we get sole use of a large building that was purpose built to be used by small children, the Lake Grace Shire allows us to use it for free! I have heard of many stories of Playgroups that are in a tiny room, or have to share with other groups, which means their toys all have to be packed away every session.

As well as that, our "Sunroom" has just had some much needed upgrades, thanks once again, to our Lake Grace Shire.

The ants, as strange as it was, decided that the sunroom walls were super tasty, and over the years have been munching away. A quick meeting with Craig Elefson and within a week, we had brand new walls all nicely painted with a crisp modern white.

That, along with new curtains (which Playgroup supplied) and new flooring (paid for by Lake Grace Shire, organised by Sarah Clarke, installed by Narrogin Flooring) makes the sunroom up-to-date and welcoming! A perfect spot for all our toys to be played with, and bikes to be parked.

Thank you to the Lake Grace Shire and the Lake Grace Playgroup Committee for being to proactive in updating our sunroom so well. It looks marvellous!



Lake Grace Sportsman's Club

Seeking interest for secretary/
treasurer position.

Previous experience with MYOB accounting
software preferred.

Resumès to be addressed to President Steve Hunt,
mark the envelope 'Private & Confidential' and
drop off at the Sportsman's Club

Any enquiries to Steve 0427 651 585 or to Annie
Argent 0427 569 834.



Low Tox Life with Lakes Oilers

Soap & Body Lotion Making Workshop



Thursday 4th February 2021

Lake Grace CRC

2pm & 6pm (2 hour workshop)

Booking essential - to RSVP or for more information call
0428 993 293

Come and learn how to make your own soap and body
lotion, its easy, fun & low tox, workshop is free.

Soap and lotion available to purchase.

*Young Living Essential Oils & Product Information also
available*

Water Supply in a Bushfire

Media Release - Water Corporation

If you plan to stay and defend your home you must have an INDEPENDENT water supply and pumping capability. Scheme water may not be available due to damaged infrastructure and cuts to electricity. Experience shows that when there is extreme demand, water supply and pressure are at risk.

Each year, Water Corporation prepares for the bushfire season to cope with extreme conditions. Despite these efforts, it is likely, in the event of a bushfire, there will be a reduction in water pressure, and scheme water supply tanks may run dry.

Use the Department of Fire & Emergency Services resources to develop a bushfire survival plan that is suitable for your family and personal situation: You can find more information online at: DFES Fire plan You can also download the My Bushfire Plan app via the App Store or Google Play, to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, people with groundwater bores and surface water access can take and store emergency water without it counting against their entitlements. For more information on this and for the location of emergency bushfire water supplies in

dryland agricultural areas visit the Department of Water and Environmental Regulation's website.

Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

Assistance for customers affected by bushfire

After a bushfire we are able to assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on 13 13 85.

The Emergency WA website provides emergency information and community safety warnings. Call 000 in a life-threatening emergency or the SES 132 500 for emergency assistance.



Is your vehicles air conditioning keeping you cool?

ACDC Auto Electrics offers the below on cars to earthmoving machinery with the use of genuine quality parts.

- Service and repairs
- Hose replacements
- Re-gas Systems
- Pressure checks / leak detections
- Fault finding

Call Aaron on 0429 905 452

Servicing Lake Grace and surrounding areas

RTA NO: AU42693

LIC NO: L121418

Getting the Best Out of Your Makeup Kit

Suzanne Reeves

Thanks to funding from the Department of Communities nine young ladies from Lake Grace were able to upskill on skincare and makeup from local beauty therapist, Shenae Prater. Makeup is important to girls and having the knowledge to use it to its maximum effect is a real confidence booster.

This is the third of five workshops that have either been fully or partially funded from the Youth Engagement grant that the Lake Grace CRC received in 2020.

Looking after your skin is something all of us have slipped up on at one point or another; not applying sunscreen or going to bed with your makeup on. As for applying makeup that too can be pretty hit and miss for the occasional user.

Shenae has been working in the beauty industry for over eight years and has a lot of knowledge to pass on, such as:

- Using appropriate cleansers, some are too harsh and can activate the oil glands to increase production - therefore defeating the purpose
- Using a moisturiser - some girls are put off as they may already have oily skin - persevere (or get some advice) and find the right one for you
- Knowing how to use concealers for those blemishes (unfortunately you continue getting those forever) and finding the right foundation for you and how to apply it
- Then there was the eyeshadow, eyeliner, mascara and lip gloss.

By the end of the two hours the girls were all looking WOW - enhancing their natural beauty without overdoing it. To quote Shenae, 'Its practise, practise, practise'.

If your daughter was unable to get to the workshop and you would like her to have some tuition then give Shenae a call on 0488 090 939 and arrange a private session.



Beauty Consultant, Shenae Prater, demonstrates blending on Ali-Rose Chircop.

Stay On Your Feet



Free Seniors Program

Tuesday - 10:00 AM

at the Shire Hall

Restarts 2nd February



Daily freight service to and from Perth

- For all your wool and general freight requirements
- Secure depot at:
 - BW James,**
 - 19-21 Hodgson Way,**
 - Kewdale**
- Forklift to load wool on farm
- Accredited to load at Midland Brick
- We also cart bulk grain, fertiliser, lime, gypsum and firewood

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

For all your freight needs call:

Darren 0428 651 339



Tiny Tots First Aid course

Choking, anaphylaxis, asthma... would you know how to respond?

Be prepared for an infant or toddler first aid emergency with this St John Accredited course.

Upcoming courses at your local sub centre:

Lake Grace Sub Centre, Lot 501 Stubbs Street
Thursday 11th Feb 2021
9am - 12.30pm

Book online: stjohnwa.com.au/first-aid-training or
Call: Northam St John 08 9621 1613

You can find and contact your local sub centre here:

Lakegrace.subcentre@stjohnwa.com.au
0428 110 446 Office Hours Tues & Fri 9am - 2pm

Lake Grace DHS 2020 Awards

Primary Awards

Year 1 Endeavour	Matilda Duckworth
Year 2 Excellence	Charlie Bell
	Zane Harwood
Year 3 Endeavour	Jonti McKenzie
Year 4 Endeavour	Taj Trevenen
Year 4 Excellence	Paige Trevenen
Year 5 Excellence	Hope Lankford
Year 6 Endeavour	Madison Chircop

General Primary Awards

Music	Payton Callope
Nat Fyfe PE	Sheree Duckworth
Year 6 Awards	
Woodside Scitech (F)	Morgan Chatfield
Woodside Scitech (M)	Taj Carruthers
Citizenship	Madison Chircop

Secondary Awards

Year 7 Endeavour	Maddison Steicke
------------------	------------------

Year 8 Endeavour	Tamika Cross
Year 9 Endeavour	Sofia Mycock
Year 10 Excellence	Neha Dwarakanath

General Secondary Awards

Arts	Sara Bray
Home Economics	Kitana Ludke
Digital Technologies	Sofia Mycock
D & T	Sara Bray
Nat Fyfe PE	Ava Leigh
Citizenship	Sara Bray
ADF Long Tan	Neha Dwarakanath
ADF Future Innovators	Neha Dwarakanath

Whole School Award

Student Council Leaders	
Tamika Cross	

Year 10 Scholarship

E & C Bennett Memorial Scholarship	
Neha Dwarakanath	

Kulin Transport

Since 1988

Now available for machinery cartage and oversize loads. Deck Widener to 4.2 meters. Competitive prices with reliable and efficient service.



Grant & Katharine Robins

PH: 0427 801 329

Email:

KULTRANS@BIGPOND.COM

Lake Grace Weather

Date	Min	Max	Rain
16/12	11.8	26.2	
17/12	10.9	25.6	
18/12	11.4	28.3	
19/12	13.1	32.0	
20/12	13.9	28.6	
21/12	11.3	28.2	
22/12	11.8	31.5	
23/12	12.8	35.2	
24/12	21.2	39.1	
25/12	21.1	41.6	
26/12	15.9	29.0	
27/12	11.1	23.1	
28/12	10.3	29.1	
29/12	14.1	32.9	
30/12	18.5	36.8	
31/12	19.2	33.4	
1/1	15.5	29.2	0.4
2/1	15.5	27.0	
3/1	12.9	27.0	
4/1	12.0	27.4	
5/1	12.9	29.7	
6/1	12.0	32.0	
7/1	16.2	35.1	
8/1	16.1	34.3	
9/1	25.1	40.1	
10/1	21.9	31.1	
11/1	14.5	28.4	
12/1	12.6	32.7	
13/1	14.3	26.7	
14/1	12.7	27.5	
15/1	12.8	26.8	
16/1	11.9	29.1	
17/1	13.1	31.0	
18/1	16.1	34.3	

Date	Min	Max	Rain
19/1	20.7	37.5	
20/1	21.1	31.3	
21/1	16.7	32.0	
22/1	15.9	38.8	
23/1	15.7	38.3	
24/1	17.8	30.3	
25/1	16.6	28.5	
26/1	12.5	30.4	

[Patriotism]...is a word which always commemorates a robbery. There isn't a foot of land in the world which doesn't represent the ousting and re-ousting of a long line of successive "owners" who each in turn, as "patriots" with proud swelling hearts defended it against the next gang of "robbers" who came to steal it and did...and became swelling-hearted patriots in their turn."

Mark Twain

Defibrillator Locations in Lake Grace

- **Liberty Roadhouse**
cnr Stubbs St/South Rd - publicly accessible AED
Open 7 days 6:00am - 8:00pm
- **IGA - Lake Grace Plaza**
Stubbs St (centre of town) - publicly accessible AED
Open 7 days 6am-7:45am 8:30am-5:30pm
- **St John Ambulance sub centre**
Stubbs St (accessible 24 hours a day)
Contact 000 in case of emergency
- **Sporting Pavilion**
publicly accessible AED when pavilion is in use
- **Lake Grace Police Station**
Stubbs St (accessible 24 hours a day)
Contact 000 in case of emergency
- **Lake Grace Men's Shed**
Bennett St.
Open 8:30am to midday every Tuesday
Contact 000 in case of emergency
- **Lake Grace Swimming Pool**
Bishop St
publicly accessible AED during opening hours
- **Lake Grace Sportsman's Club**
Stubbs St
Publicly accessible??

If you are responsible for a defibrillator or have one in your building be mindful that the pads need to be in date and battery may be running low (may beep). If you have any questions contact Donna Skerris at the Lake Grace Subcentre on a Tuesday or Friday on 0428 110 446.

Australia Day Celebrations

Suzanne Reeves

Once again it was a fantastic event - a full on breakfast supplied by the well-oiled team of Lions and a well run formal side of the day hosted by the Shire of Lake Grace.

It was great to see three of our Irish friends become our newest Australians - congratulations to Jenni Roche and Chris and Lydia Cody. Welcome to the ranks.

Wonderful to see such a good turnout, with the children waiting patiently for the formalities to be out of the way so they could launch themselves into the pool and take advantage of the toys that the Shire had purchased.

Congratulations to the nominees and successful winners of the Australian day awards:

Citizen of the Year - Brenden Desmond

Senior Citizen of the Year - Dick Phillips & Rosemary Bywaters nominated - winner was Rosemary.

Event or Organisation - LG-P Football Club for the Big Freeze and the Lake Grace CRC for the Harvest Festival - winner was the Lake-Grace-Pingrup Football Club

Continued page 37



Lake Grace Shire President Len Armstrong with our newest Australian citizens; Lydia Cody, Chris Cody and Jenni Roche.



Above: Luke Bairstow (representing LG-P Football Club), Brenden Desmond (Citizen of the Year), Suzanne Reeves (representing LG CRC), Rosemary Bywaters (Senior Citizen of the Year) & Dick Phillips (nominee for Senior Citizen of the Year). Photo - Cheryl Chappell.



Chiara Letter and Justin Carruthers with their baby boy Levi; with Macy, Tor and Brenden Desmond.



Above: Paul, Madison, Michelle and Trevor Wheeler.



Left: Keith Higgs, Margaret Duckworth, Glenda Slarke and Lenore Gladish.

Australia Day Celebrations *(cont.)*



Above front: Stephanie, Damian and Jason Lay. Back: Joe Trevenen and Jeff Lay.



Dylan Robertson and Lauren O'Neill



Geoff Sabourne, Caitlin Dowling & Ella Leigh



Jo Oatridge, Jo & Leon Morgan, Scott Oatridge



Dick Phillips, Cade Moore, Lorrie Carter, Jaida Moore, Joyce Gilson, Shaun Clarke, Donald & Nanette Wallace



Above: Vicki Reynolds, Luke, Kate, Jemma, Eva & Abby Bairstow; Linkin Eaton standing at left. Frankie, Judd (standing), Symone, Jonti & Jeff McKenzie.



Left: Doug Clarke, Rosie & Shane Timperley, Ashley Mahoney (obscured), Chris & Lauren Leeson, Lydia Cody, Justin McHugh, Lauren Russell, Chris Cody, Tash McHugh & Kevin Caffrey.



Right: Rosey & George Chircop.

Fantastic Service on Offer in Lake Grace

Suzanne Reeves

Like the rest of us the Driver Reviver van hadn't had an outing in many months due to COVID. For 2020 we had the van out for the four days leading up to Christmas as we knew there would be plenty of traffic on the road. With many travellers being quite self sufficient and less than pleasant temperatures we can never be sure as to how many visitors the van will get.

What is truly pleasing to see is how many volunteers put their hands up to help, especially the children. And they're not reluctant volunteers, they're always quite excited and get involved with putting out the signs and furniture. Funnily enough I had to get instruction from a 12 year old as to how to put up one of the new teardrop banners - but now I know what I'm doing.

I always hope that there will be a good flow of cars pulling in while the children are volunteering as it reinforces the value of the service they're providing and also sets good habits for when they are older and start driving themselves. I encourage locals to drop in if you see any families volunteering - it gives the children practise!

We had 22 volunteers over the four days, with the van open for 20 hours. Fifty two motorists took the opportunity to stop, have a chat, beverage and that all important break. Motorist, Mark Holland, emailed a

photo and voiced his appreciation of what a fantastic service to have on offer in regional WA - he enjoyed his cuppa as it broke his journey and gave him the all important break that he needed.

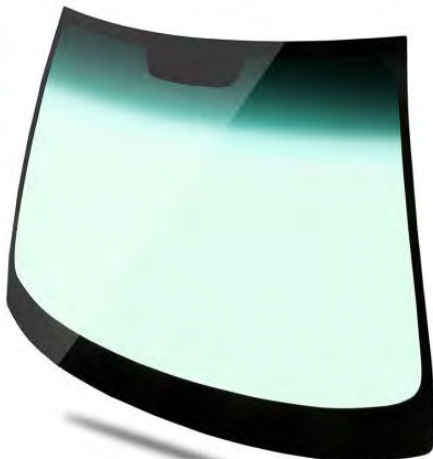


A very appreciative traveller, Mark Holland took this photo of Jacquie Garrett and Gwen Oliver when he stopped for a break on his journey to Esperance.

Windscreens Replacements

Passengers & Commercial vehicles & trucks

Maalouf ford McMahan st Lake Grace
Mob 0427 651 261 office 98 651 261
EMAIL lakegracesmashrepairs@westnet.com.au



STUBBY'S ELECTRICAL PTY LTD T/AS

OUTBACK

LIC NO EC 0041 97



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

Split system air conditioning installation and decommissioning.

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

Ditchwitch hire and cable location.

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

Stubby 0429 651 092 or Reid 0429 651 069

Office 9865 1092 all hours Fax 9865 1328

LIC NO :EC004197

RTA NO :AU29828

Gauge Your Guts – Why it's Important!

Regional Men's Health - 08 9690 2277 - menshealth@4blokes.com.au

As a nation we are continually being told that we are fat and getting fatter with two thirds of Australian adults now considered overweight or obese. This is no surprise when most of us are living a more sedentary lifestyle and eating more highly processed foods. While we might like to joke at the pub about our '6-pack turning into a keg' there are some serious risks to our health and wellbeing if our panels are bulging. Carrying around extra weight increases our risk of chronic illnesses including type 2 diabetes, cardiovascular disease (pump and pipes), and some cancers including bowel, kidney, and thyroid. So, how do we determine if we are carrying around risky levels of excess fat?

Two of the main recognised methods are body mass index (BMI) and waist circumference. The BMI is a quick measure that compares our weight to our height. The BMI is a useful but not perfect measure because of its inability to distinguish fat mass from lean mass and the distribution of body fat. The waist circumference (measured from tummy button) is a good measure of the risks associated with excess weight because of its ability to indicate fat in the high-risk locations. It is well known that excess fat around our middle carries the risk of obesity related health issues due to its link to visceral fat (the dangerous fat that coats our internal organs). Due to hormonal differences, our stomach area is where blokes often store fat, as opposed to

women where it often gets deposited on the hips and thighs.

In general, the risk thresholds for adult waist measurements are:

	Waist Circumference	
	Men	Women
Risk Range	94 cm to 102 cm	80 cm to 88 cm
High Risk Range	> 102 cm	> 88 cm
<i>Source: National Health and Medical Research Council Guidelines (2013)</i>		
> Greater than		

Keep in mind, this is a guide only and identifying risk should always involve a discussion with our GP about a holistic approach to our current health behaviours. If after gauging our guts we find that our panels are bulging, there are some simple steps we can all take to reduce that waistline:

- ✓ **Move more** - walking the dog or kicking the footy are good places to start and incorporates exercise into our daily lives.
- ✓ **Choose smaller portion sizes** - adopt an eating pattern where our food intake matches our calorie needs.
- ✓ **Adopt a healthy diet** – eat more fruit and veg, less junk food and sugary drinks.
- ✓ **Limit alcohol intake** – drink no more than two standard drinks per day, incorporate alcohol-free days and remember "low carb beer" isn't necessarily low calorie!

Don't be tempted by unsustainable "fad diets" that promise quick results and may involve eliminating foods that contain necessary fuel that our bodies need. Remember, we always need to consult our GP or other health professional (dietitian, physiotherapist etc.) if we plan on making substantial exercise or dietary changes.

For more men's health and wellbeing information, check out our Working with Warriors® Podcast Series which was launched on the 19th June 2020 and is based on conversations around men's wellbeing and health from our Working with Warriors® education sessions. The short podcasts, regarding a man's approach to his wellbeing and health, are now available to listen to via our website or on Spotify, Apple Podcasts, Google Podcasts, and numerous other podcast directories.

"You didn't gain all your weight in one day; you won't lose it in one day. Be patient with yourself."

Peter Rundle MLA Member for Roe

Narrogin Office

PO Box 378
Narrogin WA 6312
Ph 08 9881 1225
Fax 08 9881 3082

Esperance Office

107 Dempster St
Esperance WA 6450
Ph 08 9071 6555
Fax 08 9071 6788

Peter.rundle@mp.wa.gov.au

www.peterrundle.com.au

[@PeterRundleMLA](https://www.instagram.com/PeterRundleMLA)

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



THE NATIONALS
for Regional WA

Getting to Know....

Rosie Timperley

1. Name: *Amy Pentin*
2. Occupation: *Customer Consultant at Bankwest*
3. How did you come to be living in Lake Grace? *We moved here from Tenterden. Everyone told us Lake Grace was a great community so we decided to move here.*
4. What is one of your hobbies? *Gaming online - I play with a lot of streamers all over the world.*
5. If you could get on a plane tomorrow and fly out somewhere, where would you go? *I would fly back to New Zealand to catch up with all my friends there.*
6. What is one thing that really annoys you? *Any kind of bullying.*
7. If you could only listen to one singer/musician again, who would it be? *Corey Taylor*
8. What do you think the world needs more of? *Long weekends.*
9. Who would play you in a movie about yourself? *Iliza Shelsinger - she has the same sense of humour as me.*
10. If you could invite anyone in the world to your dinner table, which 3 people would it be? *Corey Taylor, Kevin Hart and Iliza Shlesinger.*



ADEQUATE SHEARING



Call Tiwai McRoberts 0418 594 981

Stephanie Keeble 0418 951 500

**Reliable teams, quality shearing, competitive rates,
with over 20 years' experience.**



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. Travis Taylor, SC Fiona Main. PC Scott Oatridge

Welcome back everyone, hopefully we all had a great Christmas/New year break without much drama. Kids will be getting ready to go back to school shortly; exercise and fitness programs will be started to work off the excesses that were the holidays not to mention the new year's resolutions made. I am hoping 2021 will be better than last year. Here's hoping.

STATION NEWS

Staff minimum tenures are all but completed, allowing new opportunities for those staff wanting to relocate to a new position within the police force. At the moment we are all quite content remaining in Lake Grace looking after the district for the foreseeable future, barring any major changes from District office or the Commissioner.

A new recruitment drive has just been released with the WA Police force looking for a further 900 officers over the next three years. I asked the question if Lake Grace would pick up another full-time position as a result and sadly the answer was no. However, if you or anyone you know is keen to consider stepping forward you are more than welcome to come down to the station and have a talk with us to see if it's a job you might like to do. It is well known that country folk make excellent coppers.



Scotty is still away on annual leave for another week sunning himself. He will only be back for a week and he will then be off to Kalgoorlie as the staff relieving rotations crank up again. Hopefully this will end by April and everything can go back to normal.

COVID NEWS

So it has been a year since the first covid case was identified in Australia. Currently as things stand, covid contact registers are still in force in all social gathering areas and licensed premises. These registers will be used for contact tracing should ever the need arise. (hope not).

New directions were received only yesterday that travellers from NSW and QLD now have to quarantine at a suitable location for 14 days after arrival in WA. They must have a valid G2G pass and undertake the covid test on the 11th day. We have completed numerous covid checks in the past six months in all sorts of places. WA Police take them very seriously and they are a high priority. We have had little to no issues here in our covid free sub district.

CRIME

Over the break Lake Grace has had very few issues and nothing significant occurred, unlike many of the surrounding subdistricts where we spent quite a bit of our time assisting other stations. There were car crashes, stolen motor vehicles, drug seizures, bikie runs and warrants executed. Still be vigilant though, as property theft from farms is on the rise including fuel, implements and tools. Consider the use of CCTV in those areas especially if your sheds are close to the road.

TRAFFIC NEWS

Although there were NO *double demerits* for Australia Day there will be **DOUBLE DEMERITS** for the Labour Day public holidays. This starts midnight 25 February 2021 and lasts until midnight the 1 March 2021. Police will be targeting the following:

- Speeding
- Seatbelts
- Drink and drug driving
- Stop signs and stop lights
- Mobile phone use and
- Anti-social driving (Hoons)

Lets all be careful out there. Drive safely to wherever you are travelling and return. Police will be everywhere apparently.

Unfortunately, there have been several fatal car crashes in the surrounding subdistricts, luckily none (touch wood) have occurred in our subdistrict. Many of the crashes are single vehicle crashes into trees or rollovers on straight sections of road???. However of the last five fatals it was determined none were caused by excessive speed, but by the non-wearing of seatbelts. Using your face to remove the vehicles windscreen or side window as you involuntarily exit the vehicle at speed because you have come to a sudden stop will and does kill you. WEAR your belt. Even if its only a short trip down to the shop. Heavy vehicles are not exempt either. Police will be looking for that belt

POLICE NEWS *(cont.)*

sash across your chest against the hi vis vest or shirt. Save some money, save some points and save your life.

Liquor Licensing

Over the festive season, we were fully prepared for some "out of line" behaviour in the liquor licensing department, but I'm pleased to say that there was nothing major reported to us over this time, however, since the beginning of 2021, we have not had a great start.

We have had some reports from our licensed premises of unacceptable behaviour. This will not be tolerated, and will be dealt with accordingly.



74A. Disorderly behaviour in public

- (1) In this section —
- behave in a disorderly manner** includes —
- to use insulting, offensive or threatening language; and
 - to behave in an insulting, offensive or threatening manner.
- (2) A person who behaves in a disorderly manner —
- in a public place or in the sight or hearing of any person who is in a public place;
- is guilty of an offence and is liable to a fine of up to \$6 000.

This may also be dealt with by means of an infringement, which avoids court. The infringement is for \$500.

Any disorderly behaviour has to be reported by the licensee, if they fail to report it, and we find out about it, then the licensee may be seen to be 'permitting' the behaviour.

Under section 115 of the Liquor Control Act, where the licensee, whether personally, or by an employee, **permits** drunkenness or violent, quarrelsome, disorderly or indecent behaviour to take place on the licensed premise, the licensee and employee commits the offence.

The licensee or manager may be liable and receive a fine of \$10 000, the employee, \$4000. So ultimately, if a person in charge of the pub cuts you off, or calls police to report disorderly behaviour, they aren't targeting you personally, or being unreasonable, they are saving themselves a hefty fine.

Show a bit of respect for the people in town who provide you with the venue, and alcohol, because if you don't, and reports keep coming in, eventually the licensing board will get involved, and venues may have their liquor licence modified or revoked entirely.

As soon as a report of this kind of behaviour is entered onto the police systems, it is flagged up to the Liquor enforcement unit, who in turn will issue barring notices.

Banning people from licensed premises, Commissioner of Police's power:

The Commissioner of Police may give a notice to a person prohibiting the person from entering specified licensed premises, or a specified class of licensed premises, if the Commissioner believes, on reasonable grounds, that the person has, on licensed premises or in the vicinity of licensed premises —



- been violent or disorderly; or
- engaged in indecent behaviour; or
- contravened a provision of any written law.

If you are issued with a barring notice, and enter a licenced premise contrary to this notice, you will be liable to a fine of \$10,000.

Bottom line, it's nice to be nice; be nice to each other, be nice to the people in town who serve you, and if you can't be nice, just ignore each other and walk away.

We hate having to deal with this kind of problem and with people who we know are usually very nice people, but we have a job to do.

Regards

Lake Grace Police



WALKERS HILL

Vineyard

OPEN
most days

Wednesday – Sunday	10am – 4pm
Monday and Tuesdays	CLOSED

Come and enjoy a tea/coffee with homemade cake

Bookings not essential, but appreciated.

Lunch and evening meals available by booking.

Phone: 0447 651 418

Facilities not air conditioned

Rosies

CAFE & BAKERY

26 Stubbs Street, Lake Grace

Phone: 6801 7090 email: rosiescafe@bigpond.com

STARTING SUNDAY 7TH FEBRUARY

SUNDAY ROASTS

*Open every Sunday night in 2021 doing
Sunday Roasts from 5.30 pm – 8.00 pm
(serving a combination of meats)*

Live Music on our Verandah starting at
5.30 pm - *See you there*

Note: We are a BYO venue so feel free to bring along a beer or some wine to
enjoy with your meal.

If you would like to reserve a table please call or text

Michelle on 0448 472 556.

It Really Does Make Cents

Suzanne Reeves

For those of us who remember handing in the cool drink bottles for dollars back in the good old days, the resurrection of this opportunity is welcome news. It's not just about the money, it's also about understanding that 'stuff' can be recycled and that there is a benefit to doing this, for the environment and also for the hip pocket. For the truly keen there's plenty of dollars laying around on the side of the road.

In just over 100 days of operation, Containers for Change have received over 120 million containers. All those containers lined up would go from Albany to Kununurra and back! Through donations of containers over \$500,000 has been raised for local community groups and charities.

If you're still thinking it all seems too hard, remember that the All Good Refund Depot from Wagin are regularly travelling to Lake Grace for pickups. They have cages for you to deposit your bags in at the Lake Grace Freight Yard. If you're not sure how to go about getting a code drop into the CRC and we will help you, alternatively go to the Containers for Change website and follow the prompts (Get Involved > Sign Up). If you have no wish to collect there are local groups who are collecting such as the school (cans only) and the Community Garden.

Sherryl Chilcott from the All Good Refund Depot in Wagin thought it would be busy for the first couple of months and then it might drop away. However they have found it has just got busier, people who weren't recycling before have now taken it up with a passion.

Wagin town are crediting the presence of the depot with having a cleaner town. Peak days have seen 16-17,000 items pass through the Wagin depot though most days it is 'only' 11,000 items.

Due to the enormous amount of support they have received All Good Refund Depot will now be picking up from Lake Grace every Wednesday. Satellite communities such as Pingaring and Newdegate are also bringing their containers in, one person received over \$1,000 for their containers!

The parameters of what you can return is ever changing, new items being accepted are Guinness cans and 2L fruit juice containers. Crushed cans are also accepted, providing they are crushed individually. Sherryl's advice is to put it in the bag if you're not sure, on that note pet food cans don't get you anything.

We hope to have more of the bags at the CRC by February, in the meantime use wheat bags or dog food bags - these are strong. Light weight rubbish bags aren't recommended.

Make the most from your fertilizer investment



As your local Area Manager, Mark Stephens is keen to assist you with all of your fertilizer decisions this season.

So whether it's soil testing, nutritional advice, fuel gauges, or simply an on-farm appointment to discuss your requirements, give Mark a call today.

Mobile: 0427 766 517

Email: mstephens@summitfertz.com.au



From the Archives... January

1996 - Twenty five years ago...

No January edition.

2001 - Twenty years ago...

No January edition.

2006 - Fifteen years ago...

Black Friday floods are still dominating conversation as access from the western side of town is by boat only. Although the floods cause a lot of damage to roads, railway and business people saw the upside as they made the most of the lake by pulling out their boats, jet skis and kayaks.



Darren Spencer and Terry Willcocks pushing/carrying sheep up on to the roadway

Peter, Anke and Michaela Stoffberg become Australian citizens, Denica was born in Australia so beat the rest of her family to the punch!

Ross Bowron receives the Australia Day Citizenship award with Mark Burbridge receiving the Citizenship Award for a person under 25 years.

Debby Clarke takes part in the Queens baton relay which is part of the Commonwealth Games activities.

Work begins on the upgrade to the Shire offices.

Public presentations held by Shire CEO Chris Jackson to explain Stage One of the Lake Grace Sorting Precinct Upgrade.

2011 - Ten years ago...

Lake Grace prepares to celebrate it's centenary.

As part of Living Communities a Business Expo was held at the Lake Grace Shire Hall.

Fiona Palmer launches her second book, 'Heart of Gold'.

Lawrence Steele is one of six representing WA in the 60-65 years division of the Australian Tennis Seniors Championships held in New South Wales

2016- Five years ago...

A litterpick is held around Lake Grace townsite and turning up was a vintage cashbox stolen from the Visitor Centre five (?) years earlier.

New laws have been passed for incorporated associations.

Sam Curtin delivers knitted blankets to Nepal that were made by community members and school children in reaction to the devastating earthquake.

Lake Grace Artists Group host a book making



Jayne Argent is keeping a watchful eye on her students as they make their books.

workshop.

Lake Grace CRC launches their new website.

Gayan Thamel wins the Citizenship award, Emily Younger is the winner for the U25 division while the Art Group were the winner for Community Group/Event.

Revheads vandalise oval surface, requiring sandfill and reseeding.

Community Newsletter

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



Acting CEO Chat

Firstly I would like to extend the very best wishes and many blessings to everyone for the 2021 new year – here's hoping that the COVID-related challenges that raised their ugly heads during 2020 dissipate somewhat for all of us, and that more stability and certainty prevails right across the globe.

Congratulations to our three newest Australian Citizens who chose Australia Day to publicly declare their commitment to Australia, the final step to becoming Australian Citizens.



Above: President Len Armstrong officiated the ceremony for Lydia Cody, Christopher Cody and Jennifer Roche.

Shire President Cr Len Armstrong was the Presiding Officer and conducted the ceremony as prescribed in the Australian Citizenship Act 1997 and the Australian Citizenship Regulations 2016, under the authority of the Minister for Immigration, Citizenship, Migrant Services and Multicultural Affairs, the Hon David Coleman MP.

Congratulations to the recipients of the 2021 Australia Day Citizenship Awards for the Shire of Lake Grace:

Lake King Citizen of the Year Award
Courtney Roberts

Lake Grace Citizen of the Year Award
Brenden Desmond

Newdegate Young Citizen of the Year Award
Liam Thompson

Lake Grace Senior Citizen of the Year Award
Rosemary Bywaters

Lake Grace Active Citizenship Award for a Community Group or Event
The Fight for MND Big Freeze Event 2020

Lake King Active Citizenship Award for a Community Group or Event
Community of Lake King

The Shire of Lake Grace team is back at it after the break over the Christmas and New Year period; I extend my sincere thanks to the few staff members who worked or were rostered on in caretaker mode during this time to

keep everything ticking over smoothly. 2021 is already shaping up as an extremely busy one for us with many infrastructure, community and corporate development projects on the go. The Shire was fortunate enough to receive some significant funding from the Australian Government last year via the Local Roads & Community Infrastructure and Drought Communities Programs which has enabled us to carry out essential repair and upgrade works to local football and hockey fields, recreation centres/sports complexes and halls as well as to plan and invest in new recreational facilities and other infrastructure across our district.

All of these projects have completion and reporting deadlines for June and December of this year, so we are working diligently to get them all underway and then finalised at the earliest opportunity.

The annual financial audit was completed and signed off in December by the Office of the Auditor General with a clear opinion and no major issues raised, which is an excellent result once again. Council has accepted the Annual Report and set down the date for the AGM of Electors on Wednesday 10th February at the Lake Grace Sports Pavilion, commencing at 6.30pm. Copies of the Annual Report are available at the Shire Office, local libraries or online via the Shire website.

Having completed the audit and the organisational review of the Shire staffing structure, our attention now turns to other statutory reporting matters such as the mid-year budget review, annual compliance audit return and the three-yearly Regulation 17 review of risk management, internal control systems and legislative compliance. A great proportion of this work has already commenced or been completed, but there is still more than enough to keep the Executive and Corporate Services teams very, very busy during February prior to the reports being submitted to the Audit & Risk Committee and Council!

There are a number of community events rapidly approaching that we are keenly looking forward to. We have a couple of performance acts coming to the Shire in February, including the Splash Test Dummies coming to Varley and Lake Grace and also Fits of Laughter coming to Lake Grace. We encourage everyone to come along and enjoy these shows.

CEO Alan George will have returned from leave for the next edition of Community News, so thanks for reading my column contribution this time around, and I look forward to catching up with you all again soon.

Chris Paget
Acting Chief Executive Officer

Community Emergency Service News

The Shire of Lake Grace will enter the Restricted Burning period at midnight on Sunday 31 January. From Monday 1 February until 15 March 2021 you will need a permit to light a fire in the open air.

Permits are free, but you must make sure that there is no danger of the fire escaping and that you comply with all the conditions that are listed on the permit.

You must also check the fire danger rating for the district for the day you are planning to burn. If the forecast fire danger rating is very high, extreme, or catastrophic, your permit is automatically suspended.

The Shire of Lake Grace may also issue an order to revoke all burning permits for a particular day, or order any fires already alight to be extinguished, so check the Shire's website prior to burning.

You must also not light a fire, even if you have been issued with a permit, on a day where a Total Fire Ban has been declared, or if the Shire has declared that fires are not to be lit.

To apply for a permit, please contact the Fire Control Officer for your area, who will decide if it is safe for a fire to be lit and may issue you with a permit (FCO contact details are available on the Shire's website at



www.lakegrace.wa.gov.au

Please remember that FCOs are volunteers and may not be available at short notice, so make sure that you plan well ahead.

If you light a fire in the open air without a permit during the restricted burning times, you may face penalties of up to \$4,500 for a first offence and \$10,000 for a second or subsequent offence.

Suzan Lees

Community Emergency Services Manager

SHIRE OF LAKE GRACE

PUBLIC NOTICE ANNUAL MEETING OF ELECTORS



Notice is hereby given that the Annual Meeting of Electors of the Shire of Lake Grace is to be held on Wednesday 10 February 2021 at 6:30 pm at the Lake Grace Sports Pavilion, Lake Grace.

The purpose of the meeting is to discuss the contents of the Annual Report for 2019/2020 along with other general business. Each elector is entitled to one vote; however, voting is optional.

Members of the public who wish to have questions answered at this meeting may do so by lodging written submissions with the Chief Executive Officer at the Shire of Lake Grace, P O Box 50, Lake Grace WA 6353 no later than Friday 29 January 2021.

A copy of the Annual Report for the financial year ended 30 June 2020 will be available prior to the meeting and may be obtained through our website www.lakegrace.wa.gov.au or by phoning 9890-2500 or by collecting from the Shire office at 1 Bishop Street, Lake Grace.

Alan George

Chief Executive Officer

Ordinary Council Meeting

An Ordinary Council Meeting will be held on **Wednesday 10th February 2021** from 3:30pm at the Council Chambers, Administration Building. The Agenda will be available on www.lakegrace.wa.gov.au

Everyone Welcome

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

Restricted Burning period starts midnight on
Sunday 31 January.
From Monday 1 February until
Monday 15 March 2021



Varley

Saturday 13 February 2021
at 6 PM – 7 PM

Lake Grace

Tuesday 15 February 2021
at 6PM—7PM



**RAVE
ABOUT
ARTS**

Community Infrastructure News

Just like that, January is nearing an end for another year. I hope everyone had a safe and happy Christmas and New Year.

Over the break we had four (4) 250,000L tanks delivered ready to be installed at Lake Grace Recreation Centre, Newdegate Recreation Centre, Lake Bidy Community Dam and Lake King airstrip, these tanks are installed with the purpose of being an additional water supply for the communities. Contractors have re-sealed a section of Newdegate/Pingrup Road and North Lake Grace/Karlgarin Road, thank you to the contractors for doing an excellent and time effective reseal to limit delays to our community and travellers.

The new Chief Executive Officer's house in Quondong Court has now come to its completion and looking fantastic, a few delays with materials as expected but only a month behind schedule. Thank you to Modular WA for an easy first experience with the company.

The shire has also been successful in gaining a RADS grant that will be used for upgrading the Lake Grace airstrip runway lighting.

Our staff and contractors have carried out the following works:

Roadworks

The Lake Grace Maintenance Grader has carried out grading on:

- Argent Road
- Bidy Camm Road
- Burngup Road
- Burngup South Road
- Geliard Road
- Goddard Road
- Gordon Road
- MacNamara Road

The Newdegate Maintenance Grader has carried out grading on:

- Contractor has not submitted timesheet

The Lake King and Varley Maintenance Grader has carried out grading on:

- Contractor has not submitted timesheet

Parks & Gardens

The Parks and Gardens Crew have carried out the following work:

Lake Grace

- Mowing Visitor Centre, RSL, Railway Station, Village Hall and Griffiths Street lawns
- Retic repairs to Village Hall and Railway Station
- Weeding oval and whipper snip town site
- Clearing of fallen leaves around town site

Newdegate

- Push up and dig hole at the tip
- Tidy skate park lawns and gardens
- Trim garden beds Witham Street
- De-head roses at Pioneer Park

Buildings

The Building Maintenance Crew have carried out the following work:

- Tie down Lake Grace Airstrip shed
- Lake King Recreation ground maintenance
- Lake King public toilets
- Lake Grace Playgroup maintenance
- Pull down Christmas lights
- Newdegate Sports Ground maintenance, changing globes and repairs to hockey toilet door
- RSL front door repairs and change light globes

Craig Elefsen

Manager Infrastructure Services

Seen a faulty streetlight?

Western Power has recently automated streetlight fault reporting, making it easier to report faulty streetlights.

If a streetlight doesn't turn on, turn off or flickers, let Western Power know using the streetlight reporting tool at:

<https://westernpower.com.au/faults-outages/report-a-faulty-streetlight/> or call on 13 10 87

Disposing of Caltrop Plants

Please do not put into your rubbish bin. To dispose of any removed caltrop plants please:

- place them into a marked and sealed plastic bag and keep them until winter when they can be safely burnt
- or
- take them to the Shire Depot at Absolon Street Lake Grace, where there is a specially marked caltrop wheelie bin facility located just outside the main depot gate.
- or
- Newdegate: place them in one of the two blue bins specially marked **Caltrop** on Lot 12 May St (vacant block) Newdegate.

Extended Power Outage over Summer

The State Government's \$80 extended outage payment, which is a one-off payment of \$80 per any unplanned outage that lasts longer than 12 consecutive hours.

Go to: <https://westernpower.com.au/faults-outages/make-a-claim/extended-outage/>

Community Info

Office Open Hours

Monday - Tuesday - Wednesday - Friday
8.30am - 4.30pm
Thursday 8.30am - 4.00pm
Staff can be contacted by phone between 8am - 5pm

Transport and Licensing

All licensing payments are to be made in person at the Shire of Lake Grace Administration office, 1 Bishop Street, Lake Grace.

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

As an agency, we process the majority of transactions including: renewals, transfers, number plate orders, boat registration renewals and new licence applications. With every transaction we perform, we try to offer the best service possible.

We do ask all licensing customers to be considerate, even though we are aware of people being 'locals' it does not exempt us from following the rules set by the Department of Transport.

Driving Assessor

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

Friday 5 February 2021

Friday 5 March 2021 - to be confirmed

Bookings are essential for all Practical Driver's Licence Assessments and we advise booking in advance as there is often a waiting list.

All bookings to be made at the Shire office on 9890 2500 until further notice.

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

For more information go to: www.transport.wa.gov.au.

Libraries

Lake Grace Public Library School Place Absolon St
Monday - Friday 9am - 5pm
Closed for lunch 12.30 - 1pm

Newdegate Public Library Collier St
Monday - Thursday 8.30am - 4.30pm
Closed for lunch 12noon - 1pm
Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd
Tuesday and Thursday 8.30am - 3.30pm

Town Planner

Planning Officer, David Johnston and Building Surveyor, Gary Bruhn can be contacted through the Shire Office on 9890 2500 or email shire@lakegrace.wa.gov.au.

Environmental Health

The Shire's Environmental Health Officer, Brendon Gerrard. Can be contacted via the Shire on 9890 2500 or email shire@lakegrace.wa.gov.au.

Tip Times

Lake Grace

Monday & Wednesday 9am - 2pm
Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm
Saturday 9am - 1pm

Lake King and Varley

Open every day

Recycling Services

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

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

Lake Grace	Newdegate
Tuesday 2 February	Tuesday 9 February
Tuesday 16 February	Tuesday 23 February

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

The recycling bins are collected by Warren Blackwood Waste and transported to a recycling facility. If items which are not recyclable are found the content can't be recycled and the load will be directed to the landfill.

If an item is covered in food, it is not recyclable. Food is one of the worst contaminators in the recycling process. By using the yellow top recycling bin correctly you are contributing, in a combined community effort, to reduce the amount of rubbish that is directed to landfill facilities each year.

For more information on Waste Management visit the Shire's website www.lakegrace.wa.gov.au.



Check out our Facebook



Check out our website

Book Review - *Conversations With Fergus*

Peter Lee

Just about everyone has spoken to a dog, perhaps to use terms of endearment, probably to tell a recalcitrant canine to return or even to issue threats of bodily harm when it doesn't.

Former Lake Bidy farmer and now Albany resident, Michael Lloyd, not only speaks to his dog but also engages in long conversations with his trusty offside, and to demonstrate, he has written a book about his discussions, titled, naturally enough, "*Conversations with Fergus*".

Fergus is a Border Collie by breed, but obviously a raconteur by nature, with the book recording the interchange between man and dog on the farm at Lake Bidy and in retirement at Albany from the arrival of the young Fergus in 2002 until he departed to that paddock in the sky on April 7 2017.

People with dogs, especially sheep dogs, will relate to the conversations between Michael and Fergus, perhaps even picking up some nuances from Fergus that will help them understand their own dog, and help them realise just how smart dogs can be.

The story encompasses the entire life of Fergus and is really a story of both Fergus and his "boss", first on their farm at Lake Bidy, but also the story of how both of them coped with retirement when the Lloyds sold the farm and moved to Albany.

Many farmers have sold out and moved to the coast and many farm dogs have gone with them and become city dogs, so these "conversations" have a special meaning as the story of both parties is revealed.

It is said that "you can't take the bush out of the boy" but it probably just as true to add "and you can't take the bush out of a farm dog", and this book is worth the read to see how some have carried out that transformation.

Fergus was obviously a superior dog, especially as one night he was able to persuade 1200 wethers to leave their paddock and move into the yards ready for the next day's work, while on another morning he convinced 100 sheep to remain while he took 30 of them into the garden to wake Michael up

"Conversations with Fergus" is a great read and it left me wondering whether all dogs, not just Fergus, can talk to the sheep and point out the benefits that would accrue to both parties by a swift passage into and out of the sheep yards.

"*Conversations with Fergus*" by Michael Lloyd is available from the Lake Grace Visitor Centre for \$27. For further information, Michael can be contacted at bundilla.42@bigpond.com

CCL Hardware

8 Stubbs Street
Lake Grace WA 6353
PHONE: 9865 1104



GO WHERE THE TRADIES GO

The proper hardware store

Opening Hours

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

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

Local Stockists of:

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

If you don't see it in store, please ask, we are happy to source and get in for you.

Win-Win for COVID Affected Tenancies

Media Release

Renters who have been doing it tough due to COVID-19 may have been worried about what happens when the moratorium on evictions and rent increases comes to an end on 28 March 2021.

In some good news for those tenants and their landlords, the State Government has agreed to pay up to \$4,000 off their rental debt under an expanded Residential Rent Relief Grant Scheme that is also aimed at keeping tenants in their rental properties.

Tenants who meet the criteria will be able to apply for a one-off grant that is to be paid to their landlords that will cover 75 per cent of the total rental debt accrued or waived as at 1 December 2020.

A key condition of landlords receiving the funding is that a fixed-term tenancy agreement of six months or longer is entered into with the existing tenant after the emergency period ends.

It's estimated that between 3,750 and 4,000 tenancies will be saved by providing this extra financial assistance.

Tenants will be able to apply for the new grants scheme if they:

- ✓ Lost their job or 50 per cent of their income due to COVID-19 or received a Centrelink payment

(excluding JobKeeper), on or after 20 March 2020;

- ✓ Have less than \$10,000 in savings;
- ✓ Pay more than 25 per cent of their income in rent per week;
- ✓ Are tenants or sub-tenants in a private residential property, rooming house or residential park;
- ✓ Have a tenancy agreement in place as of December 1, 2020;
- ✓ The debt was incurred or waived as at December 1, 2020; and
- ✓ Have a bond lodged with the Bond Administrator.

The new grants will help tenants clear a large portion of their rent debt and put them, along with the landlord, in a better position to negotiate an extension of their tenancy, helping them stay in their home until they can get back on their feet financially.

Applications for the new grant scheme will open on 4 January 2021 and close on 28 June 2021, with further information available at: www.dmirs.wa.gov.au/covidrentgrant

PAINTING

Reg. # 4709

Domestic, Commercial,
Industrial, Town and Country.
Clean, Precise and Quality work.
Local references available.

For FREE Quotation
and Booking
Call Mick

0419 701 332



Come in and see us for all your
meat supplies!
Food for all the family
Custom kills
Cooked chooks available every day



Open
Monday - Friday 8:30am - 5:30pm
Saturday 8:30am - 12pm

Located in Lake Grace Plaza
Contact Dean Sounness: 9865 1225



The Legend of Garlic

The origin of garlic is unknown, however it is believed that garlic use spread into Europe and the Middle East from somewhere in Siberia. Garlic was held in high esteem by the Ancient Egyptian slaves, who refused to work if garlic was withheld, while in some areas of Egypt, the Ancient Egyptians refused to eat garlic because it was too sacred. In fact, several bulbs of garlic were found in the tomb of Tutankhamen, dating from 1358BC. All mans written records, dating back even further than 2000BC, have implicated the same attitude: although garlic smells terrible, it will heal many ailments.

Since ancient times, the medicinal properties of garlic have been recognised. Garlic has had many uses throughout the years, such as a non toxic garden spray against plant pests. Some superstitious European athletes believed that taking garlic prevented competitors from getting in front of them. A "clove-to-foot" remedy, was used by early European settlers, in which garlic cloves were bound to the feet of those suffering from smallpox (a highly contagious disease).

Even though garlic was used to "treat" such specific illness, historically garlic has been related to health, and for centuries was used as a remedy for colds, coughs and sore throats, among other ailments, and for the prevention of illness.

Garlic has also been proposed to lower blood cholesterol. The effects of garlic on circulatory disorders has been given much attention. In some countries, garlic is being prescribed as a treatment for circulatory disorders by doctors. The belief is that a regular intake of garlic results in reduced blood pressure, reduced blood cholesterol and reduced blood clots.

In 1858, Louis Pasteur reported on garlic's antibacterial properties. Recent studies conducted found that one of the ways in which the active components in garlic act as an antibacterial, is by reducing the ability of micro-organisms to multiply. This property of garlic has seen it labelled as 'natures antibiotic'.

So what makes garlic so potent? The process of cutting or crushing garlic, results in a substance called allicin being produced. This substance is responsible for not only the medicinal properties of garlic, but also the smell!

Garlic has been mentioned to be useful as a cleansing and tonic herb, and useful for colds, flu, allergies and sinusitis. While it is believed that as little as one clove a day could have a medicinal effect, many studies have shown that larger amounts of up to five bulbs (that's 50 cloves!) are more likely to be required for garlic's medicinal properties.

So I shall leave it up to you as to whether your next loaf of garlic bread will be extra strong. But remember the wise words of Sir John Harington (1607):

*"Sith Garlicke then hath power to save from death,
Bear with it though it make unsavoury breathe, And
scome not Garlicke like some that thinke,
It only makes men winke and drinke and stinke"*

Katanning Vet Clinic



Phone: 08 9821 1471

Fax: 08 9821 1473

A/H Emergencies: 0427 017 462

3/114 Clive Street

PO Box 841

Katanning WA 6317

www.kojonupvethospital.com.au

kvc@kojonupvethospital.com.au



ABN: 72 616 138 172 EC: 010433

**Electrician Servicing Lake Grace,
Newdegate, Pingrup, Varley and
Surrounding Areas.**

**Phone Alistair on
0427 339 472
for a free quote.**

**For all your electrical and
air-conditioning needs give
Alistair a call.**

Email: alistair@tigersparkelectrical.com.au

Website: www.tigersparkelectrical.com.au

Puzzles and Stuff

Some words from the 17th December edition of Boggle

- | | |
|----------|-------|
| Elastin | Aline |
| Lateness | Anele |
| Salient | Anile |
| Saltine | Anise |
| Enlist | Eaten |
| Ensilé | Inlet |
| Entail | Inset |
| Lateen | Lenis |
| Leanest | Saint |
| Lineate | Sasin |
| Listen | Satin |
| Nestle | Sense |
| Sensate | Slain |
| Tensile | Slant |
| Assent | Snail |
| Enlist | Stain |
| Ensilé | Stein |
| Lessen | Tense |
| Saline | Tinea |
| Sanest | Ante |
| Senate | Anti |
| Senile | Elan |
| Silent | Etna |
| Tinsel | Lain |
| Tisane | Lane |
| Alien | Lean |

Answers for the 17/12/20 edition of Sudoku

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

A	A	A
L	E	D
T	B	P

This week's Boggle (Every word must include the middle letter)



FREE

Hands On Precision Ag Training Workshops

Workshops will provide a brief introduction into Precision Agriculture (PA) so each participant can develop a PA implementation plan.



Tailored to each region, information presented will include grower experiences, economic examples of applications, data layers to identify and manage variability as well as look at software/cloud based programs and tips and tricks for success.



Second workshop will follow with topics based upon participants feedback.

Facilitators: Alice Butler & Blake O'Meagher

LIFT
 12pm - 5pm
 Feb 8th, 2021
 Lake Grace Football Club
 RSVP ESSENTIAL:
 Georgia Reid-Smith
 liftfarming@gmail.com
 0447523110



Bits and Pieces

Kevin Seaman

Here we are, the year 2020 left behind us and 2021 to look forward to with some new and inspiring editions of Bits and Pieces. And what sort of a years with it be? As topsy turvey as 2020 was or will it settle back into something predictable, as previous to the pandemic.

One thing the Mums will be looking forward to I am sure is to resume some sanity around the house (now that Dad has gone back to work) with the 'Billy Lids' going back to school. (Hurrah, hurrah) - I can hear it already.

No more..I'm bored! What can I do? Can I watch too? Can we change channel? And of course...The others wont leave me alone! Just to name a few of the war cries that Mum has to put up with.

So let me do my part and set some questions and quizzes for the little darlings to ponder on and set their minds in active mode in preparation for their return on the big day, 1st February 2021.

Here's ten quick and easy ones to start off with:

- 1 What year was the very first model of the iphone released?
- 2 Which email service is owned by Microsoft?
- 3 What was Twitter's original name?
- 4 What is the symbol of Potassium?
- 5 What is meteorology the study of?
- 6 Which planet is the hottest in the solar system?
- 7 What natural disaster is measured iwth a Richter scale?
- 8 What is the common name for a dried plum?
- 9 What body organ has four chambers?
- 10 What element is said to keep the bones strong?

Answers on page 38.

One of the best things about learning something new is being able to share that knowledge with others. While some facts are weird and wonderful, others are totally useless. There is a whole catalogue of trivia that is just so incredible you can't resist asking people you meet 'did you know this?'

So here are some facts which you can start a conversation with 'Did you know?' Some of these you may find hard to believe.

- 1 the 1939 novel Gadsby is the longest book ever published that does not contain the letter 'e'.
- 2 Lobsters have clear blood.
- 3 Bubble wrap was originally invented as wall paper.
- 4 Antarctica is covered in a sheet of ice that is

7,000 feet thick.

- 5 Arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.
- 6 It only takes six minutes for alcohol to affect your brain.
- 7 Strengths is the longest word in the English language with one vowel.
- 8 'Q' is the only letter that doesn't appear in any USA state names.
- 9 You can get your eyeball tattooed (if you are crazy enough to want to).
- 10 It would cost \$18.3 million to make a replica of Darth Vader's suit.

I feel sure with all the previous information you will be able to hold your own in any conversation.

Now for some tricky testing - see if you can solve the following riddles.

Riddle A: What four letter word can be written forward, backward or upside down and can still read from left to right.

Riddle B: What breaks yet never falls? What falls yet never breaks?

Riddle C: A man looks at a painting in a museum and says 'Brothers and sisters I have none, but that man's father is my fathers son. Who is in the painting?

Riddle D: A man dies of old age on his 25th birthday. How is this possible?

Riddle E: When does today come before yesterday?

Riddle F: The person who makes it has no need for it. The person who buys it has no use for it. The person who uses it can neither see nor feel it. What is it?

Answers on page 38.

We had better finish off with a funny story and put you in a good mood for 2021.

A blonde, brunette and a man are driving in their pickup truck. The brunette was sitting up front with the man and the blonde was in the back. While driving across a bridge the man lost control of the truck and drove over the side of the bridge. After the truck had sunk, the man and brunette fought their way out of the cab and surfaced. A couple of minutes late the blonde came of of the water, panting and breathless.

'Where have you been?' asked the man.

'I can't believe you left me down there! I couldn't get the tailgate open!'

Happy New Year!



Reflections on My Youth - Rosemary Bywaters

Rosie Timperley

Where did you begin your start to the world? I was born in Birmingham in a suburb called Canock in 1952 on the 30th December. In 1966, we migrated to Australia as what was known as a 'Ten Pound Pom' due to the cost involved in processing our migration. We lived in Cardiff, Wales just before we migrated and it must have been about midnight when we left. We had to get three taxis because we had 13 suitcases, all the same colour and all labelled numerically and we also carried with us a portable typewriter. That was my Dads and we had to bring it with us. There were six of us siblings - 3 boys, 3 girls, which came in handy as we needed all of us to help carry the cases! The reason we left at midnight is because we had to get on a train from Cardiff to Southampton by a certain time, to get on the ship the *Canberra*. There was a storm while we were sailing and the stabilisers didn't work on the ship so the boat rocked with the waves - we all got sick because it was so rough.

The very first day we arrived in Australia we stayed at a hotel. My siblings and I walked down to the shop to buy a drink and it was still in pounds and shillings that day but the very next day Australia changed to the dollar system. So not only were we new to the country, we had to suddenly learn a new monetary language. When we did buy our drink, our dad had given us an English thruppence instead of Australian money and it didn't dawn on us until the shopkeeper noted that it wasn't right. But luckily for us, he kept it and let us buy our drink.

Did you have any pets when you were younger? In England we had a little cat, I can't recall it's name but it was ginger coloured and the neighbours took it when we migrated because they also had a little ginger cat. When we got to Australia, we got a pet dog. It was 1968 and we were living in Northam. We went to visit Meckering one day to see the damage from the earthquake that hit the town back then and while we were there, somebody was selling puppies. So we came home with a little black kelpie that day. We called him Quakie after the earthquake!

What hi-jinks did you get up to when you were a child or were you too angelic for any mischief? I was an angel at school, butter wouldn't melt in my mouth there. But it was a different story when I came home... when I was little I used to get up really early. I would go downstairs and use the broom handle to

Below: "Front row, very right, that's me not looking at the camera!" - Rosemary.



Right: Rosemary at 15 years old, just beginning her career as an Enrolled Nurse.



unlock the front door. I would grab my container and gather blackberries. But one time there wasn't

any blackberries so I gathered up some creepy crawlies and went back inside. I ran upstairs to my parents room and I tipped them on to my mothers side of the bed. I have never seen my mother move so fast! I was pretty quick getting out the door too.

Do you have any memories from your school days that stand out? I went to a Catholic school in England, Lady Mary's, in Cardiff. The Head Mistress was so strict, she had a cane and she used it. Some children who lived in the orphanage behind our home went to my school as well. One time the Head Mistress called everyone in to the hall and there was over 100 girls in the school. She sent all the teachers out and she was up on stage and she said, 'Stand up all the girls who are looking at the boys (from the boys school across the street)' A few girls stood up but she already knew who was looking at the boys anyway so she called out one girls name who hadn't stood up and she told her to stand up. This girl had to go up on stage and the Head Mistress made everyone in school call out 'Liar!' to her! She humiliated this girl and she made her put out her hand and whacked her three times with the cane on the hand. She didn't stop there - she got in touch with the nuns at the orphanage and told them too. I don't know what happened after that but I really felt sorry for the girl. I never called out 'liar' because it was absolutely humiliating.

When we moved to Australia, my Dad got a radiographer job in Northam which is where we migrated to. Because in England we started school a year earlier than Australia, once we arrived here, my siblings and I all had to go back a class. Still, I found it very different to England. Everyone talked funny. But my friends there laughed at me with my English accent.

So many historical events can be recalled. What is a historical event that you lived through which you have strong memories of? I remember one day we had a huge party in our street in England. It was the street we lived on (not a main one) so no vehicles were coming past. I'm sure it was the Coronation from what I can remember. We had tables lined up all down the whole street and it was so great! Everyone in the street

Reflections on My Youth *(cont.)*

brought something to eat and share. All our neighbours and friends together, all celebrating the Queen.

Also, Tom Jones, the famous singer, lived two streets up from me in England. He became famous when a talent show was on and a man called David Alexander sang and really he was a much better singer than Tom Jones but he had laryngitis on the grand final day of the talent show so he was out and Tom became the winner!

What was the music of the time when you were younger? My love of music was - and still is - the 50's and 60's era. My children were sick and tired of hearing it, I played it that much! I still love to play it now. Also, I loved Jerry and the Pacemakers, Helen Shapiro, Sandy Shore - all English groups. Now I also love Tina Turner, Cher, Celine Dion... music which you can actually listen to. No headbanging here!

What did you get up to in your spare time as a child? One thing we loved to do, when it snowed in England, we would climb to the top of the hill at the end of a road and would sit on simple metal trays and go sliding down the hill at great speed! It was just so much fun. There were no computers back then obviously but I doubt we would have used them even if there was because being outside and creating activities like that were so much more fun and rewarding.

What is something that has brought you happiness and pride in your life? My greatest happiness and achievement are my children. I have seven children - four girls, three boys. They have all done well for themselves and I'm so happy that they are happy. And they keep giving me grandkids! I moved to Lake Grace because three of my children had moved here and started their families. One of them moved over East but I still have two of my daughters and three grandsons and three granddaughters here. I love Lake Grace and I'm so glad I moved here - it's a town all of it's own. People here have the time of day for you.

Is there anything else you would like to add? Leaving England was a sad time. I had to leave all my friends behind and my home and so much stuff in the house was left behind and just everything I knew and

was familiar with. Worst of all, I had to leave my Grandad behind. We never saw him again because he passed away after that. But mum and dad wanted to migrate to Australia so that is what we did. I've been back to England once but it's not the same.

I became a nursing cadet at the age of 15 at the old Northam hospital. I loved nursing. I did this until I was accepted to become an Enrolled Nurse. It was a 12 month course and then six months supervision. I did that at Mt Henry nursing home in Como. I also did six months at Swan Districts. The rest was in Northam. With nursing, you either have it in you or you don't. The care and ability to help someone, you're meant to leave your job at the door when you go home for the day but I had such compassion for my patients that I would often not stop thinking about them even when I wasn't at work.

Now, I am retired but I love being around the elderly. You can learn so much from their stories and as long as you have an ear to listen, they will get into your heart. Once they're gone, their stories go, unless they have passed them on. That's why I like hearing them tell their story.

McKenzie Rural Contracting

Specialists in;

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

Servicing Lake Grace & surrounding areas

WE TRAVEL ANYWHERE !

Free measure & quote

For all enquiries please contact us

Jeff : 0458 693 014

Symone : 0437 430 093

Email : jmckenzie80@bigpond.com

Find us on Facebook to see our work

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

Grow Free Cart



'Take what you need,
give what you can'

Cart is on the
Visitor Centre verandah
every Thursday and Friday.

Ponderings...

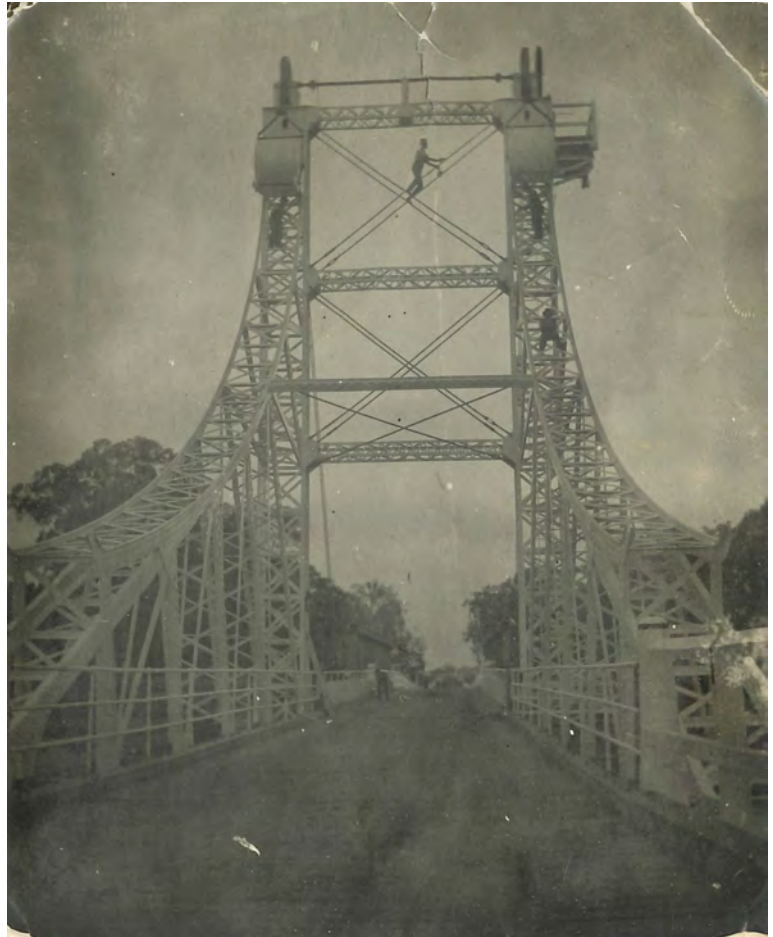
It's a gold star to who can tell us where this bridge is....for the record we don't have a clue. The photo was discovered in family affects and it's made us curious.

Looks like gum trees in the back ground so definitely Australia and would have to be East Coast (don't think there's anything that fancy in the west) - maybe the riverland area of NSW / Victoria?

Definitely before Worksafe Practises ramped up judging by the lack of safety harnesses on the four workers climbing around the bridge.

The worker at the top - not meaning in a hierarchy kind of way - looks as though he's got something like a paint bucket in his hand. Perhaps some kind of maintenance going on.

We at the Lakes Link are very keen to hear your thoughts - if you think you have the answer then please let us know.



Ballard Cleaning Pasture Seed and Canola Specialists

North Road Tincurrin

9883 2005



Neil 0428 832 053 or Ken 0476 009 496

Canola cleaning and seed treatments at the best price

Gravity grading, the ONLY way to get the best quality seed for sowing

Bags, bulka bags or bulk

New bulka bags

1000 seed count and germ tests

Pasture seed, all species and varieties

Serradella de-hulling specialists

New destoner for removing sand and stones

Bookings by appointment

Ongoing Exposure to UV Can Be Deadly

Media Release

Cancer Council WA has launched its 2020/21 summer skin cancer campaign 'Don't Let The Sun See Your DNA' - a state-wide campaign to increase knowledge of the dangers of ongoing UV exposure - as figures reveal treatment of skin cancer is estimated to cost WA more than \$90 million per year.

Cancer Council WA's Wheatbelt Regional Education Officer, Melissa Pickering, said while many Western Australians are now aware of the link between excessive UV radiation and skin cancer, many are unaware of the cumulative effect of UV and do not routinely use sun protection during daily activities. "The UV in sunlight penetrates our skin to the cells beneath the surface, so each time the sun sees our skin cells (when the UV is 3 or above), it's doing damage to the DNA in them that can keep building up, until one day it causes a skin cancer," Ms Pickering said. "The stronger the UV radiation, the faster the DNA damage occurs and that can happen in as little as 10 minutes on a summer day in WA."

Ms Pickering said the campaign uses a UV camera to emphasise the cumulative skin damage caused by UV that the human eye can't see. "The UV camera uses ultraviolet light to show skin damage, caused by UV radiation, which is normally hidden," she said. "Half of

all sunburns in Australia occur during passive recreation such as watching sport, gardening or picnicking, or during chores around the house. Cancer Council data shows that while only 11% of Aussie adults deliberately attempt to tan their skin, 66% of adults actually do have tanned skin. We know that a tan is a sign of damaged skin and a risk factor for skin cancer. The fact that so many have an unintentional tan is an indicator that we need to improve everyday sun protection."

"No matter where you are, or what you're doing, when exposed to UV levels of three or above, your skin is being damaged, even if you don't get burnt. This damage adds up over time and increases your risk of skin cancer." Ms Pickering said the key to avoiding skin damage is to integrate SunSmart measures into your daily routine. "Make it easy for yourself to slip, slop, slap, seek and slide when the UV is three or above: keep a broadbrim hat in the car or at work ; apply sunscreen in the morning before you leave the house; don't forget to wear long sleeves and sunnies; and seek shade when the UV is forecast to reach three," she said. Go to MYUV.com.au for more information. Cancer Council WA's SunSmart campaign will air in WA across TV, radio, outdoor and online from Sunday 6 December, 2020 until 6 March 2021.



- Test/Service A/C systems on all automotive vehicles.
- Swap monitors from machinery
- Repair/Service boomspray electrics
- Test alternators and batteries
- Fit dual battery/solar systems to cars, caravans and camper trailers
- Fit/Supply trailer brake systems
- Supply/Fit camera kits eg. Reverse, Truck trailer or chaser bin auger
- Supply/Fit spotlights or worklights for cars, tractors, headers etc.
- Manufacture wiring harnesses
- Install 4x4 accessories eg. LED lights, power sockets, winches
- Any other electrical repairs to automotive systems.

For any questions or queries please ring Aaron Carruthers on 0429 905 452

RTA NO: AU42693

LIC NO: L121418

Meet the Night Witches

history.com

They flew under the cover of darkness in bare-bones plywood biplanes. They braved bullets and frostbite in the air, while battling skepticism and sexual harassment on the ground. They were feared and hated so much by the Nazis that any German airman who downed one was automatically awarded the prestigious Iron Cross medal.

All told, the pioneering all-female 588th Night Bomber Regiment dropped more than 23,000 tons of bombs on Nazi targets. And in doing so, they became a crucial Soviet asset in winning World War II.

The Germans nicknamed them the *Nachthexen*, or “night witches,” because the whooshing noise their wooden planes made resembled that of a sweeping broom. This sound was the only warning the Germans had. The planes were too small to show up on radar or on infrared locators. They never used radios, so radio locators couldn’t pick them up either. They were basically ghosts.

Using female bombardiers wasn’t a first choice. While women had been previously barred from combat, the pressure of an encroaching enemy gave Soviet leaders a reason to rethink the policy. Adolf Hitler had launched Operation Barbarossa, his massive invasion of the Soviet Union, in June 1941. By the fall the

Germans were pressing on Moscow, Leningrad was under siege and the Red Army was struggling. The Soviets were desperate.

A Woman Leads the Charge

The squadron was the brainchild of Marina Raskova, known as the “Soviet Amelia Earhart”—famous not only as the first female navigator in the Soviet Air Force but also for her many long-distance flight records. She had been receiving letters from women all across the Soviet Union wanting to join the World War II war effort. While they had been allowed to participate in support roles, there were many who wanted to be gunners and pilots, flying on their own. Many had lost brothers or sweethearts, or had seen their homes and villages ravaged. Seeing an opportunity, Raskova petitioned Soviet dictator Joseph Stalin to let her form an all-female fighting squadron.

On October 8, 1941, Stalin gave orders to deploy three all-female air force units. The women would not only fly missions and drop bombs, they would return fire—making the Soviet Union the first nation to officially allow women to engage in combat. Previously, women could help transfer planes and ammunition, after which the men took over.

Raskova quickly started to fill out her teams. From more than 2,000 applications, she selected around 400 women for each of the three units. Most were students, ranging in age from 17 to 26. Those selected moved to Engels, a small town north of Stalingrad, to begin training at the Engels School of Aviation. They underwent a highly compressed education—expected to learn in a few months what it took most soldiers several years to grasp. Each recruit had to train and perform as pilots, navigators, maintenance and ground crew.

Beyond their steep learning curve, the women faced skepticism from some of the male military personnel who believed they added no value to the combat effort. Raskova did her best to prepare her women for these attitudes, but they still faced sexual harassment, long nights and grueling conditions. The men didn’t like the ‘little girls’ going to the front line. It was a man’s thing.

Making Do With Hand-Me-Downs and Relics

The military, unprepared for women pilots, offered them meager resources. Flyers received hand-me-down uniforms (from male soldiers), including oversized boots. They had to tear up their bedding and stuff them in their boots to get them to fit.

Their equipment wasn’t much better. The military provided them with outdated Polikarpov Po-2 biplanes, 1920s crop-dusters that had been used as training vehicles. These light two-seater, open-cockpit planes were never meant for combat. Made out of plywood with canvas pulled over, the aircraft offered virtually no protection from the elements. They were like a coffin with wings. Flying at night, pilots endured freezing temperatures, wind and frostbite. In the harsh Soviet

S.B.M. Tyres

Lake Grace Newdegate Lake King

We have in stock:

- Hydraulic tail ends, adaptors and hoses
(Flat face, JIC ,BSP,UNO AND NPT)
Coupling service kits
- Ryco and Fleetguard Filters
- Auto and Agricultural V-Belts
- Tyres for all vehicles
- Toyota and Nissan batteries

Come and see us if you need the following:

- Mechanical work
- Wheel alignments
- Truck and car tyre balancing
- In paddock tyre servicing with our truck

METRIC HYDRAULIC HOSE ENDS AND ADAPTORS

Meet the Night Witches *(cont.)*

winters, the planes became so cold, just touching them would rip off bare skin.

Due to both the planes' limited weight capacity and the military's limited funds, the pilots also lacked other "luxury" items their male counterparts enjoyed. Instead of parachutes (which were too heavy to carry), radar, guns and radios, they were forced to use more rudimentary tools such as rulers, stopwatches, flashlights, pencils, maps and compasses.

There was some upside to the older aircraft. Their



A partisan airplane, the Polikarpov Po-2, during World War II. (Photo by: Sovfoto/UIG via Getty Images)

maximum speed was slower than the stall speed of the Nazi planes, which meant these wooden planes, ironically, could manoeuvre faster than the enemy, making them hard to target. They also could easily take off and land from most locations. The downside? When coming under enemy fire, pilots had to duck by sending their planes into dives (almost none of the planes carried defense ammunition). If they happened to be hit by tracer bullets, which carry a pyrotechnic charge, their wooden planes would burst into flames.

Long Nights, Stealth Tactics

The Polikarpovs could only carry two bombs at a time, one under each wing. In order to make meaningful dents in the German front lines, the regiment sent out up to 40 two-person crews a night. Each would execute between eight and 18 missions a night, flying back to re-arm between runs. The weight of the bombs forced them to fly at lower altitudes, making them a much easier target—hence their night-only missions.

The planes, each with a pilot upfront and a navigator in back, travelled in packs: The first planes would go in as bait, attracting German spotlights, which provided much needed illumination. These planes, which rarely had ammunition to defend themselves, would release a

Continued next page



DL: 2371

Maalouf Ford

McMahon St Lake Grace

P: 9865 1261 M: 0427 651 261

E: maalouf@treko.net.au

Escape FWD

2.0L GTDI EcoBoost 8 Speed Automatic

- Look Smart, Feel Smart!



Call us for the latest offer!

or go to www.ford.com.au/latestoffers

Sales, service and parts, also:

- Windscreen replacements
- RAC Towing & roadside assistance

**Call Nick and Laure-Anne
for all of your
automotive needs.**

Meet the Night Witches *(cont.)*

flare to light up the intended target. The last plane would idle its engines and glide in darkness to the bombing area. It was this “stealth mode” that created their signature witch’s broom sound.

There were 12 commandments the Night Witches followed. The first was “be proud you are a woman.” Killing Germans was their job, but in their downtime the heroic flyers still did needlework, patchwork, decorated their planes and danced. They even put the pencils they used for navigation into double duty as eyeliner.

Disbanded and Overlooked

Their last flight took place on May 4, 1945—when the Night Witches flew within 60 kilometers (approx. 37 miles) of Berlin. Three days later, Germany officially surrendered.

Allegedly the Germans had two theories about why these women were so successful: They were all criminals who were masters at stealing and had been sent to the front line as punishment—or they had been given special injections that allowed them to see in the night.

Altogether these daredevil heroines flew more than 30,000 missions in total, or about 800 per pilot and navigator. They lost a total of 30 pilots, and 24 of the flyers were awarded the title Hero of the Soviet Union.

Raskova, the mother of the movement, died on January 4, 1943, when she was finally sent to the front line—her plane never made it. She was given the very first state funeral of World War II and her ashes were buried in the Kremlin.

Despite being the most highly decorated unit in the Soviet Air Force during the war, the Night Witches regiment was disbanded six months after the end of World War II. And when it came to the big victory-day parade in Moscow, they weren’t included—because, it was decided, their planes were too slow.



Neu-Tech Auto Electrics



With February upon us its timely to consider pre-season servicing for all the equipment and machinery used in the seeding and spraying operations.

The effects of Covid restrictions are starting to have an impact on parts supplies as the stock holdings run out. Early ordering will be paramount to have the best chance of securing parts.

We always carry a good range of batteries, alternators, starters, two ways and electrical accessories, however a through service beforehand can save downtime due to breakdowns during your seeding programme.

We have two field service units available to come to your farm and carry out an inspection of all the relevant electrical circuits on your seeding/spraying equipment, as well as recommending the repairs or modifications required to ensure the reliability or improve the performances of that particular machine

Ring the workshop on 9865 1164 for any further details or queries.

Lake Grace Citizenship Award Nominations

Lake Grace Community Citizen of the Year

Brenden Desmond

Nominated by: Lake Grace-Pingrup Football Club Committee

Brenden has most recently been the Main Coordinator of the Big Freeze Fundraising Event, held in Lake Grace for the second time, in 2020. The two Lake Grace events have raised in excess of \$120,000 for Motor Neurone Disease (MND) research. A fantastic effort for our community, with Brenden driving the team of helpers from all the winter sports clubs and the wider community.

Brenden Desmond or "Big Red" as he is so well known at the club has been a tireless and integral member of the club from the age of 12 when he started marking the ovals with his Dad. He was always checking the hot water systems for all home games, especially while the old change rooms were in use, couldn't let the opposition have cold showers!

Brenden was awarded Life Membership of the Lake Grace-Pingrup Football Club at the 2020 Winter Sports Windup for his outstanding involvement in the football club since he began playing.

His many achievements have been well deserved and accepted with great humility, Four Club Person of the Year Awards 2003, 2009, 2010 and 2015, the first award won as a sixteen-year old! Brenden was a popular (and possibly one of the youngest) hands on President for 2017 and 2018 and has always been a very efficient, effective and valued committee member, a Social Club Committee member from 2008 until the present,

Committee Member from 2008-2015 and again from 2018-2020.

In 2010 when he was unable to play due to injury he coached the Reserves side and organised his physio appointments so he could bring home the younger Lake Grace players from Narrogin each week. Consideration of how to help is first always for him.

Other positions he has held for the Football Club include Association Delegate for the OFA 2016-2019, Team Manager and Liaison Officer for visiting teams for the Great Southern Colts Carnival when held in Lake Grace. Brenden is also a very active and valued member of the Lake Grace Volunteer Fire Brigade. He has been a member since 2015 and the Breathing Apparatus Officer for two years. He gladly volunteers his time to attend all incidents that the Fire Brigade attends.

Brenden's time and effort for the local football club has been greatly appreciated and admired by many over the years and Luke Bairstow spoke of Brenden being the GLUE in the club. Brenden often tells how he just loves the Club and seeing his mates have fun on and off the field. He has enjoyed seeing the young players develop or return to the club after going away to school. He does what he does for the love of his Club and Community.

Lake Grace Senior Citizen of the Year

Rosemary Bywaters

Nominated by: Lake Grace Development Association

Rosemary Bywaters is nominated by the Lake Grace Development Association for her dedication to voluntarily helping many of the seniors of Lake Grace.

Rosemary makes herself available to assist in many ways the more dependent and frail members of the community. She has often provided transport for people to senior's gatherings in and around the town, though possibly less in 2020 than in previous years due to COVID-19!

Rosemary was involved with the welfare checking system put in place for vulnerable people of Lake Grace during the early stages of the pandemic. Rosemary is a regular volunteer driver for Meals on Wheels.

She is an active member of the Lake Grace & Districts seniors' group that arranges events and outings.

Lake Grace Senior Citizen of the Year

Richard Phillips

Nominated by: Lake Grace Visitor Centre Committee

The Lake Grace Visitors Centre Committee has the honour of nominating Mr Richard Phillips for Community Citizen of the Year (Senior).

Dick as he affectionately known moved to Lake Grace in 2012 and has been involved in the following organizations for 8 years.

He is a driver for Meals on Wheels and has not missed one day of his roster unless away. Everyone enjoys his chats as he delivers their meals. He is always on time as well.

Proof reading for the community newspaper the Lakes Link every fortnight; Dick is a stickler for the correct spelling and punctuation, which contributes to the paper being a fine publication. It helps the community to keep in touch with what is happening in our town.

The volunteers at the Lake Grace Visitor Centre are so valuable and Dick is one of them. Directing visitors on the correct roads and directions, advising of attractions to see or visit along the way is one of his many talents. Climate, crops grown, what sort of year it has been, where to eat, a bit of history if not Lake Grace then in other parts of Western Australia are all part of his forte. Dick is also great at selling in the gift shop, not many walk out without purchasing something when he is on. A bit of advice on the garden at the front and back is always helpful. Dick has even opened and closed the Visitor Centre when the coordinators have had to attend meetings.

We definitely think Mr Richard Phillips is a worthy of The Year Senior Community Citizen.

Lake Grace Citizenship Award Nominations

Lake Grace Active Citizenship Award for a Community Group or Event

The Fight for MND Big Freeze Event 2020

Nominated By: Lake Grace-Pingrup Football and Winter Sports Clubs

The fight for MND Big Freeze Event 2020 was hosted by Lake Grace - Pingrup Football Club in collaboration with Boxwood Hills Football Club. This annual event started back in 2017 with community members in both towns being diagnosed with Motor Neurone Disease and unfortunately losing their battle. It was decided to do something to show our support and help raise money for important research through Fight MND, by hosting our own big freeze event which involved local people going down a slide off the back of a ute into a pool of icy cold water. A giant auction after the local game of football that first year raised \$45,000. Many sponsors from both communities donated to the giant auction.

Each year since with the same idea the event has grown bigger and better with the slides getting bigger and colder and the amount of money raised getting higher and higher. The event now has a reputation in the region as a big event for everyone to be a part of with some ex-AFL players willing to play and go down the big freeze slide. All the teams from Football, Hockey and Netball including the Juniors wore the Big Freeze

socks during their games. It is truly inspirational to see the support from everyone involved.

In 2020 the Big Freeze event was even more challenging due to Covid-19 and the uncertainty of the winter sports season. With anticipation the season might go ahead the Lake Grace-Pingrup Football Club bought a 6metre inflatable slide. When the event was deemed able to proceed, we were overwhelmed with support from the generosity of the two communities.

The event has become bigger and better each year so in 2020 with all the donations and auction items from all local business and other local community groups, including paintings from the students of Lake Grace District High School, a total of over 60 auction items was available on the day.

Matt Priddis, West Coast Eagles Brownlow Medallist came down to Lake Grace to be involved in the day. The event raised \$13,000 before the auction got under way. After the auction and including the merchandise sold the tally was up to \$65,000. Since its inception the big freeze events in Lake Grace and Boxwood have raised \$45,000 in 2017, \$56,000 in 2018, \$73,000 in 2019 and in 2020 the event raised \$65,000 - in total both communities have raised over \$239,000 for Fight MND.



New Monuments | Repairs & Restorations | Bronze & Engraved Plaques
Funeral Care | Pre Planning | Funeral Bonds



DAWSONS
FUNERAL HOME
120 Federal Street, Narrogin
Tel: 08 9881 1161

Proudly supporting the
families and communities we serve...

www.dawsonsfuneral.com.au



COVENTRY
FUNERAL CARE
21 Richardson Street, Katanning
Tel: 08 9821 1079

Lake Grace Citizenship Award Nominations *(cont.)*

Lake Grace Active Citizenship Award for a Community Group or Event
Lake Grace CRC - Harvest Festival
Nominated by Lake Grace Development Association

Harvest Festival - the Lake Grace Community Resource has been organising the Harvest Festival, also known as Late Night Shopping for some years. This is an opportunity for the community to come together, enjoy each other's company while supporting local business and community groups by buying from their stalls and shop fronts.

Santa makes a visit giving gifts for children and there is children's entertainment provided with a bouncy castle and face painting provided by the Shire. In 2019 the CRC were successful in obtaining funding to bring ZAP Circus, an internationally recognised duo that entertain with fire, SPFX and Circus stunts for entertainment and workshops for the children, they also hosted Ecohouse who provided a low waste living workshop.

The Harvest Festival provides an opportunity for the

community to come together and celebrate the year prior to Christmas. Any entertainment, workshops and displays are free. The stalls and shopfronts offer opportunity to our community to do their Christmas shopping locally. It is a valuable opportunity for community groups and organisations to raise funds and an opportunity to support local business and shop out of normal business hours.

Below Left: Pool Manager Jen Bannerman with a very contented Emilee Choi

Below Right: Greg Carruthers, Di Desmond, Paula Carruthers and a VERY patriotic Geoff Desmond in the background.



Above: Cheryl Chappell, Sandy Knill; Hugh, Simone and Emilee Choi and Len Armstrong.

Above Left: Vicki O'Neill-Gray and Lisa Robertson.



Left: Courtney Withnell, Nicola Kuchling, Anton Kuchling (obscured), Jaco Jordaan, Bec Clarke, Brooke Williamson, Mariska Jordaan and Jenni Roche with children Harry and Eve Stubberfield.

Classifieds

Rural West Financial Counselling

A free service available to regional small businesses, primary producers, not-for-profits and community clubs. For more information contact Donna Spurgeon by email Donna.Spurgeon@ruralwest.com.au or phone 0408 107 326. Alternatively you can contact the information line on 1800 612 004.

Cancer Support Coordinator

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

First Aid Kits

Are now available for purchase at CCL Hardware Lake Grace.

CWA Bookings

CWA room will be available for hire from Tuesday 2nd June. There will be a COVID Safety Plan in place that hirers will need to adhere to. If you wish to book the CWA Hall then please contact the Lake Grace CRC on 9865 1470.

Community Bus Bookings

Are to be done through the Lake Grace CRC. Ring 9865 1470 or email lakegracecrc@westnet.com.au The community bus is owned and managed by the community, is available to any individual, group or organization to hire and costs \$1 per kilometre to use. All proceeds go toward the management and running of the bus and toward bus upgrades.

Southern Agcare

This is a free and confidential service. Contact Bill Webb, counsellor for Southern AgCare for an appointment. Contact 0427 441 459 or billwebb@southernagcare.org.au www.southernagcare.org.au

Dr Linda Haines

Is available in Lake Grace on Monday 22nd and Tuesday 23rd February as well as Monday 22nd and Tuesday 23rd March Ring 9865 1208 for an appointment.

Senior Citizens Luncheon

Thursday 4th February.
12:15pm sit-down for a 12:30 serve
\$15 per head
RSVP by 29th January to
Suzanne Reeves on 0427 651 310.

Lake Grace Op Shop

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

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.

Answers to Bits & Pieces

Quiz Answers

1. 2007
2. Hotmail
3. Twitter
4. K
5. The weather
6. Venus
7. Earthquake
8. Prune
9. Heart
10. Calcium

Riddle Answers

- A Noon
- B Day and Night
- C The man's son
- D He was born on February 29th
- E In the dictionary
- F A coffin

Lake Grace Shire Councillors

Councillor	Telephone
Cr Len Armstrong – Shire President	0429 843 785
Cr Ross Chappell – Shire Deputy President	0428 654 058
Cr Debrah Clarke	0428 654 041
Cr Roz Lloyd	0428 711 534
Cr Allan Marshall	0427 943 291
Cr Helen Steicke	0431 892 514
Cr Peter Stoffberg	0447 281 181
Cr Ben Hyde	0428 752 042
Cr Shane Carruthers	0408 396 432

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
CWA	Suzanne Reeves	0427 651 310	lakegracecwa@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	lakegraceelc@gmail.com
LIFT Lakes Information and	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Lions	Arthur Slarke	0429 651 015	arthurslarke@bigpond.com
Men's Shed	Wally Perry	0448 795 070	allwood93@yahoo.com.au
Playgroup	Sarah Clarke	0438 634 152	lakegraceplaygroup@mail.com
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Visitor Centre Committee			
Summer Sports			
Lake Grace Cricket Club	Rob Enright	0409 887 495	
Lake Grace Tennis Club	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Lake Grace Bowls Club	Tash McHugh	0407 987 293	
Lake Grace Basketball	Danie Drummond-Hay	0477 566 277	

Crisis Care Numbers

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

Justices of the Peace

Colin Connolly	0427 858 066
Ron Dewson	0428 651 213
Amanda Milton	0429 654 011
Geoff Sabourne	0429 651 171

Church Times

Catholic Church	Anglican Church
Sunday 31st January - 9am (C/S) Sunday 7th February - 6pm	Sunday 31st January - No Service Sunday 7th February - No Service
For inquiries and request for home visitation, please contact Fr Abraham Uchenna Chukwu on 9865 1248.	Enquiries: Fr John Jones Wally Perry 0448 795 070

COMMUNITY CALENDAR

January / February

Fri 29 Fish and Chips @ Sports Club
 Sat 30 Rubbish tip open (9am-4pm)
 Craft Group - (afternoon) @ CWA Hall
 Pennant Bowls (Men's)- LG v Karlgarin
 Cricket - Towns v Lake Grace
 Steak Teas @ Sportsman's Club
 Sun 31 Rubbish tip open (9am-4pm)
 Bowls - Ladies Fours Championships
 Mon 1 Rubbish tip open (9am-2pm)
 School is back!
 Tue 2 Rubbish Collection
 Recycling Collection
 SOYF Exercises 10am @ Shire Hall
 Men's Shed (morning)
 Playgroup 9:30am
 Op Shop - 1pm-4pm
 Wed 3 Rubbish tip open (9am - 2pm)
 Ladies Tennis - Dumbleyung v Lake Grace
 Thur 4 Men's Shed (morning)
 Bowls Training - 5:30pm
 Senior Citizens Luncheon - 12:15pm
 Soap & Body Lotion Making Workshop -
 2pm & 6pm
 Fri 5 Fish and Chips @ Sports Club
 Driving Assessor in Lake Grace
 Sat 6 Rubbish tip open (9am-4pm)
 Steak Teas @ Sportsman's Club
 Cricket - Cuballing v Lake Grace
 Bowls - Mixed Fours Championships
 Sun 7 Rubbish tip open (9am-4pm)
 Sunday Roast @ Rosies
 Mon 8 Rubbish tip open (9am - 2pm)
 Deadline for Lakes Link News
 LIFT Hands On Precision Ag Training
 Workshop
 LG Development Assoc. Meeting @
 Walkers Hill Vineyard. 6:30pm for meal /
 7:30pm for meeting
 Tue 9 Men's Shed (morning)
 SOYF Exercises 10am @ Shire Hall

Tue 9 Men's Shed (morning)
 Playgroup 9:30am
 Op Shop - 1pm-4pm
 CWA Meeting - 5pm
 Wed 10 Rubbish tip open (9am - 2pm)
 Ladies Tennis - Lake Grace v Katanning
 Shire Council Meeting - 3:30pm
 Shire Annual Meeting of Electors - 6:30pm
 @ Sports Pavilion
 Thur 11 Men's Shed (morning)
 Tiny Tots First Aid Course
 Bowls Training - 5:30pm

Coming Events - 2021

15th February - Splashtest Dummies
 17th February - Understanding Grief & Loss
 18th February - Artist Group Meeting
 22nd & 23rd February - Dr Linda Haines in Lk Grace
 22nd February - HR Training & Assessment
 25th February - Let's Talk About Road Safety
 3rd March - Managing Conflict & Challenging
 Behaviours
 3rd March - Ladies Tennis Semi Final
 5th March - Driving Assessor in Lake Grace TBC
 6th March - CWAs Zucchini Day
 9th March - CWA AGM 5pm
 10th March - Ladies Tennis Grand Final
 13th March - State Election
 17th & 18th March - Forklift Accreditation
 29th & 30th March - Auschem Accreditation
 31st March - Auschem Refresher
 22nd & 23rd March - Dr Linda Haines in Lake Grace
 7th April - Sports Inflatables Holiday Activity
 14th April - Car Safety & Maintenance 16-18 year olds
 21st & 22nd April - Forklift Workshop
 23rd April - Tenancy Information Session
 25th April - ANZAC Day

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

Sudoku

- The Sudoku grid of rows and columns is divided into individual 3x3 boxes.
- The aim of the game is to fill each row, column and 3x3 box with the numbers 1 to 9.
- You can't repeat numbers in a row, column or 3x3 box and you can't change the numbers already in squares.

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