LAKES LINK NEWS

Produced at the
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31st January 2019 **$1.50 *inc* GST** **Vol 25 Issue 1**

Celebrating Australia Day

Suzanne Reeves

Lake Grace's Citizen of the Year Geoff Sabourne, Senior Citizen of the Year Elizabeth Carruthers with Jamie Eggers and Floyd Pryor who represented the Lake Grace Kukerin Hockey Club who won the Club/Event of the Year award.

Putting all of the politics and opinions aside Australia Day is a wonderful opportunity for everyone to get together and be grateful for the opportunity to live in a great country such as ours.

The pool is an excellent setting and the Lions are such a well organised team that catering breakfast for the masses doesn't seem to be a chore at all. In fact they were incredibly eager to load up our plates and send us on our way. It's a convivial atmosphere where you have the opportunity to enjoy breakfast with people you may not normally get the opportunity to catch up with.

As well organised as they are catering for these events can be a logistical nightmare as you never know how many are going to turn up and you can't afford to assume as that is when you'll be caught a few eggs short of a breakfast.

Lions estimate there would have been 90-100 at the breakfast, there were fewer than normal because of Australia Day falling on the weekend. Funds raised from

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LAKES LINK NEWS
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Editorial	FREE	FREE	FREE
Colour	$165.00	$165.00	$200.00

Conditions do apply.

Deadlines & Editions

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

Next Deadline
Friday 11th February

Next Edition
Thursday 14th February

CRC Opening Hours

9:00am - 5pm

Closed from midday to

1pm for lunch when short staffed.

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

Dick Phillips Elsie Bishop

Gwen Oliver

Thank you also to our many contributors of articles.

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300 copies printed and sold each fortnight

Editorial

- A big **welcome back** to everyone for the first Lakes Link of 2019. We are introducing some new segments for the Link this year, we hope you enjoy them and as per usual we've had a great response from our regular advertisers and thankyou to our new ones who've come on board.
- **Small Business** will be a short article about a local business, at first we'll be targeting those that don't have a shop front. If you'd like us to do something on your business then please contact us; always great to have a truly willing participant. This segment will feature in every second paper.
- **Book of the Month**. This will be another segment that will appear in every second paper. Rather than Rosie and I blathering on about OUR favourite books (because it's not all about us) we are looking for any keen readers (or listeners) out there who would like to take part in this.
- **What's In a Name.** This was a suggestion that came from the community so I'm needing 12 volunteers to step forward. It will be a feature about farm names and the reason behind them so step right up!
- We have had a return of our **'From the Archives'** and what a distraction it has been. We have cherry picked items of interest from the papers from that month in the appropriate year. Enjoy!
- Our **subscribers** have been on the ball with the bulk coming in prior to New Year and the remainder since then. It makes it much easier for us if we can get our subscription lists sorted before we start the paper. May not seem like a big deal but it is.
- We have a few **workshops and information sessions** coming up:
  - Rural Minds on the 26th March. A 3 hour mental health workshop that starts at 6pm. These workshops are also being held in Varley and Newdegate
  - 'My Aged Care' presentation by Advocare on Friday 1st March.
  - Forklift on the 5th & 6th March.
  - ASIST. A two day mental health workshop on the 21st and 22nd March. This workshop is also being held in Newdegate on the 3rd and 4th April.
  - Peter Lyndon James. Tough love seminar on 27th March.
  - We're also looking at another Recognise and Respond workshop; not sure if that will be held over two evenings or a full day. Well worth doing.
- We have been feeling the heat this month with 16 days in January (so far) reaching over 30 degrees. The 21st January took the prize though with a record high for the minimum AND the maximum.

Suzanne Reeves

Accredited Forklift Workshop

5th & 6th March 2019

Cost

Non-concession - $324.20

Concession - $187.80

These costs don't include the Worksafe fee of $95

Please phone the Lake Grace Community Resource Centre on 9865 1470 to book in.

Must be 18 years of age to take part.

Zucchini Challenge

Can you grow Lake Grace's biggest zucchini? Lake Grace CWA are issuing a challenge.

Cash prizes for:

- Open division (14 - 99 years)
- Children's division (13 and under)
- Best table centrepiece (carve or decorate your zucchini)

Gold coin entry. Judging will be held at the CWA Hall on **Saturday 30th March** along with a craft exhibition and morning tea. Funds raised will go to the Playground.

What's Happening?

- Congratulations to Kristie Pinney and Tom Goodwin (pictured below) who became engaged on the 20th December.

- Congratulations also to Magdalen Trevenen and Cameron Johnston who got engaged on December 21st.
- A big congratulations to Vicky Nolan and Lenny Klein who got engaged in Darwin on the 14th December.
- Farewell to Father Joe who has relocated to Donnybrook and welcome to Father Abraham who has come to Lake Grace from Bunbury.
- A big welcome to a baby girl for Kylie (Fleay) and Brett Simpson. Harlow Jewel Simpson (pictured right) was in a rush arriving a week early on the 11th January weighing in at 3170g and measuring 55cm. A little sister for Brettly, Harlow is the seventh grandchild for Don and Judy Fleay.
- Well done to Lois Dickins, Ollie Farrelly and Amanda Milton who have all been recognized with the honour of a 'Membership of the Order of St Johns'. They will be formally admitted to the Order at the annual Investiture Ceremony which will be held in Government House in April.
- Sympathy to the family and friends of ex Lake Grace resident Grace Thornton who passed away on the 29th January.

Happy Birthday

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
8th February	Anna Strevett
	Adam Hunt
	James Morgan
	Lydia Murray
9th February	Derek Stanton
	Joyce Gilson
10th February	Georgia Garard
	Katara Chappell
	Trevor Wheeler
13th February	Lucas Robinson

Anniversaries

6th February - Kerrie & Greg Argent

Birthday Celebrations

Michelle Slarke

A family birthday between Christmas and the New Year means continuous celebrations and another reason to get together. On 27 December, Lindsay Slarke's family and friends joined him at Walkers Hill Vineyard to celebrate his eightieth birthday. The weather was perfect, with a stunning sunset over the vineyard and paddocks to start the celebrations. Three generations shared their special stories of Lindsay, who was born in the AIM hospital on 27 December 1938 and has farmed at Beenong for over 50 years. Hosts Tania and Jared Bray served up delicious food and wines throughout the evening and then chauffeured everyone safely home.

Above L to R: Michelle Slarke, Harry Slarke, Tuscany Dew, Rafferty Milton, Tracey Milton, Lachlan Milton, Annie Milton, Wayne Milton, Kerry Slarke, Leigh Hardy, Terry Hardy, Julie Smith, Lindsay Slarke, Annie Slarke, Jeffrey (peeping) Smith, Michelle Slarke, Kim Slarke, Kirsty Slarke, Felicity Young, Katie Slarke, Jamie Slarke, Vicki Smith, Morrie Smith, Colleen Smith, Terry Smith, Elsie Bishop & Neil Bishop.

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The Genesis of Playgroup

Suzanne Reeves

Attending Playgroup isn't just about having someone for your children to interact with, it can be a lifesaver for parents who just need to have an 'adult conversation' or are needing to trade ideas and talk about problems with other parents who are in similar circumstances. For anyone new to the community it is a means of meeting other families and forming new friendships.

Since its beginnings, it is believed that Playgroup has always met on a Thursday; in 2019 they are moving their meeting day to Tuesday. Playgroup President Amy Jones said that with so many of the mums having winter sport commitments on a Thursday, the group elected to change their day.

Currently Playgroup operate out of what was the old kindergarten building on Griffiths street, this has been their home base since 2011. Playgroup has been active in Lake Grace since 1976, we haven't as yet been able to verify the person who started it but the Uniting Church Ministers wife, Mrs Batchelor was definitely involved. At that stage, the group operated out of rooms in the back of the Shire Hall.

At some stage Playgroup moved to the Pavilion (earliest verification is 1983) and remained there until mid-2000. Every week mothers would descend on the pavilion; drag all of the equipment out and set up for two hours of stimulation with their children before reversing the sequence and putting everything back again. It was a well-practised scenario!

From the pavilion, Playgroup moved to the Old Catholic Parish house in 2000; although they spent some time at the old kindergarten building during 2001, 2002 and 2006. They remained attached to the Catholic Parish house until March 2007 when they took up residence in the Uniting Church.

By this stage the Mums and Dads must have been fed up with cleaning up yards, putting up fences, relocating sheds and building sandpits so it would have been manna from heaven when they moved permanently into the old kindergarten building in 2011.

Playgroup WA (formerly called the Playgroup Association of Western Australia), began in 1972 and has grown from a tiny office in Victoria Park with one staff member to a two-storey office in North Perth and 22 staff members. Currently more than 16,000 families enjoy the benefits of Playgroup in sessions operating from Esperance to Kununurra, from Leonora to Lancelin and throughout the Perth metropolitan area. Playgroup WA has more than 500 member playgroups.

If anyone has more information about the early days of Playgroup or even some old photographs then the Lake Grace CRC would love to hear from you.

Lake Grace Playgroup welcomes any families with children under school age and also expectant mums. Their first get together is on Tuesday 5th February from 9:30am; they will hold their AGM the following week on the 12th February.

Annual membership cost is $65 ($1.35 a session, cheap therapy) for a family of any size. This money helps cover insurance, stationery, craft, tea/coffee etc, repairs/replacements of toys and cleaning products

Lake Grace Playgroup's Facebook page is a great source of communication, support, funny and reliable memes, along with a local forum should we need advice!

Playgroup President Amy Jones encourages all parents to attend. "Playgroup is a safe, judgement-free space, a welcome reality which is a far-cry from the perfect yet fake Instagram world that often makes us mums feel inadequate", said Amy.

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Family

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Water Supply Under Pressure

Suzanne Reeves

When you turn on a tap you expect water to come out and the majority of the time little thought goes into the journey that water takes to get into our households. That thinking was challenged on the 18th January when the Water Corporation locked seven standpipes within the Shire to ensure that the town was still receiving adequate drinking water supply.

Lake Grace's water comes from the Harris River Dam near Collie. Travelling via Kulin the reticulation system doesn't just supply Lake Grace, there is a series of water supply systems that flow west and south to farmlands and also eastwards supplying Newdegate and farmlands along the way. This source also supplies to Varley and Lake King.

With the shire having received very limited rainfall and next to no runoff, dam levels on farm were dwindling. Hot weather coupled with low to non-existent farm supplies put extra pressure on the water supply, with the system unable to keep up with the demand.

The decision to lock standpipes was met with plenty of negative feedback however from this situation there is a growing awareness that water supply is the responsibility of many stakeholders; the community, local government and state government agencies. Although the standpipes were locked there were no restrictions placed on the farmlands that receive scheme water and the standard garden watering restrictions remained in place for the townships.

As per the Emergency Farmland Water Response Plan, standpipes are designed as an emergency off-farm water supply with landholders expected to largely remain self-sufficient; however it is recognised that it is important that these supplies are available particularly in respect of livestock needs. Community dams and tanks are intended to be accessed initially with the piped water (standpipes) provided as a source of emergency water for those landholders whose properties are not connected to the pipeline.

Residents that require access to water for farming are strongly encouraged to contact the Department of Water and Environmental Regulation (DWER) on 1800 780 300 or email ruralwater@water.wa.gov.au. DWER is the responsible government agency that manages emergency farmland water if it is needed from off-farm sources. Until the standpipes were locked DWER had received no indication from households within our shire that on farm water supplies were running low.

A request was put out via the 8th November issue of the Lakes Link asking for farmers to contact the Shire office to register their concerns regarding on farm stock watering issues, low emergency supplies and a high need for carting for livestock watering over summer months. Unfortunately there was no feedback from this request, perhaps there needs to be a multi pronged approach to the dissemination of information.

As most would know government departments within WA have had their budgets and staffing numbers decimated, this has resulted in a portion of their work being pushed down onto local governments. Because of this it is critical that there are open lines of communication between the farming community and the Shire as it is through the shire that the Water Response Plan is put into action. If they're getting no feedback there is little they can do.

Six days after the standpipes were locked and with the town supply no longer under threat the Water Corporation re-opened six of the seven standpipes. The Water Corporation will continually monitor water use, and residents should be aware that local government standpipes may be locked again at short notice, if there is a large draw down on the local water supply scheme.

Notification of standpipe closures will be given via the Shire of Lake Grace's SMS notification system. If you wish to receive these notifications contact the Shire of Lake Grace on 9890 2500 to be added. An update will also be posted on the Water Corporation's homepage at www.watercorporation.com.au

DWER is working with the Water Corporation and the Shire of Lake Grace to establish additional non-drinking water supply alternatives within the Shire of Lake Grace for farming and other commercial uses. Water will be pumped to the Footy dams for farmers to access in the Lake Grace area. The Water Corporation is also in the throes of connecting Newdegate's old drinking supply for farmers to access. Lake King is undergoing repairs to pump and piping to connect to a standpipe. DWER have supplied a list of tanks, dams and bores that are available throughout the shire; if you need a copy of this please contact the Shire of Lake Grace or the Lake Grace CRC.

DWER have sent out surveys requesting information from farmers for their estimated needs for domestic, stock and spray water. These surveys are available at the CRC and also the Shire.

As we move into February, the hottest and driest month of the year it is critical that everyone is conservative with their use of water.

South of Kalbarri & Kalgoorlie Watering Days	
Last digit of your lot or house number	**Your 2 scheme watering days are:**
1	Wednesday and Saturday
2	Thursday and Sunday
3	Friday and Monday
4	Saturday and Tuesday
5	Sunday and Wednesday
6	Monday and Thursday
7	Tuesday and Friday
8	Wednesday and Saturday
9	Thursday and Sunday
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Small Business Focus

Michelle Slarke, Heritage and Culture Consultant

Michelle Slarke's job – an interpretation, design and significance assessment consultant - usually requires explanation. "I work mostly with communities, museum and tourism groups to share their stories," she said. Interpretation is a way of doing that, be it through a heritage trail, sound work, sculpture or signage. It lets people use their imagination to experience a place or collection in a different way.

Significance assessments help museums to decide which objects to collect, conserve and interpret. "Somehow I found myself working with transport collections – historical buses, aeroplanes and farm machinery," Michelle said.

Michelle's career took a different path when she left teaching to study a Fine Arts degree. She returned to Lake Grace in 1999, diversifying her visual artist and writing practice to include part-time heritage consultant. In 2012, after six years as Community Development Officer at the Shire of Lake Grace, Michelle made the leap to full-time freelancer. Michelle's work now takes her over most of Western Australia, from down south, out east and into the Pilbara.

As you walk our main street, you will pass Michelle's work - the pavers and signs of the Lake Grace StoryTrail. Other local projects include The Jam Patch, the AIM Hospital Museum and the new signage at the Lions Information bay. Further afield, Michelle has produced audio signage for the Bush Engineers' Tractor Museum at Lake King. In different terrain altogether, for Cape Naturaliste Lighthouse, Michelle created an interpretive plan, interactive sculptures and design concepts for an Interpretive Centre.

As well as writing for signage and museums, Michelle has published a number of books including *Far Site - Women of the Salt Lake Country,* the stories of the women pictured on the mural in Lake Grace, and *Point of Slaughter* - about the live sheep trade. With Stephanie Clarke-Lloyd, she edited *Lake Grace 100 Years – a community memoir* for the centenary in 2011.

"I love the research and the creative part of my job but mostly I am passionate about people's stories," she said. "These can be so powerful, giving insight into others' lives and changing people's thinking. One of the most moving projects I have been involved with was interviewing Vietnam War vets for the Mandurah War Memorial sound work."

"Working for myself means I can set my own program and choose interesting projects. Ultimately, though, it means I can live in my community and be close to family".

Push the button for the story - Bush Engineers Tractor Museum, Lake King

Above: Interactive sculptures, Cape Naturaliste Lighthouse

Left: Jarrah marker (detail), Cape Naturaliste Lighthouse walk trail

Lake Grace Weather

Date	Min	Max	Rain
18/12	13.1	25.1	
19/12	9.6	27.9	
20/12	10.0	29.0	
21/12	11.9	32.1	
22/12	17.5	37.2	
23/12	18.2	39.8	
24/12	14.3	30.3	
25/12	13.4	38.2	
26/12	15.6	31.8	
27/12	14.2	30.6	
28/12	16.7	26.6	
29/12	11.2	29.6	
30/12	12.5	34.9	
31/12	13.3	35.2	
1/1	16.3	36.7	
2/1	16.0	35.1	
3/1	15.5	27.0	
4/1	10.1	26.2	
5/1	11.2	30.2	
6/1	14.8	33.7	
7/1	15.3	34.7	
8/1	16.0	28.3	
9/1	15.4	32.6	
10/1	15.2	35.7	
11/1	13.7	31.2	
12/1	13.6	39.2	
13/1	18.1	33.2	
14/1	15.6	27.9	

Date	Min	Max	Rain
15/1	13.6	29.7	
16/1	12.5	30.8	
17/1	12.4	29.8	
18/1	15.3	31.2	
19/1	13.9	37.8	
20/1	19.7	41.5	
21/1	20.2^{R}	42.8^{R}	
22/1	16.6	26.1	
23/1	17.6	26.1	
24/1	13.5	23.7	
25/1	8.5	27.6	
26/1	10.4	28.7	
27/1	10.4	32.9	
28/1	11.8	38.6	
29/1	13.9		

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Join us to have a chat about mental health and wellbeing in rural Australia

A Rural Minds Workshop is a relaxed way to learn about mental wellbeing and resilience for your community, your family, friends, and yourself. Designed for rural and remote communities, and delivered by people who know what it's like out here, Rural Minds is just good, solid, practical, information without all the bull...dust.

The workshop will:

- Improve your awareness and understanding of mental health issues
- Make the connection between mental health and personal safety
- Give you the confidence, strategies and pathways to supports to help you preserve your mental health and that of your family and friends.

Topics covered will include:

- Stigma around mental illhealth
- Risks to mental health
- Anxiety and Depression
- Destructive Thinking
- Acute Stress and PTSD
- Dementia
- Suicide
- Alcohol, drugs and mental health
- Relationships
- Financial Stress and Succession
- Strategies to build and maintain mental health
- Mental health supports

6pm Tuesday 26th February @ the Lake Grace CRC

To book in contact the Lake Grace CRC on 9865 1470 or lakegracecrc@westnet.com.au

RRMHRuralMinds

RRMentalHealth

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rrmh.com.au

Hot Beverage in a Heat Wave

Suzanne Reeves

Lake Grace's Roadwise committee attempted to get in the heads of motorists that would be travelling for Christmas; as per usual, we demonstrated we had no idea. General consensus was fill the timeslots for Saturday and Monday and if you have enough volunteers then fill Sunday also.

Sunday was the day the van had the most visitors; we might as well have shut up shop by 2pm on Christmas Eve. Forty-three motorists stopped to utilise the van over the three days; good numbers considering the temperatures on these days would have been enough to keep anyone in the air conditioned comfort of their vehicle rather than have a hot beverage.

These numbers don't include those that took the time to check out the van and what the Driver Reviver was about. Although some of the shifts are quiet it is quite relaxing sitting down, having a chat and watching the world go by.

In 2018, there were 158 fatalities on WA roads, the lowest number this century; this is largely due to a significant drop in the number of deaths on metropolitan roads. Of the 158 deaths, 99 were on regional roads, 24 of these in the Wheatbelt. The only rural region to have more deaths was the southwest (27) an area with a far greater population.

The 158 people who died represent as many families staggering their way through the grief of losing a loved one; this is why Driver Revivers are so important. Your two hours of time, conversation and hospitality may well have saved a life.

If you would like to be included in the Driver Reviver volunteer group please give the CRC a call on 9865 1470 or email them on lakegracecrc@westnet.com.au

The Argent Family were on shift with the Christmas Driver Reviver. Annie, Ben and Greg at back and Seth, Levi and Tyler in front.

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Tree Climbing 101

Lauren O'Neill

Some of you may have noticed some severe pruning taking place around Lake Grace in the latter part of 2018; tree climber Tony Bondarenko and his team were in Lake Grace to remove several hard to get to trees and palms.

If the names sounds familiar it is, Tony's family lived in Lake Grace in the 1980s with his father, also Tony Bondarenko, working at Otter Explorations gold mine west of Lake Grace.

Tony scales the trees with a harness, and big spikes attached to his boots. It was impressive to see how quickly the trees were whittled down. Lopping the trees like this eliminates the need for bulky, expensive machinery, allowing Tony to get to trees in tricky places such as between power lines and over sheds and houses and other confined spaces.

Based in Mundaring Tony is prepared to travel and is happy to tackle palms, pines and gums; no tree is too big. He will also cut up your felled tree for firewood.

Below Right: Tree climber Tony Bondarenko readies himself to bring down the palm (at left) that has grown between the two power inlet lines.

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You will also be responsible for assisting with the efficient and effective provision of the Shire of Lake Grace's Rating function and will provide ad-hoc administrative support to all other Corporate Service functions when required.

This is an exciting and varied role with a community focus.

Ideally, the successful candidate will have previous experience of working in an office environment , providing a high standard of customer service. You will also need to have accurate numeracy skills with experience in cash handling and receipting processes. To be considered for this role, you must hold a National Police Clearance Check and be willing to undertake Department of Transport Licencing Training (5 days in Perth).

Hours: Part-time (25 hours per week, 5 hours per day, Monday to Friday)

Salary: $27.0613 per hour

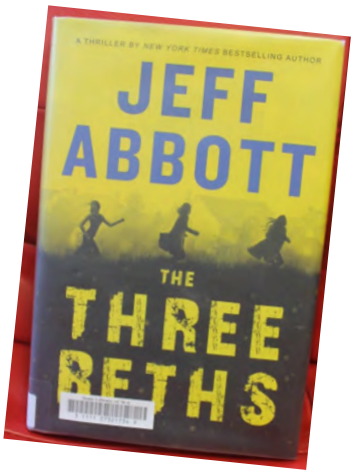
APPLY NOW

Please contact Cheryl Cavanagh, Executive Assistant on
9890 2500 or at shire@lakegrace.wa.gov.au
for more information and an application package.

The closing date for applications is 4.00pm on Friday 15 February 2019

Book of the Month

Suzanne Reeves



Reading is the easiest and cheapest way to go on holiday; no queues, no travel sickness, no fussing over the budget, just hours (if you're lucky) of indulgence! Each month the Lakes Link will feature a different bibliophile who will nominate their book of the month.

Most readers have a genre of choice; however this can change depending upon our mood at the time of picking up a new book. My favourite genre is crime; it causes my husband to sleep with one eye open but it keeps me riveted. I have literally missed entire conversations because I have my nose firmly planted in a book.

It's not about blood and guts or nastiness, it's the intrigue that gets me in. Crime is a booming industry in the publishing world and reflecting this is the number of authors who are punching out the novels. None more so than James Patterson; he not only writes his own but he co-authors with many, many others. If you don't want to think too hard then his books are a go to; he's to crime what Barbara Cartland was to romance. Just change the names, make some adjustments to the scenarios and off we go.

My book of the month would be one from an author I haven't read before; The Three Beths by Jeff Abbott. The light stayed on a little longer as I made my way through a psychological thriller that kept you wondering. There was no glamour or glitz, the characters could have been anyone we know with the scenario being something that may not even make the daily papers.

Two women disappear some months apart from the same city; police believe one is simply a woman disappearing from an unhappy marriage while the other, they believe, has been killed by her husband. There appears to be no link between the women except they are both called Beth. Then a third Beth appears, a faceless friend that no one else seems to have met. A connection is discovered between the three Beth's but an unrelated mystery continues to distract the reader.

Jeff Abbott is definitely an author that I will be checking out further; he has multiple titles to his name, these include two series and a number of standalone titles. The Three Beths is currently in the Lake Grace Library.

STEVE & KIM

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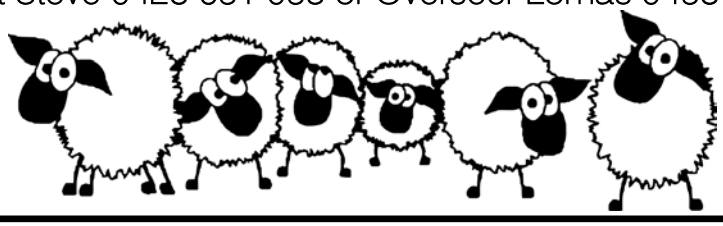
Fully staffed by experienced crutchers, wool handler and stockman. Contract rates, quick and efficient with our modern equipment.

We have room available for bookings in our summer/autumn program during February, March & April.

Any queries on Plunge Dipping are welcome.

Book in.

Contact Steve 0428 651 053 or Overseer Lomas 0458 729 738



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Getting To Know…

Rosie Timperley

1. Name: *Ben Argent*
2. Occupation: *Owner Operator of Ironstone Fabrications - Welding*
3. Which 3 people, living or passed, would you love to invite to a dinner party*? I don't know, too hard to choose but my family of course.*
4. Which actor or character would play you in a movie? *Chris Hemsworth - Thor, the saviour of Annie's World!!!*
5. What is one thing that really annoys you? *Rattling noises*
6. If you won $10 million in the lotto and chose to give some to charity, which one would you choose? *Cancer Research*
7. What is the most likely thing you would be doing in your spare time? *Water skiing or fishing*
8. Where would you dream vacation be? *Bora Bora*
9. If you could go forward in time or back in time, which would you choose and why? *Forward so I can retire earlier*
10. If you could only listen to the one musician again, which one would it be? *ACDC*

From the Archives...January

1999 - Twenty years ago...

- Desmond family have another good turnout at the New Years Day Fun Day. The jumping castle an slippery slide were once again a big hit with the young children.
- Youth Station has become part of the government YAC programme.
- Sylvia Brandenburg received an Order of Australia Medal
- Lake Grace Swimming Club host Australia Day breakfast with over 50 people attending
- Coralie Palmer is declared Lake Grace's Citizen of the Year, Leanne Carruthers is Young Citizen of the Year and the Lake Grace Golf Club with the Event of the Year with the State Sand Greens.

2004 - Fifteen years ago....

- 85 children at inaugural community Christmas tree held in 2003.
- Lake Grace chosen for a pilot programme Interactive Community Education (ABCDE).
- First print run of Far Site sold out.

2009 - Ten Years ago....

- Jill Duckworth is Lake Grace's Citizen of the Year while Terry and Leigh Hardy won the Event of the Year award for the 'Greenstone Hoedown'. Below is the photo featured on the cover of the first Links for 2009. *Shire President Andrew Walker, Lake Grace's Citizen of the Year Jill Duckworth, nominee Helen Bennett and Leigh and Terry Hardy who accepted the Event of the Year award for the 'Greenstone Hoedown'.*

- Good dividends from community cropping programme.
- Public meeting to be held in relation to the future of the Lake Grace Saleyards.

2014 - Five years ago....

- Roe Tourism create a three minute film of our region 'Rock Out on the Pathways to Wave Rock'. *Braving the elements while enjoying the adventure are (L to R) – Sarah Huddlestone, Ben Whisson, Kate O'Sullivan and Glenn Burling. Image taken at Walkers Hill Vineyard..*

- Lake Grace Pool and St John Ambulance volunteers hold a joint exercise on management of patients in the water and extracting them from the water.
- Royce Taylor is Lake Grace's Citizen of the Year while Miranda Wallace is the Youth Citizen of the Year.
- There was some interesting entries in the Artist Group's Christmas Tree sculptures. Entries were made from egg cartons, chairs, cogs, road signs, beer cans and corrugated iron.

wheatbelt natural resource management

Are you sick of handfeeding livestock?

Wheatbelt NRM have an opportunity available to mixed farmers to help fill the summer feed gap.

Find out more about:

- Fodder, Pasture and Forage
- Making all the options work
- Benefitting your stock and your bottom line

We are looking for mixed farmers across the Wheatbelt who want to investigate how they can reduce their reliance on hand feeding. We will investigate options for increasing groundcover to grow summer feed sources.

For more information, visit the link below or contact Wheatbelt NRM on bdunlop@wheatbeltnrm.org.au or 0477 885 514.

wheatbeltnrm.org.au/feedgap

Australian Government | National Landcare Program

Making Good Farm Decisions Before 'Rolling the Dice'

Media Release

Past negative experiences can have a major influence on future decisions, sometimes resulting in significant missed opportunities.

However, a structured approach to making complex and sometimes difficult decisions may help in making a good decision, according to Nicon Rural Services consultant Cam Nicholson.

Mr Nicholson will stress that decision making is a skill that can be learnt and practised when he addresses the upcoming Grains Research and Development Corporation (GRDC) Farm Business Updates in Western Australia.

Designed to enhance grower and adviser knowledge of farm business issues, to help with effective planning and management, Updates will be held in Tambellup on February 12, Lake Grace on February 13 and Moora on February 14.

Mr Nicholson, of Geelong, Victoria, says that while some decisions are habitual, not requiring much thought, others appear more difficult due to a range of issues such as not knowing all the facts; there being many pros and cons to weigh up; severe consequences from making a wrong decision; or a strong emotional element.

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"Yet we still need to make a decision, even if it is do nothing at all," he said.

"At the Update events I will focus on providing background information and tools to assist growers and industry personnel to make better tactical or operational decisions."

Mr Nicholson says decisions are influenced by our 'head' – the logical or orderly approach to analysing and solving a problem; the 'heart' – the emotional influence on decisions; and the 'gut' – the intuitive influence on a decision shaped by our experiences and knowledge.

"The more difficult or complex a decision is, the more we rely on experience or the gut to inform the decision," he said.

"Our temperament also influences our decision making, and most growers have a temperament that naturally defaults to relying more on the gut and heart than the head." (Mr Nicholson speaks about grower personality types in a GRDC podcast at bit.ly/2Txdl2X.

Other speakers at the 2019 WA GRDC Farm Business Update events include:

- Saul Eslake, economist: Trade wars, Trump politics and Banking Royal Commissions – What's the fall-out for agriculture? The economist's view

- RSM Australia personnel Jo Gilbert (Tambellup event); Cameron Taylor (Lake Grace event) and Keiran Sullivan (Moora event): Tax Tips – essential tax management strategies for grain growers

- Advisers Rod Grieve, agricultural consultant (Tambellup event); Steve Curtin, ConsultAg, (Lake Grace event); and David Williams, BJW Agribusiness, (Moora event): Farming to Profit – Focusing on the drivers and breaking down the barriers to profit

- Stephen Park, Pacer Legal: Labour arrangements forum – Are you compliant? What is at risk? What you need to do next. Session to include questions and answers with a grower case study

Susan Brumby, National Centre for Farmer Health: Sustaining farm family businesses – your health is critical.

Each of the GRDC Farm Business Updates in WA will be held from 9.25am to 4.25pm. To register visit **https://grdc.com.au/events** or **www.orm.com.au** or **admin@orm.com.au**.

Some Australia Day Statistics

Australian Bureau of Statistics

- Two hundred and thirty-one years after the arrival of the 11 ships of the First Fleet, Australia is a multicultural nation of more than 25 million people (double the population counted in 1970) and speaking 300 separate languages.

- With 26 per cent of us born overseas, England and New Zealand are still the next most common countries of birth after Australia (14.7 per cent and 8.4 per cent respectively but the proportion of Australians born in China and India increased between the 2011 Census and the 2016 Census (from 6.0 per cent to 8.3 per cent, and 5.6 per cent to 7.4 per cent respectively).

- There is no accurate data on the population of Australia before European settlement. Since the 1971 Census, the first to fully include Aboriginal and Torres Strait Islander people, estimates of the Indigenous population have risen from about 150,000, or 1.1 per cent of the Australian population, to about 798,365 (at 30 June 2016) or around 3.3 per cent of the total population.

- Midway through the long, hot summer, we spend more on alcoholic beverages; on average $453 for each household compared to $426 in spring, $385 in autumn and $433 in winter. Beer is the beverage of choice, with $166 spent on average in summer compared to $150 in spring, $145 in autumn and $128 in the colder months. Wine is not far behind beer in summer with an average household expenditure of $136.

- Overall, fewer Australians are drinking alcohol at levels likely to risk their health and just over half of us are meeting the guidelines for the recommended daily serves of fruit.

- A quick check on the price of barbecue staples shows the only items coming down in price are tomato sauce and white bread which have fallen by more than 21 per cent and 23 per cent respectively in real terms over the past two decades. Snags and lamb chops have gone up in real terms by 41 per cent and 36 per cent respectively.[1]

- Australia Day is a holiday for most of us … and we've earned it. In 2016 the average number of paid hours worked was 39 hours per week for men and 30 hours for women. On average, men in the 35-54 age group work the longest hours (42 hours per week). However, women are more likely to be cleaning up after the barbecue than men. Employed women did more hours of unpaid domestic work such as housework,

Continued page 36

FARM TO PROFIT
FARM BUSINESS UPDATES

GRDC
GRAINS RESEARCH & DEVELOPMENT CORPORATION

2019 GRDC Farm Business Updates

Tambellup: Tuesday 12th February

Lake Grace: Wednesday 13th February

Moora: Thursday 14th February

Full details & registration at www.grdc.com.au/UpdateDates

Tarin Rock Book Update January 2019

Jolanda Keeble

It has almost been a year since I first started coming to Tarin Rock. It has been a very busy year for me with so many species to record. I am hoping that 2019 will be an easier year where I can focus on the plant species I haven't found yet, if they are even there. So I will keep looking this year.

One thing I noticed compared to last year January is that there are lots of Eucalyptus species flowering. This wasn't the case last year. It may have to do with the rains earlier in the year. Eucalyptus species do not always flower each year so I am fortunate that they do now. I am finally starting to see the differences in the species but it is not easy. I have an excellent book to assist me (Eucalypts of Western Australia's Wheatbelt by Malcolm French) and I can submit my species to an expert at the Department of Biodiversity, Conservation and the Arts who will let me know if I got it wrong (yes it happens!). That gives me reassurance that I have named the mallees and trees / mallets correctly.

I also notice that with the profuse flowering of the eucalypts, a lot of insect life is around in the reserve. I have seen some big (jewel) beetles and flower wasps. The males of these take the opportunity to mate with the females as they are occupied feeding on the nectar.

I always feel privileged to be there at the right time and to be able to see them, even if it is only through binoculars.

My next visit will be 9 to 12 February. If anybody wants to come along, let me know and we can meet up on site. If you have any questions, you can reach me by email at tarinrockbook@gmail.com or by phone on 0439 978 550.

WALKERS HILL vineyard

OPEN most days

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

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Bookings not essential, but appreciated.
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Shire of Lake Grace
Community News

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

Acting CEO's Corner

Happy New Year and Thank You!

I would like to start by wishing everyone a happy New Year and I hope you all enjoyed the festive break.

It's been full steam ahead here for me, having just joined the Shire of Lake Grace as Deputy Chief Executive Officer and immediately stepping into the role of Acting Chief Executive Officer. I would like to extend my thanks to all of our Shire staff for making this transition a great one and for embracing all of the changes that I have implemented to so far. It is wonderful to be working with a team that are so excited to try new things and strive for greatness! Thank you also to the community for your support during this time, it has been great getting to know some of you and familiarising myself with the local area, I am very excited to be a part of your wonderful community.

Denise Gobbart will be returning as Chief Executive Officer on 4 February 2019 and I hope that she has enjoyed a very restful and well-earned break!

Focus Points for the Year
For the beginning part of this year, our focus will be on:
- Finalisation of the WANDRRA Flood Damage works
- Working with local communities to ensure parks and gardens are well maintained
- Working with the Department of Water and Water Corporation to secure strategic farm water dam sites, and a staged approach to improvement of existing sites.
- Preparing for the forthcoming 2019/2020 Budget

Infrastructure Services
The Infrastructure Team will be focusing on:
- Cement stabilization & sealing works – Newdegate-Pingrup, Magenta and Lake Biddy Roads
- Resealing works at North Lake Grace-Karlgarin, Lake Biddy and Newdegate North Roads.

See below for further details

Welcome to our new Works Supervisor
On Monday 21 January, Warren Sarginson joined us as Works Supervisor. Warren comes to us from the Shire of Kondinin and is well versed in local government contracts. With Warren's 'hands on' construction experience and team leadership skills, we are confident that he will be an asset to the team. Welcome Warren!

Council
The date of the next Ordinary Council Meeting is Wednesday 20 February 2019 at 3.00pm.

Council meetings are open to the public and members of the community are encouraged to attend to ask questions relating to Shire activities.

A minimum of fifteen (15) minutes is allowed at the beginning of each meeting for questions from the public.

2019 Australia Day Citizenship Awards
On Saturday 26 January, Australia Day Citizenship Awards ceremonies were held as part of the Australia Day Celebrations in Lake Grace, Newdegate, Lake King and Varley. I would like to thank the community groups and their volunteers, who were involved in the coordination of these events and who helped to make them a success.

I would also like to extend my congratulations to all of the nominees and winners for the Citizenship Awards, your commitment and passion is what makes our community so special.

A list of nominees and winners are below:

Newdegate Active Citizen Ship for a Group/Event Award
Nominee/Winner: Newdegate Active Precinct
Nominated by: Rochell Walker

Newdegate Senior Citizen of the Year
Nominee/Winner: Eileen & Barry Ness
Nominated by: Bill Lloyd

Lake Grace Active Citizenship Award
Nominee/Winner: Lake Grace/Kukerin Hockey Club
Nominated by: Danielle Robertson

Lake Grace Senior Citizen of the Year
Nominee/Winner: Elizabeth Carruthers
Nominated by: Lake Grace CRC, Lake Grace Development Association and Lake Grace Lions Club

Lake Grace Community Citizen of the Year
Nominee 1: Geoff Sabourne
Nominated by: Lake Grace CRC

Nominee 2: Paula Carruthers
Nominated by: Lake Grace Development Association
Winner: Geoff Sabourne

Lake King Active Citizenship Award
Nominee/Winner: 'Lake Kingfest'
Nominated by: Lake King Progress Association

Continued over ..

Shire of Lake Grace Community News *Cont.*

CEO Corner Cont.

Road Works

The Construction Crew and General Maintenance Staff have carried out the following work:

- Newdegate – Pingrup Road – loading and carting of gravel, gravel sheeting, rolling, carting of water and stabilizing
- Magenta Road SLK 24.63 – 27.63 – erection of signage, loading and carting of gravel, carting of water and water binding of road
- Plant Maintenance
- Lake Grace Tip – push up of tip and carting of waste dirt to tip
- Lake Biddy Road SLK 12.67-12.95 – stabilization
- Town Street Maintenance – Maintenance of lanes
- Private Works – Newdegate – Pingrup Road, Hoover Dam and Magenta Road

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

- Treloar Road
- Green Road
- Green Road
- Fisher Road
- Biddy-Camm Road
- Mallee Hill Road
- Bairstow Road

Additional works carried out by Maintenance Grader Operator:

- Road Patching – erection of signage, spreading of blue metal, patching on Lake Grace – Karlgarin Road
- Locking of Road Traffic Counters
- Installation of Shade Sail at Lake Grace Playground
- Lake Grace Tip – push up of tip

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

- Old Ravensthorpe Road
- Breed Road
- Haig Road
- Biddy Camm Road
- Oakey Road

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

- Muncaster Road
- Hatters Hill Road
- Ladyman Road
- Kathleen Road
- Biddy Camm Road
- Drust Road
- Broombush flat Road
- Purnta Road

Parks and Gardens

The Town Maintenance Crew have carried out the following work:

- Lake Grace Recreation Ground – mowing, sanding, checking of tanks and ovals, weeding, spraying of weeds around the oval and pavilion, blowing at cricket net and around pavilion;
- Plant Maintenance;
- Lake Grace Town Street Maintenance – removal of fallen trees, slashing, hedging of trees, spraying of weeds and treatment of ants;
- Lake Grace Parks and Gardens Maintenance – watering, weeding, mulching, de-heading of roses, repairs to retic, spraying of lawn for beetles and removal of snake vine from BBQ area;
- Lake Grace Medical Centre - clean up around Medical Centre;
- Lake Grace Swimming Pool – raking, blowing, mowing, whipper snipping, fertilizing, removal of fallen tree;
- Rural Roads Signs and Guideposts - erect signage at Lake Grace-Karlgarin Road Blackspot and Jam Patch;
- Lake Grace Playground – installation of shade sail
- Lake Grace Day Care Playground - change retic box
- Shire of Lake Grace Administration Building - cleaning up around Shire office, spraying of weeds and fertilizing;
- Lake Grace Cemetery - clean up at Cemetery;
- Newdegate-Pingrup Road/Magenta Road (Maintenance Grading) - clearing around pegs for grader
- Lake Grace Railway Building – picking up of palm trees and removal of rubbish and damaged pole;
- Clark Avenue, Lake Grace – installation of new retic box;
- RSL Hall Garden – removal of tree bark and leaves;
- Lake Grace Public Hall Garden – checking of retic and mowing;
- Footpath maintenance – repairs to footpath on Bennett Street.

Belinda Knight
Acting Chief Executive Officer

Banners in the Terrace 2019

Each year the Shire of Lake Grace participates in the WA Local Government Banners in the Terrace Competition. The 2018 banner was designed by Newdegate CWA.

The Shire would like to give a community group the opportunity to design the 2019 *Banner in the Terrace* banner.

Deadline Dates are:

March - Banner Registration Forms Due
April - Banner Design to be emailed to Perth
June - Completed banners to be sent to WALGA
July to August - Banners flown along St Georges

Interested groups, please call the Shire on 98 902500.

Shire of Lake Grace Community News *Cont.*

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 & Licensing

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

Monday, Tuesday and Wednesday 8.30am - 4.15pm

Thursday and Friday 8.30am - 4.00pm

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

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

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

Driving Assessor

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

Friday - 8 February 2019

Friday - 8 March 2019 - to be confirmed

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

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

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

Building Surveyor

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

Tuesday 5 February 2019

Tuesday 19 February 2019

For an appointment contact Josiah on 0438 811 944.

Environmental Health Officer

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

Tip Hours

Lake Grace

Monday & Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm

Saturday 9am - 1pm

Lake King & Varley

Open Every Day

Waste & Recycle Pickup

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

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

Lake Grace	Newdegate
4 February 2019	11 February 2019
18 February 2019	25 February 2019

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

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

Library Open Hours

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

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

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

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

Everyone welcome

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

Royce Taylor Running for Position as CBH Director

I'm a 48 year old Lake Grace farmer with 30 years experience, managing 5000ha with my wife Anna and son Fletcher (16). We grow about 3000ha of barley, wheat, canola, peas & lupins and run 5000 merino sheep.

I have nominated for a directors position on the board of CBH as I have a keen interest in the grain industry and believe I have the skills required to serve the growers of WA. I am an active member of my local community, volunteering in numerous rolls and am already engaged and committed to the industry, currently deputy chair of CBH's Grower Advisory Council. I see becoming a director as a natural progression for me in working for growers to help keep our businesses as profitable as possible.

I will bring a new perspective to the board if elected as every business needs new ideas and a different perspective to keep them agile and progressive. The skills I have gained over many years through tertiary studies, a councillor on local government, Australian Institute of Company Directors course and Cooperative and Mutual course, I feel give me a good standing to represent our grower members with confidence. CBH needs good leadership and someone who understands, communicates and relates with other farmers.

CBH's does storage and handling fairly well with the costs for this service being the most efficient and cost friendly compared to the rest of Australia. With the rationalization of receivable points now really taking effect and the introduction of the CDF app this process can really be fast tracked to keep improving the benefit gained by growers in delivery times and cost savings. There is always room for improvement and continued grower feedback needs to be maintained.

I see our next big advancement in agriculture coming with the use of technology and robotics. To achieve this we need reliable, fast connectivity with the ability to reach every paddock on our farms. I totally support CBH in the development of the WA SuperNet plan to provide connectivity for grain growers and our regional communities which will keep us competitive and efficient in demanding global markets. This is a big improvement I see that can be achieved.

Tier 3 rail needs to be reinstated to keep our roads safer and transport costs down. Country road fatalities and major incidents are taking their toll on our community. CBH needs to work hard on getting these lines operational again for the benefit of all our communities.

The service level for growers that are disadvantaged due to the distance from local receivable sites need to be reflected in pricing to allow for the increased cost imposed on these growers for these situations

Corporatising CBH is not an option, this discussion has taken place many times in the past and WA growers have been clever enough to reject all takeover attempts. You only have to speak to growers over east to realize that losing our co-op would be detrimental to our business, resulting in increased costs for us. The loss of their co-operative bulk handlers to corporates has resulted in cost hikes for them.

Investments are benefiting growers and I'm comfortable with future investments being made outside of WA as long as every effort is made in assessing every aspect of any proposal.

I see storage and handling competition being a challenge and opportunity for CBH. Competition keeps CBH on its toes so as to keep the business as competitive as possible. The challenge is to keep as many tones in the CBH system as possible as with the loss of every tone out of the system the result will equate to increased charges in the future for every grower.

I believe CBH has a very bright future in contributing to keeping our businesses profitable. I want CBH to be there for my son, our communities and future generations.

Vote 1

Royce Taylor

A FRESH FACE AND NEW PERSPECTIVE

PUTTING GROWERS AND YOUR CO-OP FIRST

CBH ZONE 4

annaroyce@esat.net.au

0427 652 507

Work Harder Than You Think You Did Yesterday

Alex Elle

Grant Programme Opportunity

Targeting inactive communities to build a more active Australia.

The Move It AUS - Participation Grant Program provides support to help organisations get Australians moving and to support the aspiration to make Australia the world's most active and healthy nation.

Further information can be found online - https://www.sportaus.gov.au/grants_and_funding/participation

If successful, applicants will receive grants up to $1 million to implement community-based activities that align to the outcomes of Sport 2030.

Applications open – 7 January 2019

Applications Close – 18th February 2019 5:00pm AEST

To be eligible to apply for a Move it AUS - Participation Grant, primary grant applicants must be one of the following entity types and have been operating for 12 months or longer:

Stream 1 $25,000 - $250,000

Program funding will be provided to a primary grant applicant. Each grant will have one primary grant applicant.

To be eligible, primary applicants must be one of the following Australian entity types and must have been operating for 12 months or longer:

- Sporting Organisations (excluding National Sporting Organisations)
- Non-Government Organisations (NGO)* including physical activity organisations**; and/or
- Local Government Organisations.

The Australian Capital Territory does not have local government organisations therefore, ACT funded organisations are eligible to apply

*NGO is defined as an organisation which is neither a government department or a business operating for profit.

**Entities must have been operating with a Not for Profit status for at least 12 months

Stream 2 - $100,000 - $1 Million

Program funding will be provided to a primary grant applicant. Each grant will have one primary grant applicant.

To be eligible, primary applicants must be one of the following Australian entity types and must have been operating for 12 months or longer:

National Sporting Organisations including National Sporting Organisations (NSO) and National Sporting Organisations for people with Disability (NSOD).

Please direct any grant related questions direct to Sport Australia.

Ajustabar HIRE

Lake Grace Engineering have AJUSTABAR machines available for HIRE in Lake Grace and surrounding areas

Please ring Tracey for further information, pricing and availability

Phone – (08) 98 651 845

Email: adminlge@bigpond.com

Puzzles & Stuff

Some words from the 20th December edition of Boggle

Holidayed	Ahoy
Headily	Aide
Deadly	Aloe
Dialed	Dale
Hailed	Deal
Loaded	Dyed
Yodled	Eddy
Addle	Hail
Ahold	Halo
Aided	Head
Delay	Heal
Doily	Held
Heady	Hide
Holey	Hold
Ideal	Idea
Idled	Idly
Layed	Lead
Oddly	Oily
Oiled	Hay
Yield	Old

Answers for the 20/12/2018 edition of Sudoku

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

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

D	H	R
G	A	T
I	N	Y

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

Amusing Anagrams

Anagram - a word, phrase, or name formed by rearranging the letters of another

Clint Eastwood - Old west action

Madonna Louise Ciccone - One cool dance musician

Astronomer - Moon starer

The eyes - They see

Election result - Lies let's recount

Snooze alarms - Alas, no more z's

The morse code - Here come dots

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St John

First Aid Courses

Lake Grace

Are you interested in **weekend courses?** There have been enquiries for this and we are looking for numbers for it to go ahead. If so, please call Ollie Farrelly on 0427 651 180

LAKE GRACE HEALTH SERVICE

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

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

Health and Activity Programs

Chair Aerobics
Every Tuesday
10.30am
Lakes Village Hall
(suitable for people with limited mobility)

Foot Clinic
Tuesday 12th February 2019
9:00am—12 noon
Lakes Village Hall
NB: please supply your own manicure set

Activity Day
Friday 22nd February 2019
10.00am—1.30pm
Lakes Village Hall
RSVP by 19th February for catering

*Call the hospital on **ph: 9890 2222** during office hours for more information*

Keep Safe over Summer

* **Practise Sun Safety**—use sunscreen, sun-protective clothing (a hat, long sleeved shirts) and sunglasses
* **Prevent Dehydration**—drink water throughout the day especially when exercising or out in the heat; keep hydrated in airconditioned vehicles too!
* **Practise Food Safety**—bacteria grow quicker in the warmer weather so it is even more important to keep foods refrigerated or in an esky; always wash hands thoroughly before preparing or serving food
* **Protect Against Insects**—wear long, loose clothing and use insect repellent to keep the mosquitoes away

Child Health Clinic

For all child health or immunisation enquiries please call Di Poultney at the Lake Grace Clinic
ph: 9890 2246

Allied Health Professionals:

Physiotherapist (Stacey)
Visiting Lake Grace on

Tuesday 12th February

Call Narrogin Primary Health for appointments ph: 9881 0385

Writing & Publishing in the Digital Age

Wednesday 20th February
10:30am - 2:30pm
At the Lake Grace CRC - $50 per head

This four hour workshop is an introduction to the subject of the overall process of writing and self-publishing a book.

Karina Mc Roberts is a self published author of five novels, one short story and one anthology. She is familiar with the process of writing and publishing and is understanding of how daunting the process can be.

Topics Covered:

Part One - Writing
Encouragement and staying inspired, formatting, designing a cover, working with cover designers.

Part Two - Publishing
Avoiding sharks, legal requirements, getting into online bookstores.

Part Three - Where to next?
Launching & Marketing

To book in please contact the CRC on 9865 1470 or lakegracecrc@westnet.com.au

Health is not valued until sickness comes

Thomas Fuller

Bits & Pieces

Kevin Seaman

Here we are - our first edition for 2019. Can you believe it? One month, January, has gone already. Which leaves us only eleven months to get every thing done which has to be done by Christmas 2019. Eleven months before the year changes again to 2020 and time again to make your New Year's Resolutions. Talking of that, did you make and stick to yours in the first part of 2019? I'm happy to say I have adopted one of my favourites, put it to the test and am happy to say it's working. Let me share it with you, it's known as smiling and it goes as follows:

Smiling Is Infectious

Smiling is infectious so do it often,

You'll catch it like the flu.

When someone smiled at me today

I started smiling too.

I walked around the corner

And someone saw me grin,

When he smiled I realised

I had passed it on to him.

I thought about the smile

And then realised it's worth,

A single smile like mine

Could travel 'round the Earth.

So if you feel a smile begin

Don't leave it undetected

Start an epidemic

And get the whole world infected.

So what can we envision is going to happen in this unpredictable world of ours in 2019? With computers making a big influence on our lives what's going to happen with our current English language? The meaning of some of our sayings have been completely changed to what they were before the age of computers. But wait, there has also been a new alphabet compiled by the senior citizens of this world.

The New Alphabet

A is for Apple and B is for Boat

That used to be right but now it won't float!

Age before Beauty is what we once said

But let's be a bit more realistic instead.

NOW

A's for arthritis, B's the bad luck,

C is the chest pains, perhaps cardiac?

D is for dental decay and decline

E is for eyesight, can't read the top line.

F is for fissures and fluid retention,

G is for gas which I'd rather not mention

H is high blood pressure - I'd rather it low;

I for incisions with scars you can show.

J is for joints, out of socket, won't mend

K is for knees that crack when they bend

L for libido, what happened to sex?

M is for memory I forget what comes next.

N is neuralgia, in nerves way down low;

O is for osteo, the bones that don't grow!

P for prescriptions, I have quite a few;

just give me a pill and I'll be good as new.

Q is for queasy, is it fatal or flu?

R for reflux, one meal turns in to two

S for sleepless nights, counting my fears,

T for tinnitus; there's bells in my ears!

U is for urinary; big trouble with flow;

V is for vertigo, that's "dizzy" you know.

W is for worry, now what's going 'round?

X is for X-Ray and what might be found.

Y is another year left here behind,

Z is for zest that I still have - in my mind.

I've survived all the symptoms, my body's deployed and I've kept twenty six doctors fully employed.

Oh! I almost forgot - all the best for 2019.

K

Nats Condemn Guerrilla Tactics of Animal Activists

Media Release

The Nationals WA have condemned the latest attempt by vigilante animal activists to harass and intimidate West Australian farmers. Leader Mia Davies said the publication of an "attack map" listing the locations and contact details of farmers was an invasion of privacy and potentially putting the safety of individuals at risk.

Ms Davies said bio-security breaches were also an issue should people trespass on private property.

"WA farmers find themselves under siege by a vocal minority using guerrilla tactics to push their agenda," she said.

"Our farmers put animal welfare first and employ world-best practice when it comes to their livestock.

"They have the right to feel safe in their homes and go about their lives and work without harassment or intimidation.

"The Nationals WA stand with our farmers in strongly condemning these shameful and abhorrent actions by the Aussie Farms Repository."

Agriculture spokesperson Colin de Grussa said vigilantism would not achieve better animal welfare outcomes.

"There is an utter lack of willingness from these activists to work constructively with industry to ensure the small percentage of people who do the wrong thing are weeded out – as they should be," he said.

"These people have one agenda – to bring public pressure on the agriculture industry with the ultimate aim of seeing our farmers shut the gate and go out of business.

"As a sector we must make sure everyone understands what it is we do and why it is important, but we should not have to tolerate extreme agendas when it impinges on personal safety and exposes businesses to unreasonable risk."

Wheatbelt pork producer Dawson Bradford said activists who carry out raids on properties were doing more harm than good for their supposed cause.

"Raids are a big risk to biosecurity and animal welfare, especially if people show up and scare the animals in the middle of the night. There's also the biosecurity risk or contamination risk if multiple properties are raided in the same night," he said.

"WA pig producers proudly operate under some of the highest animal welfare standards in the world. It's disappointing to see activist organisations who don't care about the facts and set out to incriminate an entire industry."

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Celebrating Australia Day *(cont.)*

donations on the day will be given to the Lions Diabetes Foundation, a very worthwhile cause as this is an illness that affects many Australians.

An important part of the day is the celebration and welcome of new citizens to Australia and the presentation of citizenship awards.

With breakfast done and dusted Lions President Shashi Holla welcomed everyone before handing over to Lake Grace Shire Council Vice President Steve Hunt. With no citizenships it was straight to the awards.

A big congratulations to our winners; Geoff Sabourne for Citizen of the Year, Elizabeth Carruthers for Senior Citizen of the Year and to the Lake Grace Kukerin Hockey Club for the Event/Club of the Year. All very deserving winners.

Lake Grace Community Citizen of the Year

Mr Geoff Sabourne nominated by the Lake Grace Community Resource Centre

Geoff is a tireless volunteer who gives of his time to numerous organisations within our community; when he offers to assist with something you know you can rely on him. His volunteer time has meant that a variety of projects and organisations have continued to provide necessary recreational and civic facilities and in the case of the Lake Grace Sportsman's Club made a valuable contribution to their financial situation.

As a JP he's willingly made himself available to anyone needing documents witnessed; at the Community

A speechless Geoff Sabourne receives the Citizen of the Year award from Shire of Lake Grace Vice President Steve Hunt.

Lions President Shashi Holla welcomes everyone to the Australia Day breakfast.

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In paddock tyre service vehicle

Celebrating Australia Day *(cont.)*

Resource Centre we're grateful that we have someone readily accessible within our community that we can send people to.

Lake Grace Pingrup Football Club - currently Geoff is the Club's goal umpire; since 1983 he has officiated at over 500 A and B Grade games. Over the 35 years he has been involved with the club he has been the Secretary, Treasurer, Bar Manager, Canteen Manager, Team Manager (for both A & B Grades), Tribunal Representative (20+ years), Time Keeper and Club Delegate for the League.

Lake Grace Sportsman's Club - Geoff volunteers his time every Friday night to cook meals for the paying public; his volunteering of his time has assisted the club in providing a service that has brought clients through the door and helped keep the club financially viable.

Lake Grace Bowls Club – Geoff is a keen member of the bowls club and over his many years of involvement has been club President, Secretary, Captain and fulfilled other roles within the team.

With rural sport suffering from a lack of volunteers Geoff's willingness to take on roles has helped his club survive.

Lake Grace Basketball Club - now in recess the basketball club was the recipient of many hours of Geoff's volunteer time in a variety of roles.

Driver Reviver – Lake Grace Roadwise manages a Driver Reviver van for long weekends, Geoff is a keen volunteer and always the first to respond to fill a place on the roster.

JP – Most people at some point in time need documents verified, Geoff is always available to help people whether it be from his place of work or from his home.

Geoff works in administration at Great Southern Fuels; he has a marvellous attitude toward the customers, particularly the elderly and is always willing to help them whether it be with managing the card service, getting the fuel cap off or fuelling up.

Geoff is incredibly committed to his community and would be an incredibly deserving recipient of the citizenship award.

Lake Grace Community Citizen of the Year Acknowledgement Award

Mrs Paula Carruthers nominated by Lake Grace Development Association

Paula has made significant contributions to many organisations in the community of Lake Grace over the last 25 years. She has shown outstanding commitment to those organisations. Due to her commitment our community of Lake Grace enjoys wonderful facilities, an attractive safe environment to live, work and socialise.

She is currently Chairperson of the Lake Grace Community Resource Centre, Secretary of the Lake Grace Development Association and Secretary since 2013 of the Lake Grace/Pingrup Football Club.

As Secretary for the Lake Grace Great Southern Colts Carnival she not only does the secretarial work but helps cook breakfasts, washes jumpers and anything else that needs doing to make it a success for the past 17 years.

Paula is a valuable Lake Grace St John Ambulance Officer and has been since 2012. They train every Thursday and the volunteers are always on call. She was also Secretary of the District Hospital Board.

Along with her husband Greg and son Justin, they volunteer to donate machinery and help with the seeding and harvest for the Lake Grace Community Cropping; the crop which is to benefit all the organisations in Lake Grace in the future.

Paula has been President of Lake Grace Land Conservation District Committee (LCDC) since 2013 and worked with the Lake Grace Jam Patch Rejuvenation Group on the Jam Patch Protection Project since 2015.

While her three children attended Lake Grace District High School Paula was an active member of the Lake Grace P&C until all three had completed year ten. During those years she was very active in the Lake

Continued page 34

LAKE GRACE MEAT SUPPLY

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Saturday 8:30am - 12pm

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Celebrating Australia Day *(cont.)*

Grace Swimming Club, coaching, a committee member, accredited coach and became a life member of the Swimming Club. Another passion of Paula's has been the Lake Grace Gym Club. She was an accredited coach for 15 years.

Paula is a valued member of any organisation she becomes involved with. This nomination for the Premiers Australia Day Active Citizenship Award is for the many hours she has given to our wonderful community not only during 2018 but for many years previously.

Paula has carried out her roles in the above organizations in a professional manner which has contributed to them being well organized and a great asset to our community.

Lake Grace Senior Community Citizen of the Year

Elizabeth Carruthers nominated by Lake Grace Community Resource Centre.

Mrs Carruthers in her very unassuming way makes her way around town and onto the North Lake Grace road picking up litter. She is regularly seen by community members and travellers walking with bag in hand and collecting the litter to keep our community clean.

An octogenarian Mrs Carruthers has a daily exercise regimen, this includes walking around our town collecting litter; no area escapes her attention. She also collects along the North Lake Grace roadside between the town and the family farm.

There are a number of members of our community who continue to clean up after those who carelessly discard their refuse; but nobody puts in the hours that Mrs Carruthers does. Although she will undoubtedly be very cross about being nominated, Mrs Carruthers is a very worthy nominee.

Elizabeth Carruthers nominated by Lake Grace Development Association

For many years Elizabeth has been a champion for keeping our town of Lake Grace clean and tidy.

Elizabeth had spent many hours walking and collecting rubbish on the roadsides to the entries to our town. The town site has not missed out either and she can often be seen around the streets on her walks busily improving the environment.

Tourist and visitors often comment on what a lovely tidy, neat town Lake Grace is and we are sure this is from Elizabeth's commitment to making Lake Grace a pleasant place to live and visit. We thank and salute you Elizabeth, well done.

Elizabeth Carruthers nominated by Lions Club Lake Grace.

Seldom do we come across a person more considerate and community minded than Mrs Elizabeth Carruthers. To keep fit and healthy Elizabeth has chosen walking, and walking she does all over town and well beyond its boundaries. To add value to her time and effort Elizabeth always picks up what others left behind, a plastic bottle, aluminium can, a paper bag, or whatever unsightly object she sees on her way.

For Elizabeth, this has become her hobby, and rather her passion to keep the roadway uncluttered and free of rubbish. There is no day too cold or a day too hot to stop her pursuing her effort to maintain her fitness and her will to keep our roadsides as she wants them to be, clean and attractive.

We hope and expect that her selfless act will inspire and motivate others to do same. Elizabeth's way of telling those who are careless in their rubbish disposal, please put a STOP to it, and let's make our town beautiful.

We at Lions Club of Lake Grace see Mrs Elizabeth Carruthers as a person who embodies all the qualities of a truly valued citizen who genuinely deserve the honour of the Senior Citizen of the year.

Lake Grace Active Citizenship Award for a Community Event or Group

Lake Grace Kukerin Hockey Club nominated by Danielle Robertson, Lake Grace Development Association.

Following the withdrawal of three clubs from the Greater Wheatbelt Men's Hockey Association the Lake Grace-Kukerin Hockey Club saw a need to submit a men's team into the competition to keep it going, as there were only two clubs left.

A concerted effort by club members in rallying enough players saw the creation of our men's side for 2018. The first time since 1936 that Lake Grace has seen a men's hockey side. Not only did this effort contribute to the Lake Grace community by increasing our active participation in sport, but also to the wider Wheatbelt where we play our sport.

The creation of the men's side has not only allowed those who have never played hockey before to be involved in a sporting club, but brought forward members of our community who had previously had limited social outlet. It has helped with limiting the detrimental effects of solitude and heavy workloads and given the men involved a sense of camaraderie and increased their physical and mental wellbeing.

Want your negatives scanned and saved?

How about your slides?
The Lake Grace CRC is able to scan your negatives, slides and photographs.
They can then be saved to disc for future use or printed.

Enquiries to 9865 1470

Primaries
A RURALCO BUSINESS

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PRE SEASON MEETING

WHEN
Thursday 21st February,
2.00pm

WHERE
Lake Grace Sports Club
Stubbs Street, Lake Grace WA 6353

WHO

Chris Nikolaou, Agfarm General Manager (30 Mins):
The ins and outs of global grain markets
China's antidumping investigation, China & US trade war, new origins of wheat and impacts on WA

Ashley Couper, Cropping Inputs Category Manager WA (30 Mins):
Ag Chem - global crop protection, manufacturing, quality controls & supply
China supply disruptions, China trade war, current & longer term implications on Australian crop protection.

Robert Herrmann, Director Mecardo (30 Mins):
Livestock Market Outlook:
Sheep, cattle and wool market overview and predictions. Finding from the live sheep export ban research undertaken by Mecardo

David Turner, Farmanco Agonomist (30 Mins):
2019 production issues

Shane O'Neil, Nufarm (15 Mins)
Changes to 2-4D Ester Application

RSVP
Monday 15th February
Primaries.com.au/2019roadshow
sbuller@agfarm.com.au
0447 486 934

CATERING
Food and drinks provided throughout the afternoon.

Before, during and after the meeting we will be collecting gold coin donations for Lifeline.

Proudly supporting Lifeline

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Some Australia Day Statistics *(cont.)*

grocery shopping, gardening and repairs than employed men. In 2016, over half of employed men did nil or less than five hours per week of unpaid domestic work (60 per cent) compared with a third of employed women (36 per cent).

- For some there's no kicking back on Australia Day. Spare a thought for those of the 355,900 women and 170,200 men employed as sales assistants who regularly work on public holidays along with the 4,390 life guards and 261,043 nurses.

- Last year 89 couples tied the knot on Australia Day. In line with the 112,954 couples who married in 2017, it's likely they were married by a marriage celebrant (78 per cent), had not been married before with brides having a median age at first marriage of 28.8 and grooms 30.

- Six hundred and thirty-one babies made their appearance on Australia Day in 2017, setting the scene for the 309,142 babies born throughout the year. March was the most common month for births followed by January although Australia Day itself is one of the least common days to be born.

- On average, babies born on our national day can look forward to celebrating well over three score years and ten worth of Australia Days. For babies born 2015-2017, life expectancy was estimated to be 80.5 years for men and 84.6 for women. Over the two decades to 2018, the proportion of people aged 65 and over has increased from 12.2 per cent to 15.7 per cent.

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Soil Testing season is upon us again.

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Call me to talk about your requirements for 2019.

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Peter Lyndon-James is Coming to Lake Grace

Suzanne Reeves

Perhaps you haven't heard of Peter; if you haven't, you have the golden opportunity to find out more about Peter and his work at Shalom House, a leading drug rehabilitation centre. Thanks to funding from FRRR the CRC has been able to bring Peter to Lake Grace to present his Tough Love Seminar.

The seminar isn't just for someone else, it is for everyone. It's not just for those who have someone in their immediate family facing drug issues, it's for everyone. I would encourage everyone to come along and simply listen. We do need RSVP's because at this stage we haven't sorted the venue.

Here's some more about Peter….

Peter Lyndon-James is a passionate advocate for social change. Speaking from personal experience that saw him in and out of prison for over 26 years, and leading a life of drug dealing and addiction – Peter Lyndon-James offers a level of insight guided by a true belief in the possibility of change.

Sharing his message of integrity, honesty, restoration and compassion – Peter's speaking engagements inspire, empower and educate. As current CEO and founder of Shalom House, Australia's strictest rehabilitation centre, Peter Lyndon-James employs a 'tough love' approach that has seen Shalom become the most successful rehab centre in Australia.

Peter's journey began as a young child, neglected by his parents and incarcerated at the age of 9 – the beginning of a life spent in and out of institutions, including almost every jail in Australia for over 20 years.

Dealing up to 2.5kg of methamphetamines a day; violence, drugs, guns, prostitution, burglary and theft – Peter is no stranger to the dark underworld that is a breeding ground for addiction and crime.

Shalom House specialises in two key areas; transforming lives and showing families how to bring a person to the point of wanting to change. At the same time, the system that has been created by Peter works to protect the family and minimize the damage to the hearts and lives of everyone involved. "I had opened up so many doors to my heart because of what I went through, but most of what I believed was a lie; especially what I believed about myself and others."

Currently housing over 140 men and receiving dozens of calls a day, Shalom House is at capacity. Peter is working to expand the program and has developed the system to be expandable and self-sufficient. His work as a public speaker is a part of the journey to spread the word and help men, women, children and families deal with the damage of addiction.

Although Peter lived a life of incarceration, drugs, addiction and crime, there was a voice inside him that told him that his life had a purpose. Institutionalized from the age of nine, it was only in 2001 that Peter's life changed for good. The voice in his head made its way to his heart, and broke him free of the prison he'd been living in for over 20 years. "I hated who I was and what I stood for. I hated everything that I had become, but I didn't know how to change."

Peter's life underwent a complete and fundamental change, and his calling since that change has been to help change the lives of others, or bringing them to the point that they want to change. In July 2012, Peter started Shalom House, a men's rehabilitation centre that has the reputation of being Australia's toughest and most successful. It's here that Peter implemented the lessons from his own life, and used his experience in addiction to help transform the lives of men and families.

Peter's family is the drug addict, the thief, the prostitute, the adulterer, the rejected, the despised. The people society spurn and dismiss. These are the family that Peter cares for through his written and spoken word, and through his actions as CEO of Shalom House. Behind Peter himself, is a solid and loving family, his wife of 28 years and his children.

"I get the privilege of to wake up next to my wife on a daily basis, knowing that she still loves me and that makes my heart flutter."

Continuing to work as full-time volunteers at Shalom House, Peter and his wife Amanda help facilitate the healing of addicts and their families

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New Fishing Mecca Off Esperance to Attract Anglers

Media Release

Local anglers and recfishing tourists will soon benefit from a new safe fishing experience off Esperance, with the State Government's latest artificial reef now fully installed.

The 150 tonne reef, made up of 128 concrete modules, has been deployed over an area twice the size of the Ports Football Oval in Esperance. Community volunteers helped construct the modules which are now positioned across more than 11,000 square metres of seabed.

Located about five kilometres south-east of Bandy Creek in an area with good access for small craft, it will provide a convenient and safe location for fishers. The artificial reef will create a new ecosystem and marine food web for nearshore, demersal and pelagic finfish species.

The project received $595,000 of funding from the State Government through the Recreational Fishing Initiatives Fund and Regional Grants Scheme.

Comments attributed to Fisheries Minister Dave Kelly:
"Like other artificial reef projects around WA, it won't be long before fishers are hooking into the benefits the new Esperance artificial reef are expected to provide.

"This will be another chance for Recfishwest's successful 'Reef Vision' citizen science program to monitor how various fish species are using the artificial reef.

"Through the program, the community will be armed with Baited Remote Underwater Video cameras, similar to what volunteers in the South-West, Mandurah and Exmouth are already using to keep an eye on their artificial reefs.

"This project, funded from recreational fishing licence money, will also provide a boost to recfishing tourism in the Esperance region - which will in turn support the local economy."

Comments attributed to Regional Development Minister Alannah MacTiernan:
"This project has helped the Esperance economy, with all construction materials and labour procured locally, and we applaud the spirit of the local volunteers who rolled up their sleeves to pour the concrete to build the reef modules.

"The innovative design will attract fish within hours, and by 12 months will also be home to algae and sponges that will colonise the specially designed modules.

"Recfishwest and the Department of Primary Industries and Regional Development have supported the reef and it's been funded through fishing licence fees and WA's Regional Grants Scheme, with benefits that will not only help the local community but also Esperance tourism."

Advocare
Empowering People

Where: Lake Grace CRC

When: Friday, 1st March, 9:30am

Advocare is an independent, community-based, not-for-profit organisation that supports and protects the rights of older people in Western Australia through information, advocacy and education.

Advocare helps older people make informed choices that best suit them, understand their rights, resolve any issues with home and residential care service provision, and access the right supports and protections available.

Advocare's Andy McMillan will be visiting Lake Grace to talk about;

- How to access home and residential care including **My Aged Care**;
- Older people's rights in aged care;
- How to protect yourself and your assets as you get older;
- Identifying and responding to elder abuse.

PETER LYNDON-JAMES SEMINAR

Do you know someone caught up in addiction, but have no idea how to help?

Peter Lyndon-James helps people **BREAK FREE!**

FREE ADMISSION.
DONATIONS WELCOME.

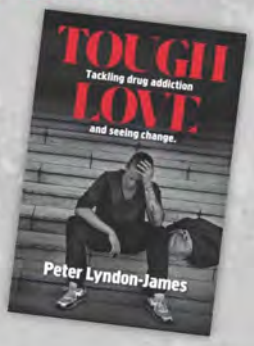
Lake Grace
Wednesday 27th March, 2019
6 - 9pm
Venue: TBC

Contact: Lake Grace CRC 9865 1470 or lakegracecrc@westnet.com.au

Peter Lyndon-James brings people to the point of **wanting to change** and choosing to **stop taking drugs** and **turn their lives around.**

Peter Lyndon-James is the
Founder and CEO of Australia's strictest Rehabilitation Centre - Shalom House
2017 Australian of the Year Finalist & 2017 Western Australian of the Year - Community
2017 Telstra Business Awards - WA Charity Award Winner
2018 Australian of the Year State Winner - Local Hero

Author of "Tough Love: Tackling Drug Addiction and Seeing Change"



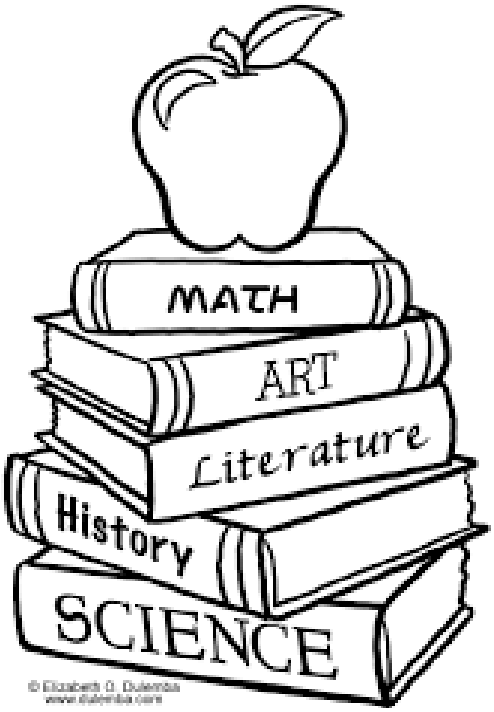
www.peterlyndonjames.com.au

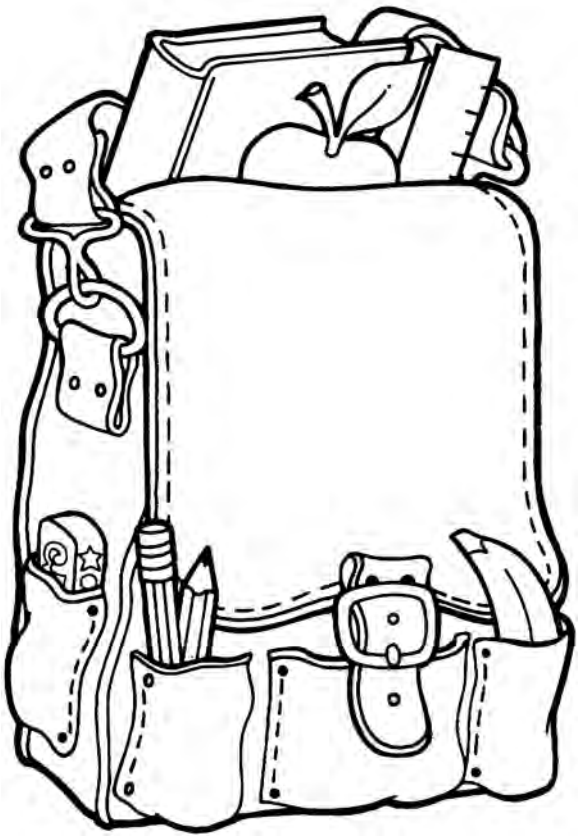
Hear the hard truths • recognise addiction • be equipped to help those you love

Lake Grace Community Resource Centre
Your local connection

FRRR
Foundation for Rural & Regional Renewal

Children's Activity Page



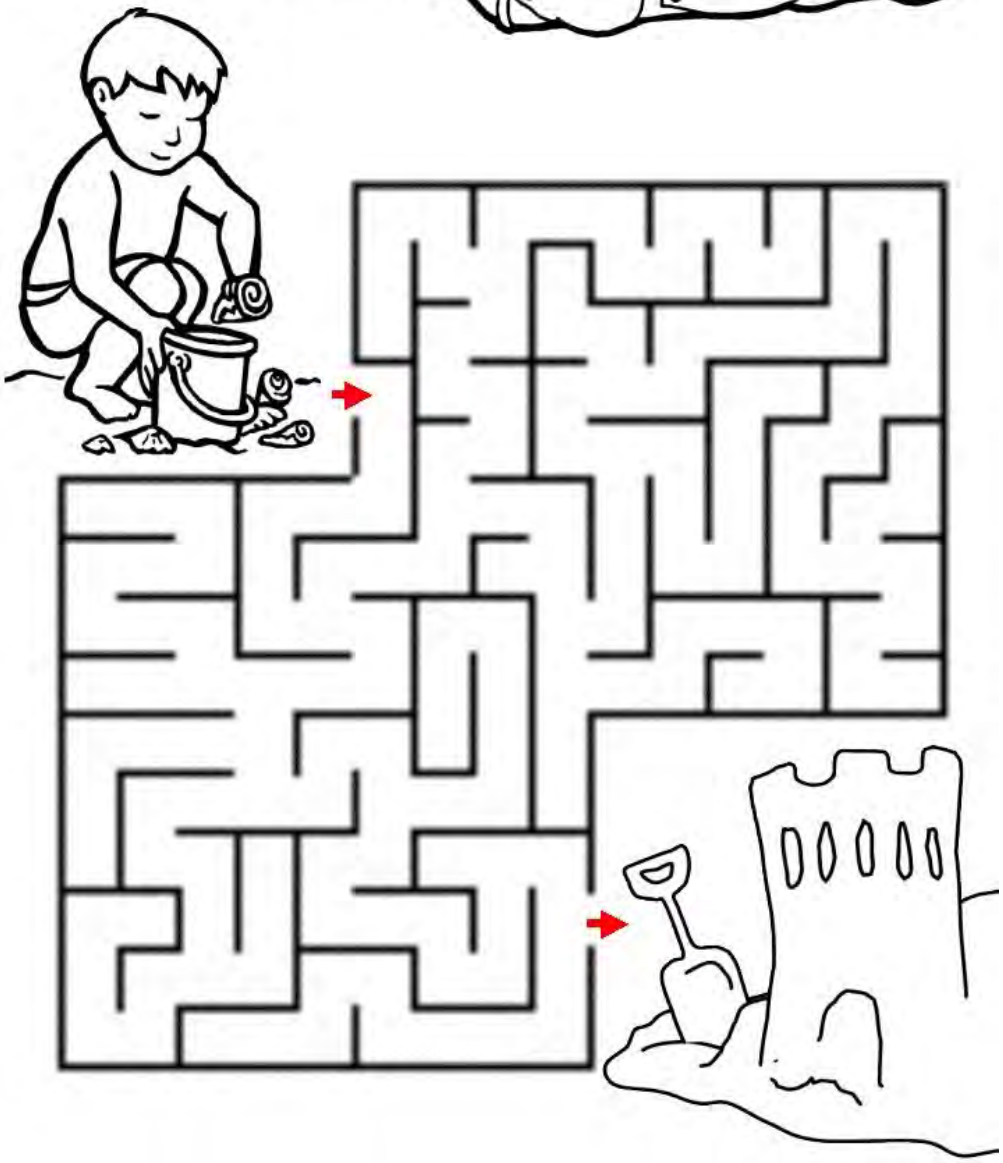


Q: How do bees get to school?
A: They take the school buzz, of course!

Q: Why do bananas have to put on sunscreen before they go to the beach?
A: Because they might peel!

Q: What kind of lion never roars?
A: A dandelion!

Q: What's a pirate's favorite letter?
A: Arrrrrr!



Negotiator … Action Hero … Dad

Regional Men's Health, Phone: 08 9690 2277 Email: menshealth@4blokes.com.au

Sometimes it's easy, other times we're talking to Godzilla. Being a father of teenagers is challenging and rewarding, but it doesn't have to be a health hazard. Keep in mind, that most of us just want three things for their kids; To be happy; to be independent and for them to contribute. That said, we're integral to them getting there.

We can have a fantastic relationship with our kids, but don't fall into the trap of trying to be their best mate. They need boundaries, they yearn for them, however as teenagers, they'll want a stake in setting them. For that to happen, our parenting style needs to become more a negotiator than a Dictator. We're teaching them life skills around conflict resolution, developing a voice and being concise. This helps them immeasurably in their adult lives.

Negotiating allows our kids to see an argument through someone else's eyes. Even if they don't agree, we're developing empathy and understanding rather than dogmatism and pigheadedness. The by-product of this is developing a loving relationship with our kids rather than dysfunction.

Attentive Dads are linked with a lower incidence of depression, suicide and lawbreaking in our youth. We're also role-modelling for their future relationships; The way we parent, or behave towards our partner, will be acted out by them. Conversely, harsh parenting is linked to not only depression in teenagers but in fathers as well.

What Are Some Ways to Get Involved in Our Teenagers Life?

- **Be there;** Not right up in their grill! Just around. Sometimes being that mentor figure, for them to know that they can lean on us or ask for guidance is priceless without them even knowing it.
- **Be active;** Ride a bike; Go for a walk together; Shoot some hoops. If they're not overly sporty, substitute with a hobby, board game or cards.
- **Become the student;** Letting our teenagers take the reins and teach us something, even if it's just a game that they're into, builds their confidence and assertiveness.
- **Parent;** Have boundaries and enforce them. The world has rules and consequences so, not exposing them to this can leave them vulnerable.
- **Be a negotiator;** The results will be twofold. Our relationship will be so much more pleasant; and our kids will learn skills to better equip them as young adults and future parents.
- **Share passions;** Talk passionately about what interests you, and listen attentively to them, it can be contagious and create new bonds for both of you.
- **Spend time with them and let them know you love them;** As much as they'll call us "dags" or roll their eyes, inside, kids yearn to be loved and a hug does wonders. If you're not "huggy" then you can still demonstrate love by being involved in their schooling, at their sporting commitments or picking them up from parties.

Someone said recently, "Did you know, that when your teenager leaves home, those childhood years represent 80% of the time that you will ever spend with them?" No, I didn't but I do now. It's changed how I see myself as a father, and how much I value time with my kids.

NarroginUltrasound

119 Federal St Narrogin 6312
9843 2186
www.narroginultrasound.com.au
Email: info@narroginultrasound.com.au
fb: Narrogin Ultrasound

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WE PERFORM ALL TYPES OF ULTRASOUNDS INCLUDING:
General, Vascular, Musculoskeletal, Small Parts, Paediatrics, Gynaecology, Obstetrics and 3D/4D

ALL ULTRASOUNDS PERFORMED IN A CONFIDENTIAL, CARING ENVIRONMENT BY EXPERT ACCREDITED SONOGRAPHERS

Print out your Photos

At the Lake Grace Community Resource Centre.

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

*Plus $3 for use of the photo booth

PUBLIC NOTICES

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

First Aid Kits
Are now available for purchase at
CCL Hardware Lake Grace.

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

Lake Grace Lions Club
Meetings every 2nd (dinner meeting) and 4th Thursday of the month at the Men's Shed.

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

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

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.

Dr Linda Haines
Is available in Lake Grace on
Monday 18th and Tuesday 19th February;
Monday 8th and Tuesday 9th April 2019.
Ring 9865 1208 for an appointment.

Senior Citizens Luncheon
Will be held Thursday 7th February
at the CWA Rooms. The meal will be catered for by the CWA, please RSVP to Suzanne Reeves
0427 651 310

Playgroup AGM
Tues 12 February 10am
At Playgroup building

LG Development Assoc.
The first meeting for 2019 will be held on Monday 11th February at the Men's Shed.

Holyoake Community Alcohol and Drug Service
May Griffiths Counsellor/Diversion Officer
Ph: 08 9881 1999
Holyoake's counselling service isn't just for the addict but is also for family and friends who are needing support. Funding is currently for one day in our area but due to lack of use in recent months we may lose this facility.

CWA AGM
Tuesday 12th February
5pm. New and prospective members are welcome to join us for a sundowner.

LGP Netball Club
Are looking for a B Grade netball coach for the 2019 season. Contact lgpnc@outlook.com

Crisis Care Numbers

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

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Craft Group	Meet at the CWA Building Saturdays from midday onwards		
CWA	Suzanne Reeves	0427 651 310	lakegracecwa@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	lakegraceelc@gmail.com
LIFT Lakes Information & Farming	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Lions	Arthur Slarke	0429 651 015	arthurslarke@bigpond.com
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Rhiannon Stubberfield	0428 301 380	lakegraceplaygroup@mail.com
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Visitor Centre Committee	Stephanie Clarke-Lloyd	0408 949 759	stephanie.l.clarke@bigpond.com
Summer Sports			
Lake Grace Cricket Club	George Chircop	0417 950 437	swan_district@hotmail.com
Lake Grace Tennis Club	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Tarin Rock Tennis Club	Lisa Pearce	0428 518 026	ml.pearce@bigpond.com
Lake Grace Bowls Club	Lynda Trawinski	0429 651 403	

CHURCH TIMES

Lake Grace Catholic Church

Sunday 3rd February 6pm
Sunday 10th February 8am

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

Anglican Church of Lake Grace

Sunday 3rd February 9am
Sunday 10th February No Service

No services on the other Sundays

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

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDAR

February

Fri 1 Op Shop open 9:30am - 1pm
Fish & Chips @ Sportsman's Club
Sat 2 Rubbish tip open
Craft @ CWA
Steak Tea @ Sportsman's Club
Bowls - Club Ladies Fours
Bowls - Men's IZRR Fours @ Emu Point
Cricket - 20/20 @ Newdegate
Sun 3 Rubbish tip open
Mon 4 First day of school
Rubbish Collection
Recycling Collection
Rubbish tip open
Tue 5 Playgroup 9:30am -11:30am
Op Shop Open 1-4pm
Men's Shed (morning)
SOYF Exercise 10am @ Shire Hall
Chair Aerobics 10:30am @ Village Hall
Lego Club @ Library 3:30pm
Building Surveyor in Lake Grace
Wed 6 Rubbish tip open
Thur 7 Bowls Training @ 5:30pm
Fri 8 Driving Assessor in Lake Grace
Fish & Chips @ Sportsman's Club
Bowls - Women's ILRR Fours @ Esperance
Sat 9 Rubbish tip open
Craft @ CWA
Steak Teas @ the Sportsman's Club
Bowls - Club Men's Fours
Bowls - Women's ILRR Fours @ Esperance
Cricket - Lake Grace v Hyden
Sun 10 Rubbish tip open
Bowls - Women's ILRR Fours @ Esperance
Mon 11 Rubbish Collection
Rubbish tip open
LG Dev. Assoc. Meeting
Lakes Link News Deadling
Tue 12 Playgroup 9:30am - 11:30am
Op Shop Open 1-4pm
Men's Shed (morning)
Tue 12 SOYF Exercise 10am @ Shire Hall
Chair Aerobics 10:30am @ Village Hall
Lego Club @ Library 3:30pm
CWA AGM 5pm
Playgroup AGM 10am
Physio visiting Lake Grace
HACC Foot Clinic
Wed 13 Rubbish tip open
GRDS Farm Updates
Thur 14 Pilates Classes @ 9am
Bowls Training @ 5:30pm
Lakes Link News Published.

Coming Events

18th February - Dr Linda Haines in Lake Grace
18th February - LGDHS P&C AGM
19th February - LGDHS Board Meeting
19th February - Dr Linda Haines in Lake Grace
19th February - Building Surveyor in Lake Grace
20th February - Shire Council Meeting
20th February - Writing Workshop
21st February - Primaries Pre Season Meeting
22nd February - HACC Activity Day
25th February - Rural Minds (Varley)
26th February - Rural Minds (Lake Grace)
26th February - LGDHS Assembly
27th February - Rural Minds (Newdegate)
1st March - Advocare Information session in LG
1st March - LGDHS Swimming Carnival
5th & 6th March - Forklift Workshop
8th March - Driving Assessor in LG - TBC
18th March - LGDHS P&C Meeting
19th March - LGDHS Board Meeting
21st & 22nd March - ASIST Workshop (Lake Grace)
26th March - LGDHS Assembly
27th March - Peter Lyndon James Tough Love Seminar
3rd & 4th April - ASIST Workshop (Newdegate)
12th April - LGDHS ANZAC Service

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.

Easy

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

Hard

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