

# LAKE LINK NEWS

Produced at the  
LAKE GRACE COMMUNITY RESOURCE CENTRE  
School Place

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## A Bonanza of Blankets

*Suzanne Reeves*

Friday crochet group at the Community Resource Centre has now finished for 2018. Run between April and end of September, each Friday attracts a varying numbers of participants, depending upon their personal timetables.

With up to a dozen ladies crocheting and knitting blankets we have accumulated 50 over the past six months.

These blankets are destined for the Wheelchairs for Kids charity and will now be handed over to the local CWA.

Lake Grace CWA will host a morning tea in the first week of November where Bill Culbertson from the Wheelchairs for Kids charity will talk about the project and take receipt of the blankets.

The blankets pictured are only part of the project, there are many more ladies around Lake Grace and surrounding towns who have been busy knitting and crocheting and who will bring their blankets in come November. This will boost the total number of blankets exponentially.

Many of the creators donate some of their own yarn but the CRC has been lucky enough to receive funding as part of the Bankwest Easygrants programme; this gave us \$200 to put toward yarn. We have also had community members clean out their cupboards and drop in a selection of yarn to add to our supply. People completely unrelated to the project have also sourced



**Five of the busy beavers: Phyllis Dunham, Joyce Gilson, Gwen Oliver, Jean Seaman and Dot Kennedy with the enormous pile of blankets that have been created.**

donations of yarn for us, thank you to those people for their endeavour.

We have also received a significant donation of wool which will be crocheted into a blanket to be raffled. Funds raised from the raffle will be put toward acrylic yarn, the only medium that can be used for the blankets.

The donations of yarn and funds toward this project are a great help as those doing the creating can't afford to keep putting their hands in their pockets. If you have some you would like to get rid of, we will be only too happy to take it off your hands.

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### CRC Opening Hours

9:00am - 5pm

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

## Deadlines & Editions

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

### Next Deadline

Monday 22nd October

### Next Edition

Thursday 25th October



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

Elsie Bishop

Gwen Oliver

Dick Phillips

Thank you also to our many contributors of articles.

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**300 copies printed and sold each fortnight**

# Editorial

- Thank you to those who attended our **Gatekeeper workshop** and to the local CWA for their catering, the sausage rolls were VERY popular. Feedback from the workshop was very positive, thank you to those who gave up their time to attend.
- We do have an **ASIST** workshop next week but it is looking like we may have to postpone this until next year due to the lack of numbers. We will be running more in the way of **safeTALK and Rural Minds** in 2019, daytime and evening workshops. These workshops are fully funded from a Mental Health Commission grant, it would be a shame to not maximise what we get out of them. If you would like more information or would like to register your interest then please contact the CRC.
- Now we have been incredibly sneaky in checking up on how well you have been reading the Lakes Link. A huge round of applause to those who noticed what we did with last fortnights Sudoku. Your reward is that this fortnight you get TWO lots of Sudoku...here's hoping you haven't thrown out last fortnights edition in case you need the answers.
- As part of a static display that we are wanting to do for Late Night Shopping LDAG is **collecting aluminium cans**. We want them dent free and at this point will take any, alcohol or soft drink but we would really like some Export cans.
- For those who missed out on the **Lions pancakes** you really did miss out, those fellows were pretty good on the whisk as the pancakes were very light and fluffy. However you will get another go come the Australia Day breakfast.
- For anyone new to town remember we have our **Welcome Packages** available for give away. They're a great introduction to our town and what we have available.
- Are you listed in the **local phone book**? Would you like to be? Please send through your information so it can be included. This phone book is completely reliant on updates from the community.
- We are on the lookout for **local photos** that we could include in our 2019 calendar. If you have any that you're happy to donate please send them in.
- If you would be interested in receiving your Lakes **Link News via email** please give me a call, I'm looking for feedback to take to our next committee meeting. We will always have printed copies.
- Would you be interested in **learning Auslan**? (sign language for the uninitiated) To get a weekend course in Lake Grace we would need 15 people to attend. If you're interested please put your name down. We won't be able to even look at a timeframe until we've got at least 10 names.

Suzanne Reeves

## Late Night Shopping 2018

Thursday 13th December

4:30pm - 7:30pm



We are looking for stalls, displays and activities...if you or your business/organisation have something in mind please give the CRC a call/email and register your interest. If any businesses are planning on staying open later then please let us know.

Contact the Lake Grace Community Resource Centre  
on 9865 1470 or lakegracecrc@westnet.com.au



## What's Happening?

- A very belated welcome to Katherine Rita Willock who arrived on the 16th July. A third child for Tahlia and Lindsay, Katherine is a little sister for Ryleigh and Charles.



**Katherine Rita Willock**

- Sympathy to Sonya McSwain whose mother Patricia, passed away on the 17th September.
- Condolences also to the family and friends of Dorothy Reid who passed away on the 30th September. Our sympathies to Devon and Nicki and the Stubberfield and Connolly families.
- Congratulations to Jodi Sabourne and Russell Couzens who were married on the 6th October at Walker's Hill Vineyard. All the best for a long and happy future together.



**Jodi and Russell Couzens**

- A belated happy birthday to Harry Stubberfield who turned one on Tuesday 9th October.

## Happy Birthday



12th October	Margaret Clarke Cooper Earnshaw Charlee Earnshaw
14th October	Jordan Roukens
15th October	Jade Penny Coral Pelham
16th October	Jeff Smith Alex Willcocks
17th October	Debbie Giles
18th October	Michael Watson
19th October	Alby Stanton Julie King
20th October	Peter Downey (21) Rohan Willcocks
23rd October	Shaye Bowron Steve McPherson
24th October	Grant O'Neill
25th October	Paige Zweck

## Anniversaries



11th October	Nanette & Donald Wallace
13th October	Karissa & Damon Pelham
16th October	Anna & Royce Taylor (25)
18th October	Jo & Leon Morgan (10)
19th October	Jemma & Luke Bairstow
20th October	Margaret & Phil Clarke Suzanne & Craig Reeves
22nd October	Kael & Claire Gray
23rd October	Stephanie & Matt Lloyd Jade & Andrew Penny
25th October	Vynka & Joel de Vree

*We pay tribute to Dorothy Reid; a positive, energetic member of our group. She will be so sadly missed by us all. Sincere sympathy to her family.*



*Lake Grace Seniors*

# Gatekeepers to our Mental Health

Suzanne Reeves

Gatekeeper Suicide Prevention Training is a two-day workshop designed to provide professionals and para professionals with the skills and knowledge to improve their ability and confidence in working with suicidal people and conducting risk assessments.

In it's original meaning Gatekeeper referred to the person who had control of access to something or somewhere. In more modern times it had broadened in reference to professional roles that include digital, academic, financial and education access. At grass roots levels it can refer to mental health, clergy, hairdressers and bartenders due to their extensive contact with the public.

As part of their Mental Health Commission funding, the Lake Grace Community Resource Centre hosted a Gatekeeper workshop in late September. Facilitated by Jo Drayton from Holyoake and Nicolette Cottrill from the Department of Education, the in-depth two day workshop was aimed at those working in situations where they are more at risk of dealing with people engaging with the idea of suicide. This included first responders, teachers and those working in the health industry.

The workshop was incredibly well attended with people coming not just from Lake Grace but surrounding communities such as Newdegate, Pingrup, Dumbleyung and from further afield such as Narrogin, Albany and Perth.

Both presenters were knowledgeable and engaging, keeping their audience focussed throughout the workshop. A big thank you to the local St John Ambulance sub centre for the use of their building and also to Lake Grace CWA for their catering for both events.

Gatekeeper is part of a suite of mental health and suicide prevention workshops that the Lake Grace CRC is hosting throughout the shire. They recently held a safeTALK in Lake Grace and providing they have the numbers will be hosting an ASIST workshop in Lake Grace.

With the Mental Health Commission having extended the grant through to end of May 2019; more safeTALK, Rural Minds and ASIST workshop will be being held in



**Above: Facilitators Jo Drayton and Nicolette Cottrill.**

the New Year. Interest has already been shown from the Varley community for a Rural Minds workshop to be held in their town.

If you would like more information about these workshops please contact the Lake Grace Community Resource Centre on 9865 1470 or by email [lakegracecrc@westnet.com.au](mailto:lakegracecrc@westnet.com.au)

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# Lions Pancake Day

Arthur Slarke

Lake Grace Lions held their inaugural public pancake day on Thursday October 4<sup>th</sup>.

The cooking stand was set up in the RSL memorial foyer after having to go back under cover due to light rain dampening the original outside set up.

This complimentary event took place between 10am and noon when an estimated 50 people enjoyed Lions hospitality with close to 150 pancakes being made.

Apart from locals, visitors and others passing through from places such as Katanning and Esperance joined in

to enjoy the flat food, with toppings of their choice.

Thanks are extended to everyone taking part in this successful project. These include the consumers, Lions Club members for making the day possible and the RSL for allowing Lions to use the Memorial Hall.

**Left: Neville Moulden and Wally Perry are pictures of concentration as they whip up some pancakes.**

**Below: Glenda Slarke's niece Kath Sutton (middle) grand nephew Byron and grand niece Amber from Falcon WA dropped in for pancakes.**



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# School Holiday Activities

*Suzanne Reeves*

Tiki Karma, two Nepalese words which loosely mean 'outdoor teamwork - togetherness'. This was the atmosphere that Amanda Trevenen was fostering with her new schoolchildren's holiday activities initiative.

Pulling together her background in Community Development and Outdoor Education, Amanda has created an alternative education programme which is nature based. Children participating are not only having fun but learning team work, cultivating their imaginations and bringing skills to the fore that they will use in daily activities.

Throughout the recent September/October school holidays Amanda ran eight activities; there was a good turnout with 30% of Lake Grace's primary school aged children attending. There were even some children who were in town visiting grandparents.

Although the activity programme wasn't solely primary based it was the way this initial line-up of activities turned out. Amanda has kept the activities flexible and responded to the needs of those who registered.

Amanda has ran these programmes in other communities, however this is her first foray into the local

community, she is pleased with how the programme went and the support she received from local families.

Aside from nature play the children also took part in circus activities, craft and reading time with technology taking a back seat.

Amanda is brimming with ideas that not only focus on outdoor activities but also long term creativity and community building skills; all competencies that will help the individual and the community as a whole. It is hoped that this is the beginning of a long and beautiful relationship with school holiday activities becoming a regular fixture on the Lake Grace calendar.

Tiki Karma has a Facebook page, like and follow this to keep up to date with any future programmes.

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## 24 Hour Access to Defibrillator

*Suzanne Reeves*

Lake Grace St John Ambulance Sub Centre has taken delivery of a new AED (Automated External Defibrillator). Local volunteer officer, Keith Higgs, has installed the unit on the front of the sub centre. This way an AED is available within the town site 24 hours a day.

Previously the AED's have only been available at the Plaza shopping centre, Roadhouse, swimming pool and INSIDE the Sub Centre. These are all ideal high traffic areas to have one, however between 8pm and 5am there's not one readily available for use in an emergency situation. The new purchase by our local St John branch has filled this gap.

Local branch Chairperson, Lois Dickins, said the members had realised there was a gap in availability and deliberated about putting the one that was already inside the Sub Centre outside but elected to purchase a new one specifically for this purpose. Having it installed at the sub centre is an ideal choice; it is also highly accessible to the sporting precinct.

An AED is a lightweight, battery-operated, portable device. It is used to help people having sudden cardiac arrest and is straight forward to use.

It checks the heart's rhythm and if needed, sends a shock to the heart to restore a normal rhythm.

It is important that everyone is aware of the presence of the defibrillators within our community and that there is 24 hour access. A second 24 hour defibrillator is currently being installed at the Police Station.



**Lake Grace St John Ambulance Chairperson Lois Dickins with Ambulance Officer Keith Higgs.**



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# Rex's Rusty Relics

Rosie Timperley

Walking in to Rex Walker's backyard, the passion he has for history and olden day relics is evident. Old tractor seats, glass bottle collections from times gone by, antique fridges, irons and a toaster are just a few of the collectibles that are on display. Not only is Rex a collector of these artifacts but he has also made a hobby out of creating items with scrap metal. His interest in hunting down rusty objects and showcasing the story each one has, began about ten years ago when he left the family farm at Tarin Rock, bringing many of the items from the farm in with him to start his collection.

"I just love history," Rex said when I asked him what was the trigger for becoming an avid collector and scrap metal creator. "Everything here in my backyard and shed has a story. As for what I create out of scrap metal, I make it all myself, hence why nothing's perfect!" This was a nod to his sign hung on the wall of his shed - "Nufuthin's Perfect."



Some of the standout creations are a chair made out of a tractor seat and truck springs and various scrap metal (see below) as well as a bedside table made for his stepdaughter Leila which consists of an old drum and scrap metal.



At the entry to his shed, Rex has a sign hanging above his door that reads, 'Just tickety boo.' This is in reference to the first words he said to his new wife, Tracy when they met and she asked how he was. An old washing machine stands near the door to his shed, with two tubs and a wringer in the middle

which is unknown to my modern-day brain. It appears quite space-age to me which is ironic seeing it's circa 1920's.

Inside the shed is a vast array of gadgets from long ago. The original fridge from the family farm, bought back in the 1930's now holds various tools. The walls are covered with memorabilia and collectibles ranging from car badges and wheel hubs to old metal irons and glass bottles in all shapes and sizes. A pool table sits in the middle of the main room and the triangle rack for the pool balls is one of Rex's metal creations. There are items that hold memories for Rex stored in every nook and cranny - with bicycles and a baby seat (used

by Rex and his sister when they were young) even hanging from the roof. Two of Rex's beloved cars sit in the adjoining room, one a beautiful old 1970 Fairlane which was Tracy's engagement ring from him and has now been claimed by Leila. The other car, a 1980 XD ESP which patiently awaits his daughter Kyra to inherit. As for his other daughters, a 1979 HZ one tonne ute will go to Maddy and a 1981 SLE VC Commodore is for Adelle. All are V8's.



**Above: An old bag lifter now holds a hanging planter.**

Rex has kept a list of all the people who have donated scrap metal and objects to him and if he collects items off someone's property (with their permission of course) he will gift them with one of his creations as a thank you. I asked Rex which of the scrap metal items is his favourite to work with and he didn't hesitate to answer, "Anything with rust on it!" Rex said he always looks forward to getting out in his shed and tinkering away as he finds a peacefulness in his projects. If you are planning on visiting Rex and having a look at his collectibles and creations, don't expect to leave without adding to the autographs on the interior shed walls as every first time visitor is asked to leave their mark - something I may have omitted doing myself!



**The treasure cove that lies in Rex's shed.**

**South of Kalbarri & Kalgoorlie Watering Days**

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

# Lake Grace Weather



Date	Min	Max	Rain
26/9	7.5	13.9	4.4
27/9	5.1	15.1	7.2
28/9	5.4	16.2	
29/9	5.5	16.3	
30/9	7.2	17.5	
1/10	11.8	17.5	
2/10	10.3	16.6	0.6
3/10	9.4	21.0	3.2
4/10	10.9	17.1	0.4
5/10	12.7	22.5	5.0
6/10	12.9	21.7	
7/10	10.5	19.6	
8/10	12.0	21.8	
9/10	10.3		

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

**ASIST** - Lake Grace 16th & 17th October.  
Intensive mental health/suicide awareness 2 day workshop. Registrations are essential. Free. For more information please contact as per below.

**HC/MC Training & Assessment** - March/April 2019. Costs TBA.

**Forklift Training & Assessment** - March/April 2019. Costs TBA.

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

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

**Facebook** - One-on-one lessons available. \$15 per hour session. Ring to arrange a date.

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

## What's Happening at the Newdegate CRC...

**MoveSmart** - Every Thursday at 9am.  
Join us for an hour long Pilates based exercise class. Come along for a cuppa and some morning tea to support this wonderful cause.

**Fermentation and Gut Health Workshop** - 18th October

For more information please call 9871 1791

## What's Happening at the Pingrup CRC...

Bloom Festival closing event "Bye Bye Bloomin' Goodbye" - Sat, Oct 20th, 2018 (market stalls, family entertainment, Silo art)

Barista Course – Oct 23rd & 24th , 9 am – 3 pm

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

# Make Every Bird Count

Media Release - Birdlife Australia

## Join the Aussie Bird Count from 22-28 October

- BirdLife Australia presents the fifth Aussie Backyard Bird Count during National Bird Week, 22-28 October
- Help count more than 2 million birds using the #AussieBirdCount app
- Register now at [aussiebirdcount.org.au](http://aussiebirdcount.org.au) and discover birds in your backyard

BirdLife Australia is calling on all Australians to spend 20 minutes in their backyards or local outdoor spaces this October and count the birds they see for the Aussie Backyard Bird Count held during National Bird Week from 22-28 October.

Using the specially designed app, which helps people identify local birds based on size, colour and location, the aim is to count more than 2 million birds in seven days.

The count follows a record-smashing Aussie Backyard Bird Count in 2017 with more than 72,000 nature-loving Australians taking time out from their busy schedules to count more than 1.9 million birds.

With less than two months until the Aussie Bird Count begins, BirdLife Australia is encouraging all Australian nature lovers to begin planning when and where they will start counting. You can register your interest by heading to the official website at [www.aussiebirdcount.org.au](http://www.aussiebirdcount.org.au).

Whether you take part by yourself or in a group, every bird counted will help BirdLife Australia reach its target of counting 2 million birds in seven days.

Leading the counters will be BirdLife Australia's Sean Dooley who says data collected by citizen scientists from across the country is helping BirdLife Australia gain a unique insight into changing populations.

"Australia is home to some of the world's most beautiful birds, often literally right in our own backyards and thanks to BirdLife Australia's Aussie Backyard Bird Count we now have four years of data about their changing populations," Mr Dooley said. "The information we collect from the Backyard Bird Count each year not only shows how much Australians care about birds, but also provides clues to what's happening with different bird species."

In 2017, Australian birdwatchers recorded more than 578 species, with the Rainbow Lorikeet, Noisy Miner and Australian Magpie remaining Australia's most counted birds.

The new, updated Aussie Bird Count app (available from 1 October) allows you to take part anywhere—not just backyards, but in local parks, botanical gardens, schoolyards or beaches—wherever you might see birds.

The national total will be updated in real time, and the app allows you to see which species are being seen in your local area.

Start spreading the word with #AussieBirdCount

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# 125<sup>th</sup> Anniversary of the “Holland Track” Trek

Wayne Monks

Bayley's discovery of gold east of Southern Cross in 1892 generated great excitement in the Colony and a rush immediately set in.

John Holland was one of several people from the Great Southern who had the idea of cutting a direct route to the goldfields. He decided to wait for rain and cooler weather and on 14<sup>th</sup> April 1893 Holland (the leader), Rudolph and David Krakouer and John Carmody left Broomehill with five ponies, a light dray (small 4 wheel/2 horse cart), a 100 gallon water tank and provisions for 5-6 months. Their goal was Gnarlbine Rock, the main water supply for the goldfields.

They cut the track through thick scrub and bushland and on 18<sup>th</sup> June reached Bayley's Find, the day after Paddy Hannan had reported his discovery at what is now Kalgoorlie. Holland and his companions had covered nearly 330 miles (over 520 kms) in 2 months and 4 days, cutting the longest cart road made in one stretch in Western Australia.

Remnants of the track still remain with the largest stretch occurring from the Norseman – Hyden Road to the Victoria Rocks Road.

Their route to the goldfields established direct

communication with the south-west of the Colony and shortened the journey by a fortnight or more for the diggers heading to the new gold discoveries.

Wayne Monks from Kalga is organising a 125th commemorative anniversary 4WD for mid October. The escorted private 8 day tour will travel along the “Holland Track and Holland Way” from Albany via Broomehill and Hyden to Bailey's Reward at the “Old Camp” (Coolgardie), the “Golden Mile” and the “Dundas and Norseman Goldfields”

The tour will celebrate what Holland and his team achieved in 1893. If successful Wayne will consider going commercial in early 2019.

The trip is being scheduled from **Tuesday 16<sup>th</sup> October to Tuesday 23<sup>rd</sup> October 2018** ie 8 days and 7 nights

To express your interest or find out more, simply contact Wayne Monks on [wmonks@westnet.com.au](mailto:wmonks@westnet.com.au) or 0499 113 193 (Conditions Apply\*)

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**Photos below: Depict some of the scenery along the Hollands Track.**

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# Spring Gardens

<https://www.gleamodawn.com.au/preparing-your-garden-for-spring/>

## Fertilising your lawn

Always ensure that you use a fertiliser with the correct balance of nutrients for your lawn type, preferably one with a slow, even release of minerals to avoid interfering with worms and other biological processes in the soil. Fertilise lightly and frequently, and water your fertiliser in, so it dissolves in the water and passes into the soil instead of sitting on the grass blades.

## Mulching, pruning and weeding

Mulching is a great way to naturally hinder weed growth and keep your garden healthier and more attractive. It's best to fertilise and mulch trees, shrubs and garden beds when the soil becomes warmer at the beginning of spring. Always water adequately before and after fertilising to disperse the nutrients through the soil, and always give the soil beds a good soak before mulching. Low-phosphorus formulations are best for sensitive native plants like grevilleas and banksias. As soon as new growth begins on your perennials, prune them back to keep them on their seasonal cycle, and cut the dead stems off plants that need new growth for budding. It's easier to weed when your topsoils are damp from the cool weather, and you will also get to the weeds before they warm up and proliferate. But remember not to throw them into your compost,

because they will end up back in your garden!

## Protecting against infestation

Unfortunately, the return of spring means the return of nasty critters like nematodes, caterpillars, aphids, beetles, and fruit flies. But a natural way of controlling these pests is to plant plants that attract good insects (like ladybirds and bees). Flowers like marigolds and daisies, herbs like sage, rosemary, dill, and coriander, cabbage family plants, and vegetables like chokos are a natural way to attract the helpful predators of nasty insects. There are also a number of common weeds you can expect to start popping up in the warmth, including bindiis. Regular mowing can cut off the stalks and seed heads of many lawn weeds, effectively preventing their spread before their seeds have formed.

For stronger methods of pest control, there are a number of herbicides and insecticides you can use to combat infestations and protect your garden, but always get good professional advice about their application and suitability to your garden and plants before you start.

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# Australian Suicide Rates Increased in 2017

## Media Release

New preliminary data from the Australian Bureau of Statistics (ABS) shows that the national suicide rate increased over 12 months, from 11.8 deaths per 100,000 in 2016 to 12.7 deaths per 100,000 in 2017, exceeding the World Health Organisation's global average suicide mortality rate of 10.5 deaths per 100,000.

Causes of Death Australia, 2017 reports on the causes of 160,909 deaths registered in 2017. Preliminary data contained in the report found 3128 people died by suicide in 2017, 2348 males and 708 females. That's about 8.6 suicides a day and 9.1% more than 2016, when there was a total of 2866 deaths by suicide.

"People who die by suicide are more than a number, they're members of our community and we'd like to acknowledge everyone who's been impacted by suicide in 2017," said the CEO of Suicide Prevention Australia, Nieves Murray.

"Unfortunately what these numbers show is that suicide is a growing public health concern for all Australians.

"We must use this data to strengthen our resolve. To each take personal responsibility for preventing suicide. By speaking up when we suspect someone is struggling. By supporting people with lived experience of suicide and those working at the front line of suicide

prevention and crisis support.

"As hopeless as these numbers seem, there is hope. There's thousands of Australians working collaboratively together, in governments, in suicide prevention, in health care, in work places, in schools and communities.

"Together we can achieve a meaningful reduction in suicide in Australia," she said.

Ms Murray said that working collaboratively to prevent suicide is particularly important when supporting people living with a complex mental illness or drug or alcohol addiction. Causes of Death, Australia 2017 reported comorbidity data for the first time.

"Preliminary data showed that 43% of people who died by suicide in 2017 were living with a mood disorder like depression, 29.5% with a drug and alcohol use disorder, and 17.5% with anxiety," she said.

"From previous research we know that people living with a complex mental illness are 13-45 times more likely to take their own life their own life than those living without mental illness.

"That's why it's so important that the mental health and suicide prevention sectors work together."

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## Australian Suicide Rates Increased in 2017 (cont.)

Suicide Prevention Australia and SANE Australia recently released a joint Position Statement on Mental Health and Suicide Prevention. Ms Murray says that in addition to collaborating on policy, the mental health and suicide prevention sectors are developing and implementing innovative programs and services to prevent more avoidable deaths, like LifeSpan.

"Delivered by the Black Dog Institute, LifeSpan is an evidence-based approach to integrated suicide prevention that's predicted to prevent 21% of suicide deaths and 30% of suicide attempts," she said.

"The reasons why people die by suicide are varied and complex, so to prevent it we need flexible, scalable solutions that account for this diversity."

Comprehensive LifeSpan research trials are being conducted at four sites with funding from the Paul Ramsay Foundation, and the Institute's supporting 12 Primary Health Networks participating in National Suicide Prevention Trials funded by the Department of Health. The trials empower PHNs to deliver evidence-based interventions in their local communities.

Ms Murray welcomed today's announcement that the Australian Government will invest more than \$36 million in national suicide prevention projects to raise awareness of the impact of suicide and to support Australians who may be at risk.

"Suicide Prevention Australia looks forward to continuing to play a leadership role by supporting, collaborating with and advocating for the suicide prevention sector," she said.

"Importantly, this funding will enable SPA Members to continue working closely with Australian workplaces, families, schools and communities to learn from people with lived experience and share suicide prevention tools."

Ms Murray said empowering people everywhere to talk safely about suicide is one of the most effective ways to prevent it. The #YouCanTalk campaign and the National Communications Charter were developed by some of Australia's leading mental health and suicide prevention organisations.

"To reduce suicide rates in Australia we need everyone to talk safely about suicide every day. We want people to know, you can talk about suicide and we're here to help," she said.

Go to [www.lifeinmindaustralia.com.au](http://www.lifeinmindaustralia.com.au) for help talking about suicide, and to read and sign the National Communications Charter.

To get help 24/7, phone Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467. If you or someone you know are in immediate danger, phone 000 for emergency services.

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# Bits & Pieces

Kevin Seaman

It appears to be a moment of change in times and events for 2018. What with the football season over, ("Thank goodness," said the wife), the cricket season underway, ("Thank goodness," said the wife), winter time with its cold, cloudy days giving way to fine sunny spring days encouraging the wild flowers to burst in to bloom, it is a good time to be alive in WA. Unless you are a farmer who has to contend with the lack of rain, frost damage, and an abundance of new varieties of bugs and beetles besides the older variety and a harvest with not much prospect of a bumper year to look forward to even though the same amount of work is required. So for those of us ie. retirees and mums who have children back at school, it's quiz time to test your intelligence and some funnies to fill in your day while relaxing in the sunshine.

## Quiz Questions (Answers on page 28.)

1. What colour is a welsh poppy and what colour is a Himalayan poppy?
2. Name the world's largest ocean?
3. What is the capital of Spain?
4. What does the term piano mean?
5. When did the cold war end?
6. Name the author of 'On Her Majesty's Secret Service', 'Dr. No', and 'Thunderbolt' among others?
7. What flavor is Cointreau?
8. Which popular BBC series about old collectables began in 1979 and is still running today?
9. How many valves does a trumpet have?
10. Name the only heavy weight boxing champion to finish his career of 45 fights without being defeated?
11. How many countries are larger than Australia?
12. What outback town in Australia has a population that swells from approximately 120 to crowds of over 5000 for a racing carnival?
13. Name Australia's most western point?

## Funnies Time

One afternoon, a wealthy lawyer was riding in the back of his limousine when he saw two pathetic men eating grass by the roadside. He ordered his driver to stop and he got out to investigate. He asked, "Why are you eating grass?"

"We don't have any money to buy food," the first man replied.

"Oh, well you can come with me to my house," insisted the lawyer.

"But sir, I got a wife with me and three kids here,"

"Bring them along," replied the lawyer.

"But how about my friend?"

The lawyer turned to the other man and said, "You with us too."

"But sir," said the friend, "I got a wife and six kids!"

"Bring them as well," answered the lawyer as he headed for his limo. They all climbed in to the car and once underway, one of the poor fellows says, "Sir, you are too kind. Thank you for taking all of us with you." The lawyer replied, "Glad to do it. You'll love my place. The grass is almost a foot tall."

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The Nun made a note and pasted it on the apple tray: "Take only ONE, God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip biscuits. A child had written a note, "Take all you want. God is watching the apples."

At the same school, the children were being photographed and the teacher was trying to persuade them to buy a copy of the group picture. "Just think how nice it will be to look at it when you are grown up and say, 'There's Jennifer, she's a lawyer' or 'That's Michael, he's a Doctor! A small voice from the back of the room rang out, "And there's the Teacher, she's dead."

## Lesson For Today - Don't ever lie to your Mum.

John invited his Mum for dinner and Mum couldn't help notice how beautiful John's "room mate" Julie was. She had been suspicious that there was more to their relationship than John had ever admitted. During the evening she watched the interaction of the pair. Reading his Mum's mind, John assured her that they had nothing in common but co-tenants of the unit. About a week after John's Mum's visit, Julie said to John, "Ever since your mothers visit, I have not been able to find the beautiful silverware gravy ladle. You don't suppose your Mum took it do you?" John said he very much doubted it but would write to his Mum. So he sat down and wrote, "Dear Mum, I'm not saying you did take the missing gravy ladle from my house and then again I'm not saying you didn't take it. But the fact of the matter is, since your visit it has been missing and cannot be found. Love John." Several days later John received a letter from his Mum which read, "Dear Son, I'm not saying that you 'DO' sleep with Julie, and then again I'm not saying you 'DON'T' sleep with Julie. But the fact remains that if Julie was sleeping in her own bed, she would have found the gravy ladle by now. Love Mum."





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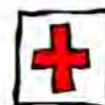
Phone: 0447 651 418

Facilities not air conditioned





# LAKE GRACE HEALTH SERVICE



providing 24 hour Emergency Health Care Services  
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Telephone: **9890 2222** Fax: **9890 2202**

## Health and Activity Programs (Hospital, HACC and CHSP)

### Chair Aerobics Every Tuesday 10.30am

Lakes Village Hall  
(suitable for people with limited mobility)  
FYI—Extended Care Nurse also attends most weeks



### 4th Friday Activity Day Friday 26th October 10.00am—1.30pm

Lakes Village Hall  
Activities, games, trivia  
For catering please ensure you  
RSVP by 23rd October



### SwimAbility

Hydrotherapy sessions  
at Narrogin Leisure Centre  
**Monday 15th October**  
The pool may be out of action  
again after this but Pauline will  
keep you up-to-date.  
Leaving 8.30am from Village Hall



*Call the hospital on **ph: 9890 2222** during  
office hours for more information or to book  
for any of these activities.*

## Child Health Clinic

For all child health or immunisation  
enquiries please call Di Poultney at  
the Lake Grace Clinic  
**ph: 9890 2246**  
(located in the Medical Centre)



Allied health staff make visits to Lake Grace and  
Newdegate (ie Physiotherapist, Occupational  
Therapist, Speech Therapist, Dietitian)

## Physiotherapist—30th October

Contact Narrogin Primary Health to make  
an appointment ph: 9881 0385

## X-Rays

- We CAN DO emergency x-rays at Lake Grace Hospital of Chest and Extremities only—this includes limbs, hands, feet or shoulder.
  - We CAN NOT take abdominal, facial, spinal, head, neck, pelvis or of children under 4 years of age (you need to go to Narrogin for these)
  - All X-rays require a doctors request form
  - Ask the nursing staff if you need clarification.
- Where possible please ring for an appointment as there may not be a trained operator on shift at the time.

## Meals on Wheels

The Hospital is **very short on for drivers** and we would be most appreciative if a few more people in our community could spare half an hour to help us out. There are quite a few gaps on our existing calendar or maybe you would like to be put on next year's roster, even just once a month. It is an easy and enjoyable task and you would be doing us a great favour.

Please call the Hospital on 9890 2222 if you are able to assist.





# Dealing With Slick Investment Scammers

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

Received a phone call out of the blue with an offer to buy shares in a company for a really good price?

Investment scams are on the rise with figures from WA ScamNet showing a 37 per cent increase in reported scams in Western Australia during the last two financial years (1 July 2016 – 30 June 2018) totalling losses of \$5.4 million.

As one of the most professional and slick scams around it can be very hard to tell them apart from genuine investment opportunities.

Scammers will pretend to be stock brokers or portfolio managers and promise quick and high returns, or encourage you to invest in overseas companies. As well as being incredibly persistent they may keep calling you back until you agree to transfer funds.

Afterwards, when they think they have developed a business relationship, scammers may try to take advantage of you again through a follow up scam.

A man in Western Australia, who lost \$40,000 in 2011 after investing in a fake firm called Stanton & Rose, was recently targeted this way. Scammers claimed they had identified US\$156,752 owed to him, but he would need to make payment of US\$130,550 before any funds would be sent to him. Luckily this time the victim

ceased further contact.

Investment scammers will also target you via email, social media, through newspaper advertisements or fake websites. It also pays to be aware of unregulated traders overseas.

An elderly gentleman in Western Australia lost \$30,000 after deciding to purchase Bitcoin as an investment for his grandchildren. After googling "how do I buy bitcoin" he signed up with an unregulated binary trader in Hungary. They then called him and convinced him to provide remote access to his computer, sign a number of documents and send copies of his bank card, passport and water bill.

He came home one day and found his computer on and that they were enacting a bank transfer taking the rest of his money out of his account. He is currently going through a dispute process with his bank and may be able to recover a chunk of those funds.

To protect yourself against investment scams, be suspicious of investment opportunities that promise a high return with little or no risk. Never give out your personal details to unsolicited callers or reply to emails offering financial advice or investment opportunities - just hang up or delete the email.

If you think you have been scammed, contact your bank or financial institution immediately. Fraud attempts should be reported to the WA Police Major Fraud Squad on 131 444.

For help and advice visit [www.scamnet.wa.gov.au](http://www.scamnet.wa.gov.au), call us on 1300 304 054 or send an email to [wascamnet@dmirs.wa.gov.au](mailto:wascamnet@dmirs.wa.gov.au).

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



## Men's Shed Battery Drive

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

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

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27TH  
OCTOBER  
2018**

**at the sportsman club**

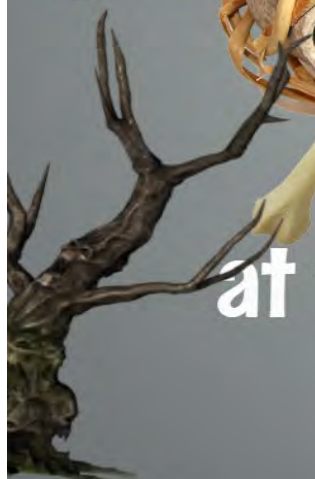
**6.30pm to Late**

**PRIZE'S FOR -**

**BEST COSTUME FOR MALE,**

**FEMALE & KIDS**

**Steak Tea's Available to purchase**





# Tips for Talking to Someone With Cancer

[www.cancerwa.asn.au](http://www.cancerwa.asn.au)

When someone you know is diagnosed with cancer, you might want to talk to them about it, but sometimes it's difficult to find the right words. Everyone's experience of cancer is unique and it can be hard to grasp exactly what someone is going through.

There isn't a perfect script - what you say will depend on your relationship and your own experiences. However, it's important to try and be empathetic and understanding and be aware that there are some things you can do that will be more helpful than others. To make things a little easier we've put together some do's and don'ts for speaking to someone with cancer - take a look below:

## 5 Things TO DO

1. Ask 'How are you going now?' - try to ask how the person is feeling from time to time throughout their treatment and recovery. Be sure to make time to really listen and respond to their answer.
2. Tell them you're willing to listen - sometimes a caring listener is what the person needs most. If the person wants to talk about what they are going through, give them time to speak, make eye contact and try not to interrupt.
3. Acknowledge life can be unfair - a person with cancer

doesn't want to feel blamed or punished. It may help to recognise that sometimes bad things happen to good people.

4. Follow their lead - some people with cancer don't like to be called a cancer sufferer, battler, victim or survivor. Pay attention to how they refer to themselves and follow suit.

5. Talk about other things too - although it's important to ask how they're feeling, the person with cancer may not want to talk about cancer all the time. It's ok to chat about other things happening in both of your lives.

## 5 Things NOT TO DO

1. Offering unsolicited advice - the person with cancer needs to make their own decisions based on the advice of their medical team. If you'd like to share your opinion with the person, ask them if it would be helpful first.
2. Saying clichés or unrealistic assurances - even though you may intend to be reassuring, saying things like, "don't worry" or "stay positive" can seem dismissive of how the person is feeling. It may also be unrealistic - of course the person may worry, and so might you. It's normal to feel concerned.
3. Pushing particular beliefs - everyone has the right to their own beliefs and values, both religious and non-religious. The person with cancer also has the right to make their own decision about treatment and their life.
4. Asking probing questions - the person may not want to tell you about something personal (e.g. their prognosis) and their privacy should be respected.
5. Sharing lots of stories - you may know other friends and family members who have also had cancer, but this person may want to focus on their own health. Every person's situation is different so comparing stories may not always be helpful. It's better to ask first - e.g. "Do you want to hear about a study I read about?"

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## Stay On Your Feet

### Free Seniors Program

Tuesday  
10:00 AM  
At the  
Shire Hall





# 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](mailto:shire@lakegrace.wa.gov.au)



### CEO's Corner

#### Community News 11 October 2018

##### Nominate Your Local Mobile Phone Black Spot

The Federal Government is calling on mobile black spot nominations from local, territory and state governments as well as Federal Members of Parliament, to identify locations for the next round of the \$220 million Mobile Black Spot Program.

Round 4 of the program was announced in June this year with the Coalition investing \$25 million to eliminate mobile black spots in regional Australia.

Minister for Regional Services, Senator Bridget McKenzie, said this next round affirms the Coalition's commitment to delivering 21st century communications in the regions and will deliver real benefits for our communities.

"I'm delighted to see the next round of the program coming to fruition. The program is changing lives for so many regional and remote communities across Australia."

"We're taking a targeted approach this time around to deliver a clear economic benefit. We are calling on state, territory and local governments, as well as our parliamentary colleagues, to nominate mobile black spot areas in their region where economic as well as social benefits can be realised," Minister McKenzie said.

"Round 4 will also target improved mobile coverage for medical, educational and emergency services facilities, as well as along key transport routes and in towns that experience seasonal demand due to tourism."

The program has been highly successful with more than 600 of the total 867 base stations already delivered across the country under the first three rounds of the program. More than \$680 million has been generated in co-investment from state and local governments, carriers, businesses and local communities.

"Through the program we have encouraged much needed investment by mobile operators in regional Australia. This has brought real benefits and connectivity to thousands of households and businesses across the nation."

Local communities are encouraged to get in touch with their Federal Member of Parliament or local council to nominate mobile black spot locations.

The Government will soon call for applications from carriers to be selected through a competitive process. For more information on the program visit:

[www.communications.gov.au/mbbsp](http://www.communications.gov.au/mbbsp)

#### Flooding Event

The contractors are nearing completion of outstanding works, it is anticipated that we will have all works finished prior to December. There are still three sectors with outstanding works. The North sector is the sector that has been fully completed and signed off.

Many of the roads which had remediation works have now been completed, if you have any concerns with the completed works, please let us know and the quality of work can be inspected and repaired if required.

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

#### Council

##### Ordinary Council Meeting – 27 September 2018

Items of business considered by Council at this meeting included:

- Plant Replacement – Purchase of Prime Mover
- Payment to Fyfe Transport for Metal Cartage
- Regional Road Group Submissions 2019/20
- Proposed Widening of North Lake Grace–Karlgin Road, North Lake Grace & Kuender
- Lease – Lake Grace Child Care Centre

##### Special Council Meeting – 9 October 2018

Items of business considered by Council at this meeting included:

- Application to Amend Development Approval – Proposed Additional Temporary Workers Accommodation on Lot 107 Varley Road, Lake King
- Application for Development Approval – Proposed Replacement Temporary Workers Accommodation & Associated Facilities on Lot 66 Hyden–Lake King Road, Varley
- Financial Statements – 31 July 2018
- Appointment of Cement Stabilisation and Wet Mixing Services (RFT 2018-01)
- Appointment of Preparation Repairs Prior to Road Sealing Services (RFT 2018-05)

*Continued over ..*



Shire of Lake Grace Community News *Cont.*

## Office Opening Hours

Monday - Tuesday - Wednesday - Friday

8.30am - 4.30pm

Thursday 8.30am - 4.00pm

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

## Transport &amp; 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 - 2 November 2018**

**Friday - 7 December 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](http://www.transport.wa.gov.au).

## Building Surveyor

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

**Tuesday 16 October 2018**

**Tuesday 30 October 2018**

For an appointment contact Josiah on 0438 811 944.

## Environmental Health Officer

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

## Tip Open Hours

## Lake Grace

Monday & Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

## Newdegate

Wednesday 9am - 1pm

Saturday 9am - 1pm

## Lake King &amp; Varley

Open Every Day

## Waste &amp; 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
22 October	15 October
5 November	29 October

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

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

## Office Opening Hours

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

## School Holidays

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

## Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm  
Closed for lunch 12noon - 1pm  
Friday 9am - 2pm

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

*Everyone welcome*



Check out our Facebook page [www.facebook.com/ShireofLakeGrace](https://www.facebook.com/ShireofLakeGrace)

## Shire of Lake Grace Community News *Cont.*

CEO Corner *Cont.*

### 4WDL Meeting – 9 October 2018

On Tuesday 9 October 2018, the Shire of Lake Grace hosted the October 2018 4WDL meeting, which was attended by CEO's and Elected Members from the Shires of Wagin, West Arthur, Williams, Woodanilling, Dumbleyung and Lake Grace. The items of business discussed at this meeting included:

- A presentation from Ian Duncan, Executive Manager Infrastructure for WALGA, on the Westport Taskforce and Western Harbours Alliance

### Successful Armistice Centenary Grant Application

The Lake Grace District High School's Armistice Centenary Grant application has been successful and the Minister for Veterans' Affairs has approved a grant of \$2,728.00 under the Armistice Centenary Grants Program (ACGP) for the 'Local Heroes' project.

The students, along with Ms Wilson, have started and nearly completed their research and displays of 8 local service men and women of WWI and WWII. Miss Young will continue to work with the students on the displays, along with the help of the Lake Grace Men's Shed and the Lake Grace Artist Group. Congratulations to all that were involved in putting together the grant application and I look forward to viewing the final displays.

### Road Works

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

- Magenta Road - clearing of trees, carting of gravel, backslashes, off shoots and surveying
- Clarke Road – rolling, carting of gravel and water, installation of guide posts and signs
- Lake Grace Landfill Site – carting of sand for landfill

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

- Fourteen Mile Road
- South Burngup Road

The following work has also been carried out:

- Back slopes
- Road inspections
- Sand carting for Lake Grace Landfill

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

- Milstead Road
- Mallee Tree Road
- Kathleen Road
- Pickernell Road
- Finlay Road
- Rose Road

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

- Oakey Road
- Tonkin Road

- Mount Sheridan Road
- Dawson Road

### Parks and Gardens

The Town Maintenance Crew have carried out the following work:

- Green House Upkeep
- Shire Administration Building – watering and weeding
- Lake Grace Recreation Area – spraying of weeds, watering, mowing, whipper snipping, raking and removal of debris
- Lake Grace Swimming Pool – spraying of weeds, watering, replacement and repairs to reticulation/ solenoids, removal of debris and carting of sand
- Lake Grace Railway Building – checking and testing of watering system, watering and spraying of roses for aphids
- Lake Grace Parks and Gardens – clearing of street drains, pruning of BBQ area trees, spraying and weeding of street verges and laneways, spraying of main street roses with lime sulphate, mosquito treatment and maintenance of street trees
- Lake Grace RSL – watering, testing and repairs to reticulation system, spraying roses for aphid and general garden maintenance
- Lake Biddy – replacement of water pipe
- Doctor's Residence – reticulation system maintenance
- Lake Grace Cemetery – spraying of weeds
- Medical Centre – weeding

### Building & Maintenance

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

- Lake Grace Swimming Pool – drainage replacement
- Newdegate Lesser Hall – removal of flooring to establish cause of floor damage
- Newdegate Main Hall – maintenance to external doors and woodwork
- Lake Grace AIM – continuation of building movement monitoring

*Denise Gobbart*  
Chief Executive Officer

## Ordinary Council Meeting

The next Ordinary Council Meeting will be held:

**Date: Wednesday 17 October 2018**

**Time: 3:00 pm**

**Location: Council Chambers**

**1 Bishop St Lake Grace**

*Members of the public welcome*

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



Shire of Lake Grace Community News *Cont.***Community Citizen of the Year Awards**

The campaign for Community Citizen of the Year Awards 2019 will officially open on 1 September.

**There are four categories****Citizen of the Year**

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

**Citizen of the Year – Youth.**

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

**Citizen of the Year – Senior**

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

**Award for Active Citizenship**

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

**NOMINATIONS OPEN 1 September 2018**  
**CLOSE 31 October 2018**



Community  
Citizen of the  
year Awards

## Is the Shire of Lake Grace Digitally Ready?

Digital technology and the internet are now integral to our society and economy. Our ability to embrace the digital age will factor strongly in the development of our community and economy, for today and tomorrow.

The Shire of Lake Grace is undertaking the region's first digital census, to help it to understand what is required, to assist all homes, business and community groups, to benefit in the digital age.

Your support in completing a short online survey will help the Shire to develop future strategies, plans and actions, to position the region competitively for the digital future.

Copy the web link into your browser and this should take you directly to the online survey. Click Start and follow the instructions. Your participation in the survey is totally anonymous.

Web Link: <https://optimi.typeform.com/to/X0Rj2T>

If you are unable to access the online survey and wish to participate in this digital census, please ring the Shire on 9890 2500 and a hard copy will be posted to you with a return address envelope.



Register for free at [garagesaletrail.com.au](http://garagesaletrail.com.au) and list your sale on the Trail plus get tips, tricks and free promotional materials.

Maps of Garage Sales will be available Friday 19 at the Visitor Centre



**Saturday**  
**20 October 2018**

Sellers are welcome to set up stalls on the lawn area next to the Visitor Centre.  
 Call Helen or Jo for more details or assistance registering 9865 2140.

# Filming Starts in Great Southern for New Movie

## Media Release

The spectacular scenery of Western Australia will once again create a breathtaking backdrop for an international film starting production this week.

*Rams*, an English adaptation of the award-winning Icelandic film *Hrutar*, stars Sam Neill (*Jurassic Park*, *Sweet Country*) and Michael Caton (*The Castle*, *The Animal*, *Last Cab to Darwin*) and will be filmed in the Great Southern region.

This film has received funding from the Western Australian Regional Film Fund, administered by Screenwest, with support from the State Government's Royalties for Regions program. The fund invests in films that encourage regional industry activity, build local capacity and contribute to the liveability and vibrancy of regional WA communities.

In May this year, an adaptation of WA author Tim Winton's novel *Breath* - filmed entirely in the Great Southern region - was released to widespread acclaim. The film received an investment of \$2 million from the State Government. The stunningly shot film had a significant impact on the region's economy - supporting an estimated 150 jobs over the project's life and generating an estimated \$5.6 million short-term benefit for the local economy.

Speaking from the set of *Rams* in Mount Barker today, Culture and the Arts Minister David Templeman said he

expected the new film would also provide an economic boost to the region.

### Comments attributed to Culture and the Arts Minister David Templeman:

"After the success of *Breath*, it's exciting to see another film shot in WA heading for the big screen. WA is blessed with a stunning natural landscape which wonderfully lends itself to this project.

"Having a major film in production is not only great for our creative community and allied industries but is also likely to inspire interstate and international audiences who see the film to visit WA."

### Comments attributed to Regional Development Minister Alannah MacTiernan:

"WA is making a name for itself as an impressive backdrop for television and movie productions that attract big names.

"Producing films in WA is expected to provide significant job opportunities and benefits to the local economy, and invigorate tourism in the regions following their release.

"Filming productions in regional locations creates opportunities for local engagement and is creating a tangible sense of excitement in local communities across the State."

## CCL Hardware

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and help stressed out  
farmers sleep at night**



**Latevo**



# Can you afford to be without farm income protection ?



You are invited to attend an information meeting to discuss **FARM INCOME PROTECTION** and how it can provide protection for the present and future of your farming enterprise.

**LAKE GRACE SPORTSMAN'S CLUB**  
**TUESDAY 30TH OCTOBER 2018 - 4PM**

**Guest speaker will be Mr Silvan Frei**  
**Director of General Insurance Brokers of Australia**

Silvan has enormous experience in the insurance broking business, with his father owning a broking business in Zurich Switzerland he learnt at an early stage what it takes to operate a successful broking business.

As a broker for LATEVO Farm Income Protection (FIP) he is excited about meeting farmers in their own environment as he says this gives him the opportunity to communicate with people who make their living from the land and endure all the good and bad times to raise families and maintain their rural community.



**TAKE MOTHER NATURE OUT OF THE  
EQUATION AND HELP STRESSED  
OUT FARMERS SLEEP AT NIGHT!  
GROWING CROPS WITHOUT INCOME  
PROTECTION IS**

**NOT OKAY!**

**Silvan Frei** Dip. F.S. Brok. QPIB  
Director



**ANY QUERIES CALL SHANE**  
**0408 396 432**

# Puzzles & Stuff

Some words from the 27th September edition of Boggle

Answers for this were in the 27/09/2018

Cantaloup Aunt  
Actual Auto  
Canola Clan  
Catnap Clap  
Toucan Coal  
Canal Coat  
Natal Loan  
Octan Opal  
Panto Pact  
Plant Pant  
Talon Plan  
Uncap Taco  
Alto Talc  
Atop tuna

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

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

A	R	E
J	S	E
T	T	M

*This week's Boggle*

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## Answers from Bits & Pieces (page 16)

- Yellow (Welsh) and blue (Himalayan)
- Pacific
- Madrid
- To be played softly
- 1989
- Ian Flemming
- Orange
- Antiques Roadshow
- Three
- Rocky Marciano
- Five - Russia, Canada, China, Usa, Brazil
- Birdsville
- Steep Point (Shark Bay)

## Answers from 27/09/18

- Debtor
- Van Ryn
- Good Golly
- 80%
- Orenthal
- Earthquake
- Up to 55 miles per hour
- Blueish-green
- Fish
- See in the dark



## 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



# JUNIOR TENNIS TOURNAMENT

Saturday, 20<sup>th</sup> October, 2018

## Events:

8 and under round robin modified rules NO PARTNER REQUIRED

Round-Robin Girls and Boys Doubles and Knockout Singles

10 years and under

13 years and under

(age as of tournament date)

## Conditions

Entries close Wednesday, 17<sup>th</sup> Oct. 8pm.

Tournament starts 8:30am, registration from 8:00am.

Entry fee - \$6.00 per player per event includes morning and afternoon tea.

The committee has entire control of the event

If insufficient numbers, an event may not proceed or ages may be adjusted.

Lunch, drinks, fruit salad and ice cream available.

Sausage sizzle at the end of the day.

## Nominations including DOB:

Lisa Pearce: PHONE 9864 9065 MOBILE 0428 518 026

EMAIL [ml.pearce@bigpond.com](mailto:ml.pearce@bigpond.com)





# Getting To Know...

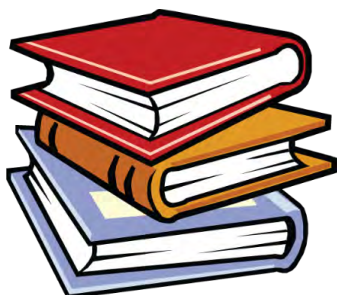
By Rosie Timperley

1. Name: *Geoff Sabourne*
2. Occupation: *Depot manager at Great Southern Fuel Supplies*
3. Which three people, living or passed, would you love to invite to a dinner party? *My mother, Shane Warne, Clint Eastwood.*
4. Which actor or character would play you in a movie? *Al Bundy from Married With Children.*
5. What is one thing that really annoys you? *The clowns and 'highly educated' politicians who are trying to take away our Aussie culture.*
6. If you won \$10 million in the lotto and chose to give some to charity, which one would you choose? *Diabetes and / or a heart charity.*
7. What is the most likely thing you would be doing in your spare time? *Keeping the grandkids entertained.*
8. Where would your dream vacation be? *America - would love to see the busy pace of New York.*
9. If you could go forward in time or back in time, which one would you choose and why? *Back in time so I could work harder and get a better education.*
10. If you could only listen to the one musician again, which one would it be? *Roy Orbison*



SCHOLASTIC  Book Fairs

Lake Grace Community Library  
is holding their annual  
book fair from  
Monday 22nd October  
through to  
Thursday 1st November



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**E: bevantaylor69@gmail.com**

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*The Shire of Lake Grace*

*invites all Seniors to*

# **Seniors Week Celebrations 2018 at**

**Walkers Hill Winery  
Wednesday 14 November  
Starting 10am**

Come along share a laugh and  
a cuppa with the P&K Challenge.

*Poetry* 

Followed by lunch.

Enjoy the afternoon  
listening or singing-along  
with Local Musicians.



***RSVP Essential: Bookings at the Shire office: 9890 2500***



# Stories to Change Your Mindset

## Shake Off Your Problems

A man's favorite donkey falls into a deep precipice. He can't pull it out no matter how hard he tries. He therefore decides to bury it alive. Soil is poured onto the donkey from above. The donkey feels the load, shakes it off, and steps on it. More soil is poured. It shakes it off and steps up. The more the load was poured, the higher it rose. By noon, the donkey was grazing in green pastures. After much shaking off (of problems) and stepping up (learning from them), one will graze in GREEN PASTURES.

## A Dish of Ice Cream

In the days when an ice cream sundae cost much less, a 10 year old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?"

"50 cents," replied the waitress.

The little boy pulled his hand out of his pocket and studied a number of coins in it.

"How much is a dish of plain ice cream?" he inquired. Some people were now waiting for a table and the waitress was a bit impatient.

"35 cents," she said brusquely.

The little boy again counted the coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and departed. When the waitress came back, she began wiping down the table and then swallowed hard at what she saw.

There, placed neatly beside the empty dish, were 15 cents – her tip.

*"Everything you've ever wanted  
is on the other side of fear."*

*- Anon.*



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Michael Bryant 0427 398 162

michael@centralwesttransport.com

Ellie Sharrock/Bryce Maisey 0457 398 127

pickups@centralwesttransport.com

bryce@centralwesttransport.com

# Lake Grace/Pingrup Cricket Notes

*George Chircop*

Played on the 6th October, the 11 players to suit up were as follows-

Jamie Eggers, Mitch O'Neill, Shaye Bowron (VC), Kane Pinney (Capt), Jack Carruthers, Damon Pelham, Mark Livall, Bailey McGlinn, George Chircop, Rohan Trevenen and Troy Gamble.

The first game of the season we travelled to Newdegate. The weather was cloudy but otherwise a perfect day to play cricket. Kane the Captain this year lost the toss and Newdegate decided to have a bat. Kane welcomed everyone to the start of the season with new boy on the park, Mark Granno Livall, who was thrown into the deep end and given the new bowl. He didn't disappoint as he bowled a magnificent line and length. Next to bowl was Kane and he also bowled well. With Mark and Kane bowling very tight, we needed to keep the pressure on. It didn't take long to have our first breakthrough as Kane got one through the defence of the Newdegate batsman and that was the first wicket of the season. With everyone up and about, it was Mark's time to cash in with a next batsman at the crease and giving nothing away, he made his statement by getting the dangerous Chris Wollaston out and also got another wicket with his last ball of the over. With both bowlers and the team fielding pressure it was a great start. Bailey got the ball next and his bowling has really improved over the winter as it seems he got a bit more zip in his delivery. He bowled well but was very unlucky as the Newdegate boys were very watchful. Damon was given the ball and as this guy is like a good wine - just gets better the older he gets, must have some kind of youth juice hidden at home, must ask Sissa about it - but like always he seems to get that breakthrough when we need it.

Jamie (the egg man) was given the ball to bowl his unreadable leg spin. He and Kane set the field and asked Bailey to move down and field in front of the away team dugout and with two balls bang it was hit straight towards Bailey who made the catch look so easy because he always seems to have more time than everyone else. Jamie had his first wicket, we had Newdegate on the back foot with the bowlers on target and the fielders stopping everything, it seemed as if it was our day. As the team got more and more involved you could feel that something was about to happen and it sure did. As Jamie started his fourth over, it went like this: first bowl hit for a single, next bowl hit straight back at Jamie for a catch, third bowl batsman steps out to smash it, misses, straight into Jacks gloves who pauses before stumping. The last batsman takes his time to come to the crease, as everyone is jumping all over Jamie and there are high fives everywhere. The next bowl is for a HAT TRICK. Jamie looks around at his field, walks in and gives this ball a bit more flight, bang, middle stump smashed out of the ground. Jamie gets his hat trick and it's all over for Newdegate, 65 all out in 25 overs. Now that's how you clean up a tail, what a way to start our first innings.

But it was also only half done now we had to go out and bat and make sure to keep cool heads and show respect to their bowlers.

Jamie and young Mitch open the batting as we had 10 overs before tea break so the boys just needed to go out and get their eye in and play every ball on its merits. Both batsmen took great care not to give away their wicket as we knew if we got off to a good start we could win this match. Ball after ball the boys just played their shots and didn't take any chances. If there wasn't a run, don't run, if its wide don't play at it. Over after over we could see that Newdegate didn't like the way the game was going so tea break couldn't come quick enough. We went in on 0/13 after 10 overs, didn't break any scoring records but the main thing is no wickets so great start by the openers.

After tea break the boys got the score ticking over and Jamie was finding the middle of his bat while Mitch was giving him great support at the other end. When the score was 33, Mitch got caught and he was dismissed for 2 but played a great role in his partnership with Jamie. In next was Shaye and he went out there with the attitude, 'I'm here to make some quick runs.' Jamie and Shaye got the score ticking over and Jamie got to bowl a ball right in that sweet area and bang (thank you for coming) over the boundary for six and was having a great match. As the score got closer to the target, Jamie, who was in the groove tried, for another six but fell short and got caught on 34 but it didn't matter as he did his part with a great innings. Welcome to the crease Kane and you know that he is a man of action as he lets his bat do the talking. Shaye and Kane just got the score ticking over with only 20 runs to win, they just did what they needed to do and the game was ours. What a great start winning by 8 wickets in hand, it was a really great all round team effort. It was the first time in four years we had started with a win, and with such great team spirit from the first ball it seem like everyone was enjoying the day. Great win and what a way to start beating our old rivals Newdegate.

Now for the standout figures-

Jamie Eggers bowled 4/5 off 4 overs and scored 34 runs

Mark Livall bowled 3/13 off 8 overs.

Shaye Bowron 10 not out

Kane Pinney bowled 2/15 off 5 overs and batted 9 not out

Damon Pelham bowled 1/11 off 6 overs

In my eyes Jamie was man of the match and Mark Livall was best debut for the club I have seen. Magnificent team effort - couldn't have started the season any better.

# Funding Boost for Apprenticeships and Traineeships

## Media Release

The McGowan Government has negotiated a fair deal for Western Australia, with up to \$126 million available to create thousands of jobs for apprenticeships and traineeships, after signing up to the Federal Government's Skilling Australians Fund National Partnership.

In addition, the national partnership will also provide funding for thousands of pre-apprenticeships - a career pathway that is strongly supported by industry. Key to the national partnership is a McGowan Government employer incentive scheme that will provide training support to employers, including small businesses.

Funded from changes to payroll tax exemptions for traineeships and the national partnership, the scheme will enable the Government to target assistance to better meet the State's workforce priorities.

Industry will be consulted throughout the development of the incentive scheme to ensure it meets the sector's needs and encourages high-quality, on-the-job training.

The national partnership funding will also be used for skills development to support the implementation of the National Disability Insurance Scheme.

The McGowan Government's Plan for Jobs has a strong focus on job creation, including increasing the number of apprenticeships and traineeships to ensure the State has a skilled workforce for existing and emerging industries.

## Comments attributed to Education and Training Minister Sue Ellery:

"Our key focus is WA jobs - maximising training opportunities and increasing our skills base.

"This injection of funds will help the State create thousands of new opportunities for apprentices and trainees by providing incentives to employers, making it more attractive for them to commit to training.

"An apprenticeship or traineeship means young people gain the skills and experience they need to perform highly specialised, technical and complex jobs - and in the process provide employers with the trained staff they require to run and expand their businesses.

"The partnership with the Federal Government will help ensure we are ahead of the game in skilling Western Australians to take up the jobs of the future, especially as the economy starts to recover and activity picks up."

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ACCREDITED SONOGRAPHERS**



# Josh Joyce Memorial Golf Day

*Ronni Joyce*

The Josh Joyce Memorial Golf Day was held on Saturday 15th September 2018. After a very frosty morning, the day turned out to be a lovely warm and sunny afternoon.

68 eager golfers and non golfers hit off, all vying for the coveted trophy and to the delight of Kalan Joyce, Ben Taylor and Elliot Taylor, they came home the victors.

Thankyou to our wonderful Sponsors whose contribution was enormous, many prizes and novelties were distributed at the end of the days play.

Marcus and Nikki Norrish

Ronni and Colin Joyce

Heather and Mark Giorgi

Geoffrey Groenenberg

Golden Hill Stud

Great Southern Fuels

Golf Box

Dongolocking Plumbing and Gas

Kukerin Rural Supplies

Mcintosh and Sons

Varley Transport

Wishbone Transport

Dean Winning

Your generosity was very much appreciated.

To the Kukerin Golf Club a huge thank you, to the ladies in the kitchen, the bar staff, the grounds men and anyone who contributed to make this day such a success. The Greens and Fairways were in excellent condition and many people commented on the day.

Thankyou to everyone who travelled so far. A special mention to Elliot Taylor from the Golf Box who produced golf balls with Josh's picture for all golfers. A truly special touch. Part proceeds of the day will be donated to Donate Life, a very worthy organisation and if you could please share with your loved ones the importance of Organ Donation.

We are very humbled and grateful for your continued support and keeping Josh's memory alive.

Thankyou,  
Ronni, Colin, Ashleigh and Kalan Joyce



*Ben Taylor, Kalan Joyce and Elliot Taylor are the victors for the day.*



## The Lake Grace-Pingrup Football Club Inc

### Coaching Positions

Coaches for **League and Reserves** teams  
are required for the 2019 season

Closing date for applications - **31<sup>st</sup> October 2018**

Secretary, LG-P Football Club,  
PO Box 73, Lake Grace 6353

or e-mail to [ghpmcarr@bigpond.com](mailto:ghpmcarr@bigpond.com)

For more information contact:

John O'Neill, President  
[john.oneill@gsfs.com.au](mailto:john.oneill@gsfs.com.au)

Mob: 0487 651 227

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## For Sale or Lease

Perfectly located strata titled premises of 86 square metres retail space in Lakeway Shopping Centre could be used for variety of retail enterprises or set up for prime office location.

**Asking Price \$50,000 +GST**



## 74 Stubbs Street, Lake Grace

3 bedroom, 1 bathroom, fibro and iron residence set on a large square block, having reverse cycle air conditioning. In walking distance to town facilities. **\$98,000**

**Web ID 19257838**



## 4 Gumtree Drive, Lake Grace

3 bedrooms with built in robes, sleepout/sunroom, 1 bathroom, fibro & iron home, having roomy kitchen-living area, with air condition and tile fire.

**Price on Application**



## 62 Bennett Street, Lake Grace

3 bedroom fibro and tile home with sleepout, modern kitchen, dining and living area, containing ceiling fans and a tile fire. Full length enclosed patio with BBQ area and lockable shed.

**\$168,000**

**Elders Real Estate**  
Lake Grace WA 6353 Ph 9865 3500  
**eldersrealestate.com.au**

**Ron Dewson 0428 651 213**  
**Garry Leo 0427 310 980**



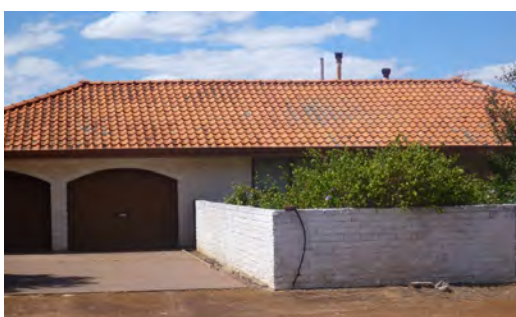
**eldersrealestate.com.au****18 Stubbs Street, Lake Grace**

A former bank space and managers residence, substantially renovated to become a large brick & iron home containing 3 bedrooms with built in robes, 2 bathrooms and toilets, kitchen with walk in butler pantry and dining room, an air-conditioned lounge and a large open living area or games room. The property could be used as a residence and/or a variety of commercial options. All furnishings inside are included, just move in and enjoy!

Vendor will consider all genuine offers

**Web ID 19513500**

**\$385,000**

**6 Clark Avenue, Lake Grace**

Brick & tile 4 bedrooms with built in robes, 2 bathrooms, kitchen and dining room, formal lounge, family room, air conditioning & solar hot water system. Situated close walking distance to shops and facilities.

**Web ID 19257894**

**\$260,000**

**Elders Real Estate  
Lake Grace WA 6353 Ph 9865 3500  
eldersrealestate.com.au**

**Ron Dewson 0428 651 213  
Garry Leo 0427 310 980**

# Steroid's Surprising Side-Effects

<https://drugabuse.com/library/the-effects-of-steroid-use/>

Some steroids can be incredibly harmful to those who take them. Conversely, some types are used to help people with inflammatory conditions like chronic bronchitis, but those are categorized as **corticosteroids**. **They are not the same as the more harmful version: anabolic steroids.**

Anabolic steroids—sometimes referred to as "juice" or "roids"—are actually synthetic forms of the male hormone, testosterone. It may be used legitimately to induce puberty or to help those suffering from wasting diseases like AIDS or cancers. Technically, this group of substances is called anabolic-androgenic steroids (AAS).

Aside from the people who are prescribed these substances for medical reasons, anabolics are abused by people looking to change their physical health, performance, and/or appearance. Common users of anabolic steroids include:

- Body builders looking to gain muscle.
- Athletes hoping to improve their skills.
- People trying to expedite recovery from an injury.

## Short-Term Effects

People who use and abuse anabolic steroids do so for the effects related to improved physical performance

and muscle growth. However, with these intended improvements in strength and performance can come many unwanted short-term effects, which include:

- Acne.
- Mood swings.
- Fatigue.
- Restlessness/ agitation.
- Decreased appetite.
- Trouble sleeping.
- Decreased sperm count.
- Impotence.

## Side Effects

Since anabolic steroids are synthetic forms of testosterone, they will influence many of the characteristics of gender in the person abusing the substance. In those taking doses up to 100 times the medically-appropriate levels, many side effects caused by steroids will occur. Side effects include:

- Shrinking of the testicles.
- Excessive hair growth in women.
- Deepening of the voice in women.
- Growth of breast tissue in men.
- Fertility issues.

## Junior Cricket

Want to improve your skills or learn how to play the game?

Open to ages 4-12

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Boys and girls welcome.

Come to the oval between 4pm and 5pm each Thursday.

Informal fun match will be played at home games only.

For more information  
call Damon Pelham on  
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or Annie Argent on  
0427 569 834.



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Reverse cycle ducted refrigerated air conditioning New solar hot water system Large outdoor entertainment area with toilet Shed and carport

Great family home

\$310,000

**Phone- 0427 651 229**





# Steroid's Surprising Side-Effects

<https://drugabuse.com/library/the-effects-of-steroid-use/>

- Heart problems.
- Elevated blood pressure.
- Rapid mood swings.
- Mania.
- Stroke.
- Menstrual irregularities for women.
- Stroke.
- Kidney failure.
- Tumors in the liver.
- Blood-borne diseases from injection use

## Long-Term Effects

Many of the side effects of steroids can be seen from someone's outward appearance changes or through their behavior. Some long-term effects of abuse cannot be observed. Although steroid use does not trigger the same intense, immediate response in the brain as another substance like cocaine, it can create changes to the brain over time. These changes can impact the production and supply of certain chemicals in the brain called neurotransmitters.

These changes in the brain can lead to changes in mood and behavior in the person. In the long-term, anabolic steroid abuse can cause:

- Anger and aggression ("roid rage").
- Paranoia.
- Delusions.
- Heart attack.

L A B E L S

Would you like some address labels made up?

Or perhaps some product labels?

We can print in colour or black & white.

Drop into the Lake Grace Community Resource Centre, ring on 9865 1470 or email lakegracecrc@westnet.com.au

## Lake Grace Op Shop SPRING SALE



**ALL CLOTHES \$1 each**



Call in and browse our

Books	Toys	Games
Bedding	Linen	Kitchenware
Shoes	Bags	Jewellery

**Open Fridays (9.30am to 1.00pm) and Tuesdays (1.00 to 4.00pm)  
at 46 Bennett Street (in the former Uniting Church)**

We'll also be open for the Garage Sale Trail on Saturday 20 October

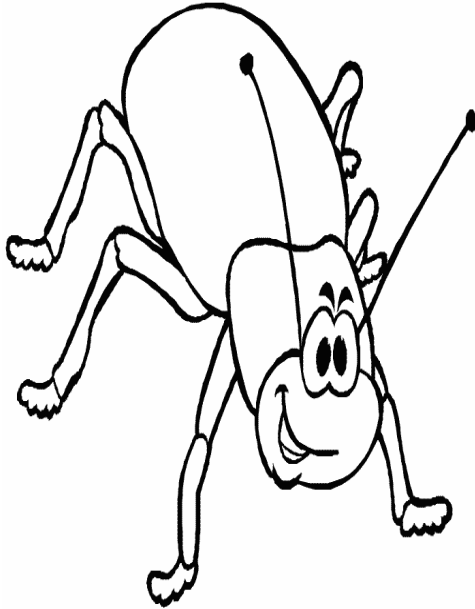
***Having a Spring Clean? Drop off your donations***

*No babywear (we're full up) or electrical goods thanks*

***Lake Grace CWA supporting Activ Industries***

## Children's Activity

Colour us in!



### LAKE GRACE/NEWDEGATE MEDICAL CENTRE

We would like to make people aware of the services that are now available in Lake Grace.

**Podiatrist** – comes Monthly

**Dietician and Diabetes Educator** – comes Monthly

**Psychiatrist** – Dr Wally Oyewopo. Totally private consult with a Perth Psychiatrist via Skype from our rooms at the Medical Centre. Dr Wally is an Australian trained Psychiatrist with over 10 years' experience. He can assess and manage most Adult Psychiatric disorders including mood disorders, anxiety, personality disorders, schizophrenia and related disorders, alcohol and drug addiction, PTSD and OCD. He has experience in managing diverse population including perinatal, adult, young adult and indigenous patients.

**Physiotherapist** – MoveSmart Physiotherapy - 5 free visits for eligible patients

These services are **completely free to eligible patients** so please make an appointment to see Dr Olay to arrange an appointment!

**Phone 9865 1208**



Grains, Seeds and Hay  
Industry Funding Scheme



LAKES LOCAL ACTION GROUP  
WORKING FOR YOUR INDUSTRY

### Notice of ANNUAL GENERAL MEETING SKELETON WEED

- The Annual General Meeting will be held on Wednesday 17th of October 2018, at 4.00pm at the Freebairn Centre Kulin.
- The Grains, Seeds and Hay Industry Funding Scheme Committee has endorsed the funding to pay for searching by Contractors/Landholders this coming season 2018/2019 of CODE 3 paddocks to try to clear some of these infested paddocks from the program.
- Please check your emails for Membership Forms (Free) for LAKES LOCAL ACTION GROUP, stay invested in your Industry.
- Agendas or any additional items can be emailed or added upon request.

Any queries or REPORTS to LAKES LOCAL ACTION GROUP, COORDINATOR LYN CARRUTHERS

08 9865 2816 or 0455 112 476



*Do you have a photo  
or story you think  
would make a great  
addition to the*

*Lakes Link? Send them to us! We are  
always looking for local interest  
items to include in the paper and we  
would love to hear from you.*



*Email:*  
*lakegracecrc@westnet.com.au*

*Phone:*  
*9865 1470*

## PUBLIC NOTICES

### Community Midwife

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

### LAKE GRACE GYMNASTICS CLUB INC. AGM

Tuesday 23<sup>rd</sup> October  
12pm at Cafe Arjo  
Enquiries or agenda items to  
The Secretary  
Vynka Lay 0429 651 072

### LAKE GRACE CRC AGM

Tuesday 16th October  
7pm at the Community Resource Centre  
All welcome.

## Defibrillator locations in Lake Grace

- **Liberty Roadhouse**  
cnr Stubbs St & South Rd  
Open 7 days 6:00am - 8:00pm  
publicly accessible AED
- **IGA - Lake Grace Plaza**  
Stubbs St (centre of town)  
Open 7 days 6am-7:45am 8:30am-5:30pm  
publicly accessible AED
- **Lake Grace Swimming Pool**  
Bishop St  
Closed as of 30th March 2018  
publicly accessible AED
- **St John Ambulance sub Centre (24hr)**  
Stubbs St  
Contact 000 in case of emergency

## Crisis Care Numbers

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

## PUBLIC NOTICES

### **Sally Dickinson**

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

### **Dr Linda Haines**

Is available in Lake Grace on  
Thursday 25th & Friday 26th October  
Ring 9865 1208 for an appointment.

### **Lake Grace Op Shop**

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

### **Lake Grace Lions Club**

Meetings every 2nd (dinner meeting) and 4th  
Thursday of the month at the Men's Shed.  
Next meeting: 25th October

### **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.

### **LG Sportsman's Club Inc. Annual General Meeting**

Friday the 26<sup>TH</sup> October at 7PM  
All members welcome.

### **Lake Grace Community Men's Shed Inc. will be holding their AGM:**

Time: 10am  
Date: Tuesday, 23rd October 2018  
Venue: Lake Grace Community Men's Shed,  
Bennett Street, Lake Grace

For any questions, or if you are interested in  
holding a position on the LGCMS Inc.  
Committee, please contact Phil Clarke, President  
– 0427 651155.

### **First Aid Kits**

Are now available for purchase at  
CCL Hardware Lake Grace.

### **Lake Grace Pingrup Netball Club**

Are looking for members to fill the following  
committee positions:

President  
Vice President  
Secretary  
Treasurer

For all enquiries please contact Joely Slinn on  
0477 014 347 or lgpnc@outlook.com

### **Lake Grace Pingrup Netball Club**

Are looking for Expressions of Interest for  
Coaches for the following teams:

A Grade  
B Grade  
Juniors  
Net Set Go

For all enquiries please contact Joely Slinn on  
0477 014 347 or lgpnc@outlook.com

### **Lake Grace Kukerin Hockey Club AGM**

Wednesday 17th October 2018  
7pm  
Kukerin Hotel

### **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.

### **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.

### **Senior Citizens Christmas Luncheon**

Will be held Thursday 6th December  
At the Lakes Village Hall  
RSVP to Suzanne Reeves 0427 651 310



# 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
<b>Summer Sports</b>			
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	jenakora@bigpond.com
Lake Grace Golf Club	Mikaela Spurr	0438 926 196	mikaelaknill@hotmail.com

## CHURCH TIMES

### Lake Grace Catholic Church

Sunday 14th October 8am  
 Sunday 21st October 6pm

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

### Anglican Church of Lake Grace

Sunday 14th October 9am  
 Sunday 21st October No Service

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

## Justices of the Peace

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

## Lake Grace Shire Councillors

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

# COMMUNITY CALENDAR

## October

Fri 12 Op Shop open 9:30am - 1pm  
Fish & Chips @ Sportsman's Club  
Quiz Night @ Sportsman's Club

Sat 13 Rubbish tip open  
Craft @ CWA  
Steak Tea @ Sportsman's Club  
Cricket - Lake Grace v Karlgarin  
Men's Pennant Bowls - LG v Kukerin

Sun 14 Rubbish tip open

Mon 15 Rubbish Collection  
Recycling Collection  
Rubbish tip open  
Swimability in Narrogin

Tue 16 Pilates Classes @ 6pm  
Op Shop open 1 - 4pm  
Men's Shed (morning)  
SOYF Exercise 10am @ Shire Hall  
Chair Aerobics 10:30am @ Village Hall  
CRC AGM  
Building Surveyor in Lake Grace

Wed 17 Shire Council Meeting 3pm  
Lake Grace Kukerin Hockey Club AGM  
Rubbish tip open

Thur 18 Pilates Classes @ 6am and 9am  
Bowls Training @ 5:30pm

Fri 19 Op Shop open 9:30am - 1pm  
Fish & Chips @ Sportsman's Club

Sat 20 Rubbish tip open  
Craft @ CWA  
Steak Teas @ the Sportsman's Club  
Tarin Rock Junior Tennis Tournament  
Garage Sale Trail  
Cricket - 20/20 @ Hyden  
Pennant Bowls - LG V Kondinin

Sun 21 Rubbish tip open

Mon 22 Rubbish Collection  
Rubbish tip open  
LLN Deadline

Tue 23 Lego Club @ Art Space 3:30pm  
Men's Shed AGM

Tue 23 Pilates Classes @ 6pm  
Op Shop open 1 - 4pm  
LG Gym Club AGM  
Men's Shed (morning)  
SOYF Exercise 10am @ Shire Hall  
Chair Aerobics 10:30am @ Village Hall  
Bowls - Kukerin Men's Classic

Wed 24 Rubbish tip open  
Bowls - Kukerin Men's Classic

Thur 25 Senior Citizens Luncheon  
Playgroup 9:30 - 11:30am  
Toy Library Open  
Pilates Classes @ 6am and 9am  
Lakes Link News published  
Dr Linda Haines in Lake Grace  
LLN Published  
Bowls Training @ 5:30pm

### Coming Events

26th October - Dr Linda Haines  
26th October - Interschool Athletics @ Kojonup  
26th October - Sportsman's Club AGM  
26th October - HACC Activity Day  
27th October - Halloween Party @ Sportsman's Club  
30th October - Building Surveyor in LG  
30th October - Latevo Meeting @ Sportsman's Club  
2nd November - Driving Assessor in LG  
14th November - Seniors Week Celebrations @ Walkers Hill Winery  
6th December - Senior Citizens Christmas Luncheon  
7th December - Driving Assessor in LG  
12th December - End of Year School Concert  
13th December - Late Night Shopping  
13th December - Students Last Day of School

**The best way to appreciate someone is to  
imagine your life without them.**  
- Anon.

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

### Sudoku

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

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