

# LAKE LINK NEWS

Produced at the  
LAKE GRACE COMMUNITY RESOURCE CENTRE  
School Place  
PO Box 177 Lake Grace WA 6353  
Ph (08) 9865 1470 Fax (08) 9865 1471  
Email: [lakegracecrc@westnet.com.au](mailto:lakegracecrc@westnet.com.au)  
ABN: 19 498 730 152  
Website: [www.lakegracecrc.net](http://www.lakegracecrc.net)

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## How's Your Prostate?

Suzanne Reeves



**Jamie Banks, Pat O'Neill, Scott Wheeler, Craig Reeves, John de Vree, Ian MacDonald, Edmund Duckworth, Phil Clarke, Alby Everett, Ken McLennan, Graham Nolan, Greg Fletcher, Arthur Slarke in front of the Lake Grace Men's Shed.**

It's the most commonly diagnosed cancer in men with over 3,000 dying each year and kills more men than breast cancer kills women. It's not a competition but sadly the prostate possibly hasn't been receiving the same amount of publicity as women's breasts and its only gained traction in recent years with a focus on men's health and the importance of conversation.

Of those diagnosed around 92% will be alive five years after diagnosis. Although the disease only affects men physically it has a devastating effect on families and the communities they live in. There has been significant advances in the treatment of prostate cancer but this is heavily reliant on research and the funds needed to keep it happening

The Long Ride is a national charity motorcycle ride for the Prostate Cancer Foundation Australia (PCFA). The Long Ride has been undertaken every 18 months or so since about 2007. In addition to fund raising for the PCFA, the ride aims, through community involvement, to promote awareness of the PCFA and the issues associated with this disease. The event attracts motorcyclists from all walks of life, but also is strongly

supported by Australian Defence Force personnel.

The 2016 Long Ride destination was Margaret River, and previous Long Rides have included Uluru, Darwin and Far North Queensland among other places. This year's ride destination is Tasmania, which has meant a number of local riders are unable to do the full Long Ride of almost three weeks away. Instead we (Long Ride Team WA) have opted to conduct a "Short Ride" over six days, taking in much of the Wheatbelt, Great Southern, and Goldfields regions. The Long Riders will accompany the Short Riders as far as Norseman and continue east, while the rest of Team WA will return to Perth through the Wheatbelt.

In previous years, our practice has been to establish points of contact at each town en-route to support us with coordinating the visit, local publicity and assisting with any donations collected. Normally we have worked through regional Mens' Sheds and RSL branches, as they provide direct access to the demographic most affected by prostate cancer. We have also worked with sporting



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Thank You's	FREE	FREE	FREE
Editorial	FREE	FREE	FREE
Colour	\$150.00	\$150.00	\$160.00

Conditions do apply.

### CRC Opening Hours

9:00am - 5pm

Closed from midday to

1pm for lunch when short staffed.

## Deadlines & Editions

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

**Next Deadline**  
Friday 23rd October

**Next Edition**  
Thursday 26th October



# Thanks

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

Dick Phillips

Annie Slarke

Elsie Bishop

Thank you also to our many contributors of articles.

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**310 copies printed and sold each fortnight**

# Editorial

- ◇ It's going to be a **busy week at the CRC** next week so I expect all of the staff will be dragging their tail feathers by close of business on Friday. On Monday the 16th, author **Linda Bettenay** will be back in Lake Grace to talk about her latest book 'Apple Core Wars'. Linda's books are a blend of fact and fiction with a Perth Hills setting. Not only are the books an enjoyable read but Linda herself is a very entertaining speaker. If you like reading or just like to hear more about West Australian history and heritage then come along to the CRC on Monday at 5:30pm.
  - ◇ Tuesday heralds a **Customer Service workshop**, all the Lake Grace CRC staff will be taking part in this so there will be limited services available, particularly for Centrelink customers. Anyone can take part in this training and it's not too late to book in.
  - ◇ Tuesday evening is the **CRC's AGM**, everyone is welcome to attend. Lake Grace CRC has finished on a high note for the 2016/17 financial year however like all CRC's they will be facing some challenges in the future so committee and staff will need to be fully engaged to fight for the future of this community organization.
  - ◇ Wednesday evening we are hosting **Albany Icebreakers**. Please don't assume this evening is for someone else. We will be hearing Margaret and Craig's story, how the support group was set up and what they are currently doing to help those with addiction. Drugs may not affect any of your family and friends (lucky you) but perhaps a friend has a child or grandchild who is fighting addiction; this would be a good opportunity to gain a greater understanding of what other families are going through and how as a friend you can support them. We would appreciate if people could RSVP so that we know how many chairs we're going to need to put out.
  - ◇ Thursday is the **Shire's Enterprising Communities community film night** that is being held at the CRC. These short movies are designed to inspire and motivate as to how we can do things differently in our town and make it even better!
  - ◇ Don't forget our **postcard campaign**. Please imagine what the community would be like without the CRC;
- there would be no community paper for starters and seeing as the Wagin Argus is long gone there would be no written media that has any kind of focus on Lake Grace. You may think big deal but in recent weeks I have heard how the paper has had some life-changing moments for individuals within our town through the content we have included. Once you have worked out what is important to you about the Lake Grace CRC then that is what you can include as your testimonial as to 'what you love about your centre'; these postcards will be sent to members of parliament. Please rally to the cause and if you would like some postcards please drop in for a chat and pick some up.
- ◇ Unfortunately the chainsaw workshop has been cancelled due to a lack of interest. Thank you to those who attended our forklift workshop, your support ensures that we can keep running this accredited training locally.
  - ◇ It will be fairly quiet on the workshop front now that we head into harvest but we will look at some IT workshops. I have had some enquiries about **smartphone training**, if this is something that you think you would be interested in then please give us a call. It would be a new course for us so be patient as we make our way.
  - ◇ Other training we may be able to access is **Photoshop**. Is anyone out there interested in learning more about this Adobe programme??
  - ◇ Do you have an appointment out of town that could be done via **Skype or video conferencing**? This could be a cheaper or easier alternative to attend appointments. Give us a call for more information.
  - ◇ Following the visit from the Long Ride / Short Ride team raising funds for **prostate cancer** the CRC has now registered a collection cup; if you've got any loose change that you would like to get rid of we are more than happy to accept it.

Suzanne Reeves

## PING Workshop Opportunities

Would you like the CRC to organise some Partners In Grain workshops in Lake Grace for 2018? Workshops available include:

- Paperless Office
- Farm Finance for Performance: Business Structure & Cashflow
- Farm Office Efficiencies
- Being a Better Boss (IR): Legal Obligations for Farmers
- Being a Better Boss (HR): Managing People

If you would like more information then please contact the Lake Grace CRC on 9865 1470.

## Workshop/ Information Session Calendar...

**Icebreakers** - Albany Icebreakers will be providing an information session in Newdegate, Lake Grace and Pingrup. FREE. Please register your interest.

**Customer Service** - Tuesday 17th October. \$350 per person, cost could lower if more people attend.

**Recognise & Respond** - FREE. 2018. Looking for expressions of interest.

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



## What's Happening?

- Congratulations to Lauren Bushby and Kevin Caffrey who were married on Saturday the 7th of October.
- Congratulations to Brenden and Tor Desmond on the arrival of their first child, Macey Abigail Desmond. Born on Saturday 30th of September at 7 pounds and 1 ounce.
- Well done to Tyson and Maggie Prater on the arrival of Milla Grace Prater on the 22nd September. Milla is the first child for Maggie and Tyson and weighed in at 7.5lbs.

## Happy Birthday



14th October	Jordan Roukens (1)
15th October	Jade Penny
	Coral Pelham
16th October	Jeff Smith
	Alex Willcocks
17th October	Debbie Giles
18th October	Michael Watson
19th October	Alby Stanton
20th October	Peter Downey
	Rohan Willcocks
23rd October	Shaye Bowron
	Steve McPherson
24th October	Grant O'Neill
25th October	Paige Zweck
26th October	Sam Willock
	Connor Bray
	Kayla Newton

## Anniversaries



16th October	Anna & Royce Taylor
18th October	Jo & Leon Morgan
19th October	Jemma & Luke Bairstow
20th October	Margaret & Phil Clarke
	Suzanne & Craig Reeves
	Kellie & Steve Benson
21st October	Hilary & Robert Willcocks
22nd October	Claire & Kael Gray
23rd October	Stephanie & Matt Lloyd
	Jade & Andrew Penny
25th October	Vynka & Joel de Vree

## Customer Service Workshop

Tuesday 17th October  
9:30am - 4pm

@the Lake Grace CRC

Cost - \$350 per person

Enhance the ability of you and your staff to provide quality service to your current and future customers.

Covered during the workshop....

- ◊ Providing great customer service
- ◊ The Importance of Body Language
- ◊ Communication and Active Listening
- ◊ Understanding what the customer wants
- ◊ Resolving conflict

To register your interest or for more information about course content please contact the Lake Grace CRC on 9865 1470.



## Lake Grace CRC AGM

When: 17th October

Where: Lake Grace Community Resource Centre.

Time: 7:30 pm

Everyone welcome

# Local School Awarded for Alcohol, Drug and Road Safety Education

## Media Release

A local school was among the first in the state to be recognised for improving the health and wellbeing of the community, at an awards ceremony on Thursday 21 September.

Lake Grace District High School received a gold award for completing Changing Health Acting Together (CHAT), an initiative developed and funded by School Drug Education and Road Aware (SDERA).

CHAT builds resilience in students, parents, staff and the community by integrating road safety and alcohol and other drugs education into classroom learning and school practices.

The event was attended by various special guests including the Hon. Roger Cook MLA, Deputy Premier, Minister for Health; Mental Health, the Hon. Samantha Rowe MLC, Parliamentary Secretary to the Minister for Education and Training and Colin Pettit, the Commissioner for Children and Young People.

The Hon. Roger Cook MLA, Deputy Premier, Minister for Health; Mental Health spoke about the value of drug and alcohol education for children and young people, and commended schools for their hard work.

"Road safety and alcohol and other drugs education is fundamental to building resilience in children and young people," he said.

"Congratulations to SDERA for making a difference in children and young people through the CHAT initiative."

SDERA's CHAT Coordinator, Mick Jackson-Pierce, explained how CHAT is making a difference in the wider community.

"The benefits of CHAT extend far beyond the classroom," he said.

"CHAT helps children and young people make safer choices through effective road and drug education and school support, and this has a positive impact on the wider community."

In total, 38 schools from metro and regional WA received awards and many of them showcased road safety and drug education work done by students and staff.

To assist in the roll out of the initiative, each school received funding from SDERA, free classroom resources and free professional development for school staff.



**Lake Grace District High School receiving their gold award (L-R) SDERA Manager Anne Miller, Rob Cooper, the Hon. Roger Cook MLA, Lisa Nenke and CHAT Coordinator Mick Jackson-Pierce**

## 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.

# Volunteer of the Year Program

Media Release

**Geoff Sabourne – Lake Grace-Pingrup Football Club**

**GREAT SOUTHERN REGION**

**Years' Service: 25+**

**Attributes and Achievements:** Geoff Sabourne has been a committed member of the Lake Grace-Pingrup football club for the past 30 years. Without playing much football himself he has been more than a contributor to the club in many various roles from committee member, secretary, bar manager to running the canteen and team manager for A grade and B grade. In the recent 7 years, he has taken up goal umpiring and been the club delegate for the tribunal panel for the last 15 years. Geoff is at every one of the Club's games whether rain, hail or shine and is eager to help in any way. The Football Club has said, if it wasn't for people like Geoff, wouldn't exist and the youth of the town would not have a chance to experience playing football. Geoff is a life member of the Lake Grace-Pingrup Football Club.

Tom Busher from the South West region was our state winner which was announced at the Sandover Medal. He won an AFL Grand Final package.



*Photo: Gavin Taylor (CEO of the West Australian Football Commission) and Geoff Sabourne.*

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# Reward for Drivers

Suzanne Reeves

Earlier this year Lake Grace Roadwise funded a dozen \$25 vouchers to the Lake Grace Roadhouse for our local police to hand out to drivers they noticed were exhibiting safe driving practises. All of the vouchers are now gone but it could be something that Roadwise will do on a regular basis.

The image of flashing lights in the rear view mirror has many motorists scrambling to remember how many demerit points they have left while frantically checking their seatbelt and speed. Therefore, it was a happy moment for those motorists who were pulled over to be surprised with a reward.

Local police have located themselves in the middle of town for a few hours most weeks over the past 6 months, checking the speed of vehicles as they pass through town whilst conducting breath tests and they have not been able to give out more than a couple of verbal cautions. The locals and travellers alike are very aware of the town speed limits and seem to be quite vigilant in the speeds they travel. This has made giving out the vouchers easy yet difficult at the same time with everyone being so road aware.

Senior Constable Cameron Hobson said that he is not surprised that people are doing the right thing speed

wise, saying that during most of their interactions with the locals it seems that it's somewhat a badge of honour and an expectation within the town to be doing the right thing.



**Senior Constables Tara Spencer and Cameron Hobson with young German tourists whose next stop was going to be the Lake Grace Roadhouse.**

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**"Lindandrew" 786.63 Ha (1943 Acres)**

Lindandrew is conveniently situated 12kms south east of Lake Grace, being undulating and consisting of loamy clay's to gravelly mallee soils including some sandy areas with a total croppable area of approximately 1,600 acres. Original vegetation ranges from salmon gum and gimlet and mallee. This property has eight dams and one unequipped bore. It comes with a superior set of steel sheep yards and two 32,000 litre water tanks. This farm would serve perfectly for someone wanting to add on to an existing holding or someone just starting in the farming industry being suitable for grazing and cropping.

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Garry Leo 0427310980

# It's A Seven Horse Race

Suzanne Reeves

Local Government Elections are rapidly approaching and with the Shire of Lake Grace receiving seven nominations for five vacancies the interest of the community has been aroused.

After sixteen years on council, four years as Deputy President and six years as President, Andrew Walker has retired from his position as Councillor for the Lake Grace Shire. Andrew has enjoyed his time on council and said that it opened his eyes to the complexities of local government. "You are constantly learning and it is rewarding being involved in the budget process and decisions being made", said Andrew.

Renominating are our current Shire President Jeanette de Landgraft, Ross Chappell, Len Armstrong and Murray Stanton who have all served 10, 4, 7½ and 4 years respectively.

It's fantastic that people continue to give their time and expertise to help with the running of our local government; the fact that those renominating continue to do so is a credit to them. Equally important to local government is the reinvigoration that fresh blood can give; so it's a positive to see Mikaela Spurr, Mark Walker, and Peter Stoffberg putting forward their nominations.

Councillors are elected for terms of four years with elections held every two years for half of the council. Steve Hunt, Debrah Clarke, Allan Marshall and Roz Lloyd are half way through their four year terms and therefore didn't have to go up for election.

Election day is Saturday 21<sup>st</sup> October and the Returning Officer, Carly Smith, must receive your voting package by 6pm of this day. The convenience of a postal vote means that you can slip your vote back in the mail as soon as you have filled it out, or you can hand deliver on the day to the Shire Chambers.

While voting in a local government election is not compulsory in Western Australia, this is your opportunity to have a say in who you would like representing you in local affairs.

## The candidates

### Jeanette de Landgraft

I have been a councillor for the Shire of Lake Grace for the past 10 years, in the role of Deputy President from October 2013 and as President since March 2016. Previously, I was State President of ICPA WA, a director of the board of RSPCA WA, an Authority member for the Country High School Hostels Authority and a number of local clubs and committees. The experience gained from these roles allows me to assist our council to work professionally and cooperatively. Currently, with my husband and son we run a farming enterprise at Dunn Rock where I do the administration, financials and budgeting. This experience gives me good knowledge of responsible management and an awareness of good finances which I use when the Shire monthly financials are presented to council. I would like to continue working for our community and feel my experience will benefit the council.

Mobile: 0429 389 062

### Mikaela Spurr

Born on 22 March 1988, I spent my childhood in Newdegate and attended Newdegate Primary School. My high school years I spent in Perth until I returned to Newdegate in 2004. Since completing school I have become a qualified Veterinary Nurse and completed studies in Marketing, I lived in Albany for 7 years,



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**Where:** Lake Grace General Practice

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 PO Box 841  
 Katanning WA 6317  
[www.kojonupvethospital.com.au](http://www.kojonupvethospital.com.au)  
[kvc@kojonupvethospital.com.au](mailto:kvc@kojonupvethospital.com.au)





## It's A Seven Horse Race (Cont.)

working in different positions including a marketing role at the City of Albany. I moved home to Newdegate in 2013 and began work at the Shire of Lake Grace until I started my own pet care business in 2015. I currently reside in Lake Grace with my husband, raising our daughter and running my small business. I am involved in community groups including the Lake Grace Visitors Centre and Newdegate Field Days. I thoroughly enjoy being a part of the community and I am very passionate about the area.

Mobile: 0438 926 196  
Email: mikaelaknill@hotmail.com

### **Mark Walker**

I am passionate about attracting people to the Shire of Lake Grace and thereby increasing local economic activity. Some of my ideas to achieve this may be reversed and I believe it is time to consider some less conventional approaches.

Mobile: 0497 412 285

### **Ross Chappell**

I am 59 years of age, married to Cheryl with three children two of whom are married and living in Lake Grace. I have been in Lake Grace all my life on the family farm 25kms north east of Lake Grace, I have completed two terms (eight years) for the Shire and have seen many changes and improvements throughout the District. The community Strategic Plan developed and implemented; the construction of the Newdegate Medical Centre; construction of 10 independent living units; upgrading of the Lake Grace Sports Pavilion; the continuation of upgrading and maintenance of our roads. There have also been some challenging times. There are many more things that need to be done and completed therefore I'm keen to be re-elected to see that it is done with due diligence and careful planning to get the best value for the Shire of Lake Grace.

Mobile: 0428 654 058

### **Peter Stoffberg**

My family and I have been living in Lake Grace since 2005. We immigrated from South Africa in 2002 and became citizens in 2006. We have two daughters who went to school in Lake Grace and are now boarding in Narrogin. We own the Lake Grace Roadhouse and Motel and have been running these businesses for the last seven years. I was Chairman of the Living Communities Lake Grace when we started the group to find out why people would shop outside our town and how to plug these leaks; I served on the school board for four years; I am a member of the Lake Grace Local Drug Action Group. In the Roadhouse I meet with a wide range of people. The experience that I have gained in running a complicated budget over the last seven years will be a great asset to the Shire.

Mobile: 0447 281 181

### **Leonard Armstrong**

Len Armstrong born January 1st 1946 with formative years being spent in the Central Wheatbelt. Educated at Kellerberrin DHS 1965 enlisted in the Australian Regular Army, discharged in 1985 having completed 20

years service including Tour of Duty in Vietnam. From 1985 until 2004 I was self employed in landscape, lawn maintenance and building industries in the Albany region. During this period I was a Shire and Inaugural City Councillor to the City of Albany. I have resided in Newdegate for 13 years and have been a Lake Grace Councillor for seven and a half years which included two as President. I currently reside in Newdegate with my partner Sandy Knill and we jointly own and operate P & L House Cladding Pty, Ltd. I am semi retired.

Mobile: 0429 843 785  
Email: sknill@bigpond.com  
Postal Address: 29 Collier Street, Newdegate 6355

### **Murray Stanton**

I have resided in Lake Grace for the past 46 years, having moved here to work with PMG (Telstra). I then worked with Great Southern Fuels and for the past 31 years have owned and worked in the News agency and IGA, which is a family run business. If I get re elected it will be my second term on council and I feel I can still offer a great deal to the people in the Lake Grace Shire. All my family reside in the district with Chad and Shelly working in the business and Derek and Kristie (teacher) working on one of the vineyards and running Lake Grace Home Improvements.

Mobile: 0429 900 870

## *Lake Grace Golf Club AGM*

*Thursday 19th October*

*7:30 pm*

*At the Lake Grace Sportsman's Club*



## **Bouncy Castle for Hire**

Cost: \$165 for the day

Contact Peter Stoffberg on 0447 281 181 or the Lake Grace CRC on 9865 1470 for more information.



# Spammers Continuing to Hit Emails

Media Release

Scams and spammers continue trying to deceive innocent victims through their emails. Fake infringement notices and fake announcements of winning competitions are just a couple of these annoying and tiring emails doing the rounds at the moment. These can often look very real and may alarm the recipient. If you are unsure if it is real or not, don't hesitate to ask for advice. If you have received an email that you think may be suspicious, print it out and bring it in to the CRC and we will do our best to find out if it is indeed a scam.

The following is taken from <https://www.scamwatch.gov.au/news/watch-out-for-spammers-when-going-online>

This Stay Smart Online Week, the ACCC is warning the community to watch out for common online scams they might encounter.

The online sphere – email, the internet, social media and mobile apps – has overtaken telephones as scammers' preferred tool of the trade to contact potential victims. In 2017, the ACCC's Scamwatch site has received more than 51,000 reports of scammers trying to con people online. Online scam losses total nearly \$37 million so far in 2017.

"It's difficult to spot a scammer online these days as they go to great lengths to trick the public and steal personal information and money," ACCC Deputy Chair Delia Rickard said.

Two scams that people may encounter online are:

- Phishing – often delivered via email, scammers will pretend to be from well-known businesses and government departments to con unsuspecting victims out of their personal information and money. For example they might say they're from Apple and you need to reset your password for security reasons, or they may offer you a gift voucher to a major supermarket for completing a 'survey'.

- False billing – scammers will pretend to be from a utility provider such as your phone or energy company and send you a fake bill. These scams can be very hard to pick as the fake bills scammers send look authentic.

"If you're ever contacted out of the blue, particularly via email, by someone asking you to pay a bill, complete a survey or update your passwords, it pays to be skeptical. If it seems too good to be true, it probably is. If you're unsure about the legitimacy of something online like a store, classified listing or email you receive, do your own research as others who have been stung by scammers will often post warnings for others. There are also plenty of very useful tips and advice at [www.scamwatch.gov.au](https://www.scamwatch.gov.au) to avoid being stung by online scams," Ms Rickard said.

## Lake Grace Weather



Date	Min	Max	Rain
27/09	5.1	15.1	7.2
28/09	5.4	16.2	
29/09	5.5	16.3	2.6
30/09	7.2	17.5	
01/10	8.0	21.7	
02/10	6.8	27.1	
03/10	10.6	15.8	
04/10	5.3	13.5	
05/10	7.2	18.8	0.6
06/10	5.3	22.8	
07/10	8.3	16.1	
08/10	5.9	17.3	
09/10	5.3	23.7	
10/10	8.0		

## Stay On Your Feet Free Seniors Program

Tuesday  
10:00 AM  
At the Shire  
Hall



# Don't Let the Deadline be a Dread-Line

## ATO Media Release

The Australian Taxation Office (ATO) is reminding taxpayers that there is just one month left to lodge their own tax returns. Assistant Commissioner Kath Anderson said that over 2.5 million people have already lodged their own returns via myTax, with another 5.2 million people lodging via an agent, and she expects millions more in October.

"The upcoming deadline shouldn't be cause for concern though, because our suite of online services makes it easier than ever before to get your return in on time," she said.

"We use sophisticated data-matching technology to pre-fill most information into returns, including things like wages, bank interest and dividends. With the majority of pre-fill information now available most of the hard work is already done, and it's even easier if you have been recording your deductions using myDeductions on the ATO app. In most cases you or your registered agent only need to double-check the pre-filled information, include any work-related expenses and click submit.

"If you plan to lodge your own tax return using the ATO's online service myTax, you need to lodge by 31 October 2017. If something happens and you miss the deadline, you should lodge as soon as you can to minimise penalties."

Ms Anderson reminded taxpayers planning to use a registered tax agent to talk to them before the deadline.

"Agents are able to lodge your return after 31 October, but only if you are on your agent's books before then. This is especially important to remember if you're using an agent for the first time or using a different agent this year."

Most returns are processed in less than two weeks, and over 98.8% of people who have already lodged a tax return this year received their refunds within 12 days. However, Ms Anderson warns that mistakes in your return may create delays.

"If you realise you have made a mistake and have already lodged, don't stress. You can quickly and easily make an amendment online using myTax or by contacting your registered tax agent," Ms Anderson said.

"If you don't fix it, we may have to contact you, which can create unnecessary processing delays."

Ms Anderson urged taxpayers not to put off doing a tax return if they expect to have a debt.

"We know some people put off lodging because they think they'll owe money, and they don't realise that the payment will be due on 21 November regardless of when they lodge," Ms Anderson said.

"We have ways to help you if you think you may have difficulties paying your tax debt, but you still need to lodge on time.

"If you need assistance, it's important that you contact us early and we'll work with you to tailor a payment plan

to your circumstances. Depending on your situation, you might even be able to set up a payment plan online."

For more information on making an amendment visit [ato.gov.au/fixamistake](http://ato.gov.au/fixamistake) or to set up a payment plan, visit [ato.gov.au/helpwithpaying](http://ato.gov.au/helpwithpaying)

For information about the due date, visit [ato.gov.au/lodgeonline](http://ato.gov.au/lodgeonline)

To make sure your tax agent is registered, visit [tpb.gov.au](http://tpb.gov.au)

### Far-fetched excuses from late lodgers

ATO officers have heard it all when it comes to excuses for lodging late. Here are some of the boldest examples we've heard recently.

- "My paperwork flew out the car window when I was on my way to see the accountant."
- "I have a condition that only allows me to work 30 minutes each week, so I couldn't lodge."
- "My accountant has gone to prison. He is working on it, but it's taking longer than normal because he can't access a computer."
- "My ex-wife burnt everything belonging to me, including all of my tax records."
- A taxpayer was asked why he hadn't lodged returns for years between 2008 to 2015, and he said it was because he suffered a back injury in 2016.
- A taxpayer said he hadn't lodged his return on time because his father had died recently. The ATO officer was sympathetic until case notes revealed that he had used the same excuse more than a year before.

If you are having difficulties meeting your tax obligations, you don't need an excuse – you just need to contact us as soon as possible so we can help. If you are having difficulties paying a tax debt, you can call us to set up a payment plan. For more information visit [ato.gov.au/helpwithpaying](http://ato.gov.au/helpwithpaying)

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# Ice Breakers Brings Inspirational Talk To Town

Ice Breakers is a highly successful program, operating out of Albany's PCYC providing coping skills and tools for change for victims of drug addiction. Psychologist and social worker, Margaret Gordon, who has experience working in prisons with addicts, established the program along with her grandson, who has now moved on from Albany, to help people break the habit of addiction. The group facilitators are what makes it unique, as they are ex-addicts themselves who have battled their own demons to overcome the relentless addiction of ice and now want to help others break free from the clutches of one of the deadliest drugs society has come to know.

One of these facilitators is Craig Golding, who praises Ice Breakers for finally getting him clean. As quoted from <http://www.abc.net.au/news/2016-04-14/ice-breakers-recovery-program-in-albany/7326772> "I think personal experience is important. I have been around a lot and I have seen a lot. I can talk to an individual on that level. I want to help this catch on and spread throughout the community," he said. "Ice is the most addictive thing you could imagine. It gives you a false sense of security and fools you into thinking you are bulletproof. I am excited about the future."

Margaret and Craig will be bringing Ice Breakers to Lake Grace on the 18<sup>th</sup> October for a two hour

informative and inspirational talk, including a question and answer session at the end. This will be held at the Lake Grace Community Resource Centre from 6.30pm to 8.30pm and will be free to attend. Drug addiction has devastating and far-reaching effects for not only the user but also the family and friends of the victim. Whether someone comes along on the night to get help and support for themselves or a loved one, or whether someone is there just to learn more about the shocking and destructive consequences of ice, the Ice Breakers talk will be hugely beneficial to the whole community. All are welcome and encouraged to attend this fantastic opportunity we are being given."

Ice Breakers will also be holding their talk in Newdegate in the afternoon from 1:30pm to 3:30pm and in Pingrup the following day from 9:30am to 11:30am.



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# Apple Core Wars

## Media Release

As children, Jacky Bellamy is Charlie Parkin's sworn enemy. Their rivalry develops over the attentions of the beautiful, enigmatic Stella Cerini. Life throws them together at apple core fights, social events and a cricket match where Don Bradman appears. This is the story that unfolds in Linda Bettenay's third book, *Apple Core Wars*.

Roleystone author, Linda J Bettenay, is coming to Lake Grace on Monday 16<sup>th</sup> October. Many readers first discovered this gifted storyteller when they read her first book 'Secrets Mothers Keep'. This masterfully crafted tale, based on a murder and brutal attack which happened in the wheatbelt in 1928, arose after her husband discovered a shocking family secret not spoken about for over 85 years.

Bettenay followed this up with 'Wishes For Starlight', another yarn from WA's past, which traced the life of a young, deaf-mute Aboriginal boy who was discovered in a chook pen fighting dogs for scraps. Now Bettenay has released her third novel, 'The Apple Core Wars', based on a true story of the enormous sacrifice made by the Parkin family of Roleystone.

World War 2 arrives and the aforementioned Jacky Bellamy and Charlie Parkin find themselves in the same unit until they are captured in Java. As POWs, they face adversity and privation. The ship they are traveling on is torpedoed by an American submarine; most of the shipwrecked POWs do not survive. Charlie and Jacky are rescued by the Japanese and are taken to Nagasaki where they are forced to work under diabolical conditions. On 9<sup>th</sup> August 1945 they are amongst 24 Australian POWs in Nagasaki when the Atomic Bomb is dropped, annihilating much of the city and hastening the end of the war.

'The Apple Core Wars' contrasts the boys' early lives, when petty rivalries seem so important, against the inhumane atrocities inflicted on them as POWs - where life could be spared or taken at any time. Over their

horrendous ordeal a mateship arises - Jackie and Charlie find they have more in common than divides them. In times of real adversity, it is only friendship which gets you through.

The author is a descendent of hills pioneers - the Bettenay family have lived in the area since the 1890s. Thus it is understandable her novels tell stories of the early days of Western Australia.

Linda J Bettenay will present her books and she will explain how she uses historical fact to weave historical fiction. She is not only a gifted storyteller but she is an inspirational and entertaining speaker. So why not come along?

This free event will be held at the Lake Grace CRC on Monday 16<sup>th</sup> October from 5:30pm – 7pm. To book or for more information, contact 98651470 or [lakegracecrc@westnet.com.au](mailto:lakegracecrc@westnet.com.au). Light refreshments will be provided.

For further details go to [www.lindasbooks.com.au](http://www.lindasbooks.com.au) or visit Linda's Facebook page [www.facebook.com/lindasbookswa](http://www.facebook.com/lindasbookswa).

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- Ability to build and maintain client relationships
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- Intermediate computer skills
- Ability to work autonomously
- Valid and current drivers license
- Forklift ticket
- Reliable and motivated

**For more information and to apply, forward enquiries to:**  
**Lorraine Wikitera at [kulin@theagshop.com.au](mailto:kulin@theagshop.com.au) or phone 0404 194 606**



# 2018 West Australian Country Music Awards Presented by LiveLighter

Media Release

## ENTRIES CLOSING IN TWO WEEKS

### CALLING GREAT SOUTHERN COUNTRY MUSIC TALENT

The West Australian Country Music Awards, presented by LiveLighter have attracted Country Music talent from all over Western Australia and now there are only a few weeks to go to enter these prestigious Awards which recognise and celebrate the achievements of WA artists who are serious about their music.

There is no shortage of country music talent in the Metropolitan area and it is very rich in the music culture with the likes of the Gypsy Chicks, Chris Edmondson and young Keely Brittain who are just a few who have been selected as finalists and winners in previous years.

Over \$10,000 in cash and prizes, and the possibility of stage time in front of the huge audience at the 2018 Boyup Brook Country Music Festival means this is a brilliant opportunity to increase exposure and shine the spotlight on musical careers. Every skill level has a category to enter with the array of categories including Group, Male Artist, Female Artist, Independent Single, Independent EP, Independent Album, Video Clip, Open Songwriter, Emerging Artist and Junior Vocalist of the Year.

The West Australian Country Music Awards is a fantastic opportunity to get your music in front of experienced country music industry professionals from all over Australia. Finalists will be announced at the end of December. Winners will be presented on Friday 16th February at the Boyup Brook Country Music Festival, which is recognised as one of the top country music festivals in Australia, and has played a fundamental role in developing, honouring, recognising and promoting West Australian country music.

Application forms are available on the Boyup Brook Country Music Club website  
[www.countrymusicwa.com.au](http://www.countrymusicwa.com.au) or by phoning 9765 1657



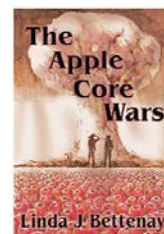
Gypsy Chicks



## Author Linda J Bettenay At The Lake Grace CRC

Join entertaining storyteller Linda J. Bettenay as she shares the inspiration and stories behind her recently released book.

'The Apple Core Wars' is based on the astounding war experiences of Charlie Parkin, one of seven brothers to serve during WW2. Charlie's boyhood enemy is Jacky Bellamy from nearby Karragullen. Their rivalry and childhood dislike, morph into mateship as they become POWs and face unspeakable ordeals. By the end of the war, Jackie and Charlie found they had more in common than divided them.



**Date: Monday 16th October**

**Time: 5:30pm - 7pm**

**Address: Lake Grace CRC**

**RSVPs: 98651470**

**or lakegracecrc@westnet.com.au**

**Light refreshments provided**

**Free Event  
All Welcome**

For more information:  
0409 496 282  
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*With us...it's personal*

## The Long Ride (Cont.)

and social groups, regional Army Reserve units, as well as Shire Community Development Officers where a suitable community group was not available. Support offered by these groups ranged from publicity, pre-positioning donation tins or hosting a community sausage sizzle and information session through to providing overnight camping facilities.

Through that community support, in 2016, Long Ride *Team WA*, comprising 16 riders and a couple of support vehicles, rode some 3500 kilometres over seven very rainy days, and raised over \$18,000 towards the PCFA, thereby contributing to the national Long Ride total of around \$400,000.

After leaving Katanning Saturday morning and travelling to Wagin the Short Ride team arrived at the Lake Grace Men's Shed on Saturday in time for a late lunch. A short presentation was made by the riders before Phil Clarke presented a cheque of \$400 from the Men's Shed; they had also collected a sum of cash with their collection tins. Many of the Men's Shed members have been affected by Prostate Cancer, whether it be personally or a family member or friend and consider this a very worthy cause to support.

Local bush poet and Men's Shed member Pat O'Neill recited his poem about the Prostate Check to a very receptive audience. The Men's Shed is a vital point of contact in our community to bring men together to

enable them to have a chat, talk about what's happening in their lives and perhaps discuss problems they may be having in a secure and safe environment. As women it is really important that we respect and value this refuge that our men can have access to and encourage them to attend.

Once the members had finished drooling over the motorbikes they waved the Short Riders off as they headed toward Hyden on the next leg of their tour.

In its early stages, prostate cancer may not show any symptoms. Symptoms of early prostate cancer can include:

- difficulty passing urine
- a slow, interrupted flow of urine
- frequent passing of urine, including at night
- incontinence.

Symptoms associated with advanced prostate cancer include:

- blood in urine
- pain during urination
- lower back or pelvic pain.

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In preparation for the impending harvest Bunge will be holding on site grower meetings at our Kukerin and Arthur River locations. The objective of these pre-harvest meetings is to involve our valued grower clients in the planning processes for our harvest receivals. The content of these meetings will be vast as discussions will encompass both the operations and marketing components of our business in Western Australia. From an operations perspective the focus will be site preparations such as segregations plans, hours of operation and grower/transporter delivery procedures. We will also touch on the grain accumulation side of our business to provide updated information on you marketing options and the contracting solutions offered at our sites which will benefit your farming business.

Importantly we will also provide a demonstration to growers of our new and improved online grower stock management system. We understand how important it is for your business to have seamless access to all of your grain delivery information, stock inventory, grain transfers and payment paperwork. Bunge has invested in updating our grower online systems to ensure these resources can keep pace with the rapid growth of our business and provide our customers with the best possible experience when transacting with our company.

## **Pre-Harvest Meetings**

**Kukerin Site: 18<sup>th</sup> October 2017 @ 2pm**

**Arthur River Site: 19<sup>th</sup> October 2017 @ 2pm**

These events will also be relevant for any growers delivering direct to the Bunge Port, located in Bunbury. The Bunge network provides many logistical options which can be customised to best suit your businesses requirements. We pride ourselves on providing excellent marketing information and utilising our understanding of ex-farm, delivered and FIS storage and handling system to the advantage of our Western Australian grower customers. By combining our FIS, upcountry and port service offerings we can tailor a plan which will best suit your farming businesses requirements this harvest. We welcome all growers interested in learning more about then Bunge network to attend these events to broaden your understanding of our business in WA and gather information on your storage and handling options for the 2017-18 season.

\*For more information please contact Christopher 0417 999 632 or Sonia 0432 663 366







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## Anaphylaxis is an Emergency!

**Anaphylaxis (A SEVERE AND SERIOUS ALLERGIC REACTION) is rapid in onset and may cause death if not treated quickly!**

Causes can include bee sting, food allergy (eg peanuts/ seafood). People with known allergies should avoid contact with the allergen and carry an EpiPen at all times.

**Symptoms occur suddenly and can progress quickly to become life threatening so treatment needs to start as soon as possible**

The initial symptoms may be coughing, itching, hives, fainting, trouble breathing, swollen tongue. These can quickly progress leading to loss of consciousness and may need CPR.

- If the person has known allergies and carries an EpiPen then administer it
- You must call for an ambulance on 000 and/or start to head for hospital—more treatment and monitoring will definitely be necessary
- Monitor the patient and be prepared to administer a second EpiPen (if available and symptoms do not improve) and be prepared to perform CPR if breathing and pulse stop

If recognised and treated promptly people suffering anaphylaxis will generally make a full recovery. So even if you doubt the need for treatment, it is better to be safe than sorry.



## Well Women's Clinic

**Thursday 26th October 2017**

At the Medical Centre

Call Anna Taylor to make an appointment  
ph: 98651507 or 0428 652 507

## Child Health Clinic

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



## Physiotherapist—every 2 weeks

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

**Occupational therapists, speech therapists and dietitians** are also available for appointments on a needs basis. Please contact Primary Health Narrogin to enquire about their next visit. Ph: 9881 0385

## HACC & MPS Activity Programs

**4th Friday Activity**

**Friday 27th October**

10am—1.30pm

At the Lakes Village Hall

**“Spring Racing Carnival”**

Fee: \$8.00

All seniors welcome

**Chair Aerobics**

**Every Tuesday @ 10.30am**

At the Lakes Village Hall

*Suitable for people with limited mobility who want to keep active!*



## Wednesday Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

For morning tea and an activity with residents

**SwimAbiliby**

**Monday 16th October**

Call the hospital if you would like to join this hydrotherapy program



# Don't Dodge When you Lodge

## Media Release

The Australian Taxation Office (ATO) is reminding taxpayers there are serious consequences if they choose not to meet their tax obligations this tax time.

Assistant Commissioner Kath Anderson said most Australians want to do the right thing, but some refuse to pay their share, or pay at all.

"In the first instance we always try to help and educate taxpayers about how to get their tax right. Unfortunately in some cases people don't respond or deliberately make false statements to avoid paying the right amount of tax – and we have to pursue this," she said.

Ms Anderson said the ATO has sophisticated systems and analytics that ensure wrongdoing can't fly under the radar. If a claim raises a red flag in the system, auditors will investigate further.

"In 2015–16 for individual taxpayers we conducted around 450,000 reviews and audits, resulting in adjustments of nearly \$1 billion in income tax, and prosecuted over 1,300 taxpayers," Ms Anderson said.

"Criminal investigations and prosecution are a last resort and not something we take lightly. However, Australians expect us to make sure nobody gets a free ride and we are prepared to use all the avenues available to us to protect the integrity of the tax system.

"Our message to all taxpayers is that the ATO takes firm action against those who actively choose to ignore their obligations or try to game the system."

Ms Anderson said the ATO uses a range of strategies to manage taxpayer transgressions, ranging from help and education, to audits and even prosecution through the court system for more serious cases.

"When choosing a course of action, we consider a number of factors including a taxpayer's history of compliance, and the number of chances we've already given them to get back on track with their obligations," Ms Anderson said.

"The decision to prosecute is only made if we have exhausted other options to get the taxpayer to change their behaviour and correct their affairs."

The ATO is aware some people are willing to take risks and falsely claim work-related expenses. Ms Anderson said taxpayers considering risky claims should be on notice that the ATO is serious about dealing with non-compliance, and the consequences can be costly for those found to be doing the wrong thing.

"In the worst cases a penalty can be up to 95% of the tax shortfall amount. For example, we took a taxpayer to court over his false car work-related expense claims in two consecutive years, and he was ordered to pay more than \$4,000 in fines and court costs," Ms Anderson said.

"In another instance, a taxpayer had neglected to lodge his tax returns over a 12-year period despite being given a number of opportunities to comply. After being fined more than \$100,000 and still failing to get his tax affairs in order, he was handed down an eight month suspended sentence.

"The vast majority of Australians do the right thing, which is why we will pursue those who try to dodge their obligations. Our message to anyone thinking about making a false deduction, omitting income or not lodging at all is that it just isn't worth running the risk of audits, fines or prosecutions."

To find out more about what deductions you can legitimately claim this tax time, visit [ato.gov.au/deductions](http://ato.gov.au/deductions)

To find out more about the penalties for making false or misleading statements, visit [ato.gov.au/penalty](http://ato.gov.au/penalty)

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- ◆ Accreditation to load at Midland Brick
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Email: [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)



## CEO's Corner



### Flooding Event – February 2017

WML Consulting Pty Ltd has been appointed as the Project Manager for this project. Two Tenders for supervision services, plant and labour closed on Tuesday 29 August 2017. The tenders have been evaluated by a panel and the outcome is still progressing. A recommendation will then be made to Council for their final decision.

For current road closures please refer to the Shire's website [www.lakegrace.wa.gov.au](http://www.lakegrace.wa.gov.au) or Facebook page for a list of roads that are closed within the Shire.

### Local Government Elections 21 October 2017

Carly Smith, our Returning Officer received seven nominations. There are five vacancies.

- Jeanette De Landgraft;
- Mikaela Spurr;
- Mark Walker;
- Ross Chappell;
- Peter Stoffberg;
- Len Armstrong; and,
- Murray Stanton

You may post the ballot paper to the Returning Officer, or deliver it to an electoral officer at the Shire of Lake Grace local government offices 1 Bishop Street, Lake Grace during office hours before election day; or by voting at the polling place (Shire of Lake Grace Administration Offices, 1 Bishop Street, Lake Grace) between 8.00am and 6.00pm on election day.

Remember if you post your vote the Returning Officer must receive it **before 6.00pm on election day**. Make sure you post it in plenty of time.

The result of an election is determined by counting the number of votes received by each candidate in the count.

**Close of poll is 6:00pm on Saturday 21 October.**

### Ordinary Council Meeting – Wednesday 27 September 2017

Items of business considered by Council at the meeting included:

- approval for amendment to site development plan for additions to existing winery Lot 97 (No. 6321) Kulin-Lake Grace Road, North Lake Grace (Walkers Hill Vineyard); and,
- approval of request from the Lake King Playgroup for the Shire of Lake Grace to be the proponent for a grant application to Lotterywest for a 2017 Outdoor Community Space grant.

The minutes of the September 2017 Ordinary Council Meeting are available on the Shire's website at [www.lakegrace.wa.gov.au](http://www.lakegrace.wa.gov.au)

### Budget 2017/2018

The Shire held a Special Budget Meeting on Friday 29 September in the Council Chambers to adopt the 2017/2018 Budget. The budget was adopted with a general rate increase of 2.5%.

### Enterprising Communities - Community Film Nights

The Shire has three Community Film Nights taking place from:

- Tuesday 17 October at Newdegate Community Resource Centre, Collier Street, Newdegate;
- Wednesday 18 October at Lake King Memorial Hall, and
- Lake Grace Community Resource Centre, School Place, Lake Grace

starting at 6.00pm each evening, with a light supper.

The films will highlight successful enterprises initiated and driven by communities to inspire and motivate other communities across the Wheatbelt. The evening is an opportunity to watch documentaries in company with some nice people, catch up socially and enjoy a good discussion afterwards of how good our community is, but also how we can make it better.

We have a great facilitator coming to the three evenings who has already run a similar workshop for Goomalling and she will make notes of any options, ideas and interest that come out of the Film Nights. Part of the project was to set up a Community Enterprise group, but we already have great community groups that are working well, so we have asked them to partnership with these exciting groups, and this was approved. The benefits of the film nights will extend well beyond the Community Movie Night.

These events strongly align with the Social Objective identified by the community in the Shire of Lake Grace's Community Strategic Plan that "a strong community spirit was precious and to be protected", and need to be supported.

### Building and Maintenance Team

This fortnight, Wayne Trawinski, the Shire's Building & Maintenance Supervisor reports that the team mainly continued work on the Independent Living units:

- External painting continues;
- Mirrors have been fitted; and,
- Phone service connection process commenced.

*Continued over ..*



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

Other maintenance completed over the past fortnight:

- Lake Grace Netball courts; and,
- Lake Grace Swimming Pool.

### Road Works

During the past fortnight, the Construction Crew has been working on Burns Road. They will continue working between Burns and White Dam Road for the next few weeks.

The Lake Grace Maintenance Grader has been working on Harvey Road, Griffin Road, McGlinn Road, Biddy-Camm Road, Trevenen Road, Crook Road, Wyatt Road and continuing on North Burngup Road. Trimming of overhanging trees and roadside tidy-up on various roads has also been undertaken.

The Newdegate grading contractor, over the past fortnight has worked on the north part of Tonkin Road, Orr Road, Newman Road, Biddy Buniche Road, Buniche North Road and Dykes Roads. They are currently grading Lockhart Road.

In the future the Newdegate grading contract will be looking to do Mt Sheridan Road, south part of Vernon Road (north part was done earlier in September), south part of Tonkin Road, Haig Road, Old Ravensthorpe Road and Magenta Road.

The Lake King grading contractor has finished Hogan Road and Norseman Road and currently working on Hatters Hill Road.

### Rates

Rates Notices for the Shire of Lake Grace has been posted and the rate payment due dates are as follows:

#### Option One

Single Full Payment 13 November 2017

#### Option Two

First Instalment 13 November 2017  
Second Instalment 12 January 2018

#### Option Three

First Instalment 13 November 2017  
Second Instalment 12 January 2018  
Third Instalment 13 March 2018  
Fourth Instalment 14 May 2018

### Fire Management Notice

Fire Management Notices for 2017/2018 has been distributed with the Rate Notices. First and final notice is hereby served to all land owners or occupiers in the Shire of Lake Grace.

This notice is a legal document, issued under section 33 of the Bush Fire Act 1954, and the mitigation measures stipulated in the Notice are required by law.

The Fire Management Notice provides restricted burning times, firebreak information, information for harvest bans and machinery movement bans and a list of the Shire's current Fire Control Officers.

Further copies of the Fire Management Notices are available at the Shire Administration Building, Lake

Grace Post Office, Lake Grace and Newdegate CRCs, and Varley and Lake King Stores.

*Denise Gobbart*  
**Chief Executive Officer**

## Ordinary Council Meeting

The next Ordinary Council Meeting will be held:

**3:00 pm Wednesday 25 October 2017**  
**at Council Chambers 1 Bishop St Lake Grace**

*Members of the public welcome*

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

## Call for Nominations

Community Representatives  
Committees of Council



Following the October 2017 Local Government elections Council will be re-establishing its committees, which will have expired.

Accordingly, community representation positions on the following committees will be open for nomination:

**Audit Committee** - 1 community representative

**Lake Grace Library & Community Resource Centre Management Committee** - 1 community representative

**Newdegate Town Centre Rejuvenation Committee** - 4 community representatives

**Newdegate Community Library Management Committee** - 1 community representative

Nominations close on **Friday 20 October 2017** and can be submitted in writing to:

Chief Executive Officer

Shire of Lake Grace

PO Box 50

Lake Grace WA 6353

or by email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au).

For further information please contact Tash Bowman at the Shire Office on (08) 9890 2500, or email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)

*Denise Gobbart*  
**Chief Executive Officer**

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.

## Environmental Health Officer

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

## 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 license 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 - 3 November 2017**

**Friday - 1 December 2017** 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).

## Firearm Licence

All firearm licensing including the payment of licence renewals is now done at the Lake Grace Post Office.

## Building Surveyor

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

**Tuesday 17 October 2017**

**Tuesday 31 October 2017**

For an appointment contact Josiah on 0438 811 944.

## Tip Opening 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; Recycling Pick up Dates

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

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

Lake Grace	Newdegate
16 October	23 October
30 October	6 November

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

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

## Library Hours

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

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

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

*Everyone welcome.*



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



Check out our website  
[www.lakegrace.wa.gov.au](http://www.lakegrace.wa.gov.au)



# Bushfire Bulletin



## Restricted Burning Period

(Permits Required)

**19 September - 31 October**

Burning permits are required across the Shire, this includes burning within townsites.

**Firebreaks must be in place from the 1 November to the 30 April.**

## Harvest Bans Zones

**All fire zones in the Shire of Lake Grace will be on Channel 11 in an event of a fire.**

- When a fire occurs on a property in a zone a *Harvest and Vehicle Movement Ban* will be imposed for the whole zone until the fire is deemed safe, and the *Harvest and Vehicle Movement Ban* is lifted.
- When a fire occurs on a property neighbouring a zone boundary both zones will have a *Harvest and Vehicle Movement Ban* imposed until the fire is deemed safe, and the *Harvest and Vehicle Movement Ban* is lifted.

## Bushfire Warning System

During a bushfire, emergency services will provide you as much information as possible through a number of different methods. There are four levels of warning. These change to reflect the increasing risk to your life or property, and the decreasing amount of time you have until the fire arrives.



### ADVICE

A fire has started but there is no immediate threat to lives or homes. Be aware and keep up to date.



### WATCH AND ACT

There is a possible threat to lives or homes. You need to leave or get ready to defend – do not wait and see.



### EMERGENCY

You are in danger and need to take immediate action to survive. There is a threat to lives or homes.



### ALL CLEAR

Take care to avoid any dangers and keep up to date.

## Newdegate Swimming Pool

The Newdegate Swimming Pool has a new large water pump installed. The estimated time of the pool opening is mid to late November.

Keep an eye on this space for further news, if you have any queries please call the Shire on 08 9890 2500.

## Australia Day Award

**Nominate your hero for 2018**

[www.citizenshipawards.com.au](http://www.citizenshipawards.com.au)

**Closing Date: 31 October 2017**

### Categories:

- \* Community Citizen of the Year
- \* Community Citizen of the Year - Senior
- \* Community Citizen of the Year - Youth
- \* Active Citizenship (Group/Event)



## The Shire of Lake Grace warmly invites you to attend A Community Film Night

**Newdegate**  
Tuesday 17 October 2017  
6pm - 8pm  
Newdegate CRC  
Collier St Newdegate  
Light supper provided

**Lake King**  
Wednesday 18 October 2017  
6pm - 8pm  
Lake King Memorial Hall  
Light supper provided

**Lake Grace**  
Thursday 19 October 2017  
6pm - 8pm  
Lake Grace CRC  
School Place Lake Grace  
Light supper provided

The films\* are short documentaries on local Wheatbelt towns who have achieved economic growth. This will be followed by a brainstorming session to identify initiatives that would encourage development and innovation within your community.

Innovation  
Ideas  
Opinions  
Actions  
Involvement



To be facilitated by  
Anna Dixon of  
CreativeIQ

### This event is supported by

- Lake King Progress Association
- Varley Progress Association
- Newdegate Community Development Association
- Lake Grace Development Association
- Lake Grace and Newdegate Community Resource Centres

\*These may include Nyabing and Kulin initiatives, along with two ABC Landline and two ABC Backroads episodes.





# Lake Grace Pavilion Renovation Update

*Chloe Robertson*

The Lake Grace Pavilion kitchen is under renovation. The walls have been knocked down and replaced with cool room paneling, which has saved time and money. Electricians came in Monday to do the power points and the flooring has just started this week. The complete fit out is underway, this includes stainless steel benches, fridges and the ovens etc.

After the kitchen is finished the bar is going to be next. It is to be taken out and new fridges are going to be put in.

A lawn is going to be put down out the front of the pavilion and reticulation is to be set up, with some plants being put in.

The outside of the netball courts, tennis shed and tennis courts will be paved with red brick next week.

The old change rooms are going to be a big project. A busy bee is being planned for Saturday the 21st and Saturday the 28th of October to remove the tiles in the old bathrooms and to lay the lawn and reticulation.

Hopefully the pavilion will be ready for use by the end of March next year, before the start of the winter sports season.

*Right: the outer of the kitchen.*



*Above: the inside of the kitchen underway.*

## Lawn Mowing & Gardening Services

e: [pksgardening1@gmail.com](mailto:pksgardening1@gmail.com)

- Mowing
  - Reticulation
  - Garden design
  - Soil testing
  - Pruning
  - General garden maintenance
- PLUS LOTS MORE!!**

Peter Kain (PK) or Deb

p: 0427 020 561



# Same Sex Marriage Update

## Media Release

The Australian Bureau of Statistics (ABS) has just published its second weekly update on the estimated number of survey forms they received in the same-sex marriage postal survey, saying the figure has hit 10 million.

That figure, from last Friday, October 6, is an increase of 800,000 forms on last week, taking the total to 62.5% of forms in the voluntary vote returned.

The ABS estimate is based on the number of bulk containers of returned forms it has, rather than counting individual or processed forms.

Around 16 million surveys sent out late last month and there's just under four weeks left for the form to be returned.

The survey closes on November 7 and the ABS is advising anyone who wishes to have their vote counted to post it by October 27. If you've lost your survey form, you can apply for a replacement up until Friday, October 20. Call 1800 572 113 or [apply online](#).

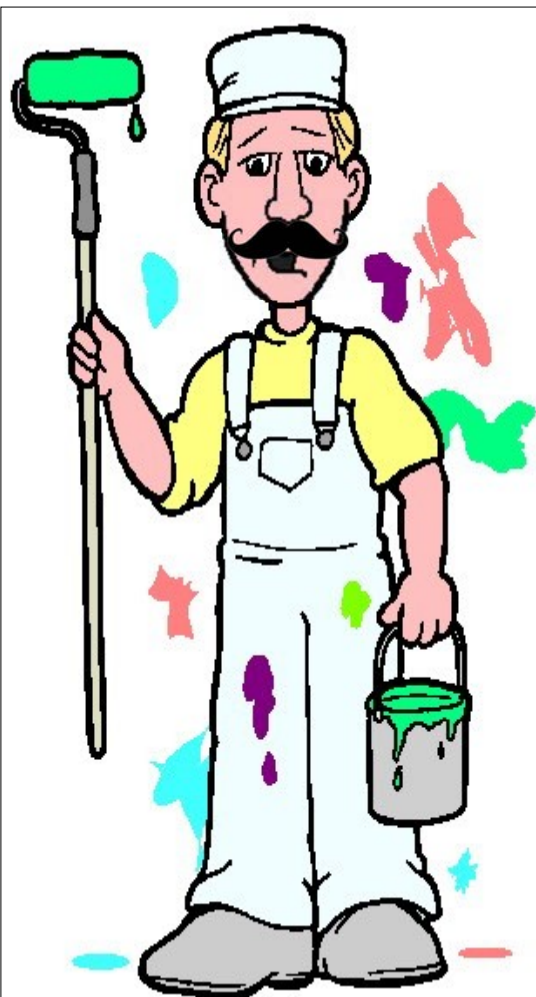
The survey results will be released on November 15.

If you haven't got your survey materials you can request a replacement form easily and quickly via the ABS website's online enquiry form.

You'll be asked to supply personal information such as a driver's licence or Australian passport so we can verify your identity, send a new survey form and invalidate your previous form so only one response is counted.

Another option is to visit a capital city or regional pick-up location. At each location you can collect a survey form, after verifying your identity. Locations can also accept returned survey forms or provide directions to a nearby Post Office or Red Post Box.

The ABS is providing a paperless option so that eligible Australians travelling overseas, people in aged care facilities or those with an illness, injury or disability can respond online or by phone.



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0419 701 332

*The Shire of Lake Grace*

invites all Seniors to

# Stroll Down Memory Lane

*at*



*Free Bus will leave from*

**Lakes Village Hall**

**Bishop St**

**Wednesday 1 November 2017**

**at 9am**

*Morning tea on arrival  
and lunch supplied*

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

# WA Seniors Week 2017



Government of Western Australia  
Department of Communities



WA Seniors Week  
29th October - 5th November



# Puzzles & Stuff

Some words from the 28th September edition of Boggle

Answers to 28/09/2017 Sudoku

Landslide  
Landside  
Dallies  
Dandles  
Denials  
Sallied  
Snailed  
Aliens  
Allies  
Elands  
Island  
Ladies  
Sadden  
Saddle  
Sidled  
Aides  
Aisle  
Aside  
Deals  
Deans  
Dells  
Dials  
Dines  
Ideas  
Lands  
Lanes

Leads  
Lends  
Lines  
Nails  
Sedan  
Sided  
Slain  
Snail  
Snide  
Adds  
Ails  
Dads  
Dies  
Ends  
Isle  
Lads  
Lens  
Lies  
Said  
Sain  
Sale  
Sand  
Sane  
Seal  
Sled  
Elsa

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

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

S	W	E
E	S	A
N	R	I

This week's Boggle

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## CCL Hardware

8 Stubbs Street  
Lake Grace WA 6353  
PHONE: 9865 1104



**GO WHERE THE TRADIES GO**

**The proper hardware store**

### Opening Hours

Monday—Friday: 7:30am—5:30pm

Saturday & Sunday: 8:30am—11:30am

New plants and seedlings in.

Our outdoor sale is in full swing so  
come in to grab a bargain.

## Humour

My ex-wife still misses me. But her aim is steadily improving.

A prisoner is finally released, after many years in jail. He stands at the pavement, yelling, "I'm free! I'm free!" A little kid walks up to him happily and joins in, "I'm four! I'm four!"

Teacher to Paul: "Wake up, Paul! You can't sleep in class!" Paul to teacher: "I could actually, it's just that you're a bit loud."

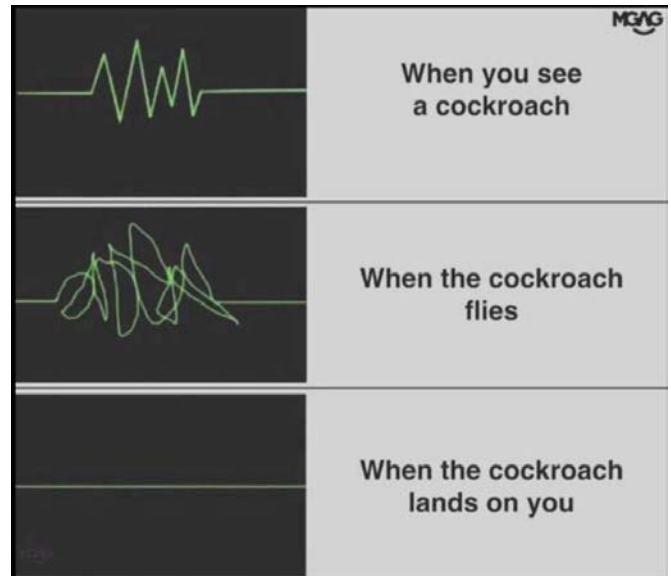
The night we took our three young sons to an upscale restaurant for the first time, my husband ordered a bottle of wine. The server brought it over, began the ritual uncorking, and poured a small amount for me to taste. My six-year-old piped up, "Mom usually drinks a lot more than that."

To avoid taking down my Christmas lights, I'm turning my house into an Italian restaurant

When it comes to candy bars, the term fun-sized is misleading. There is nothing fun about your candy bar being  $\frac{1}{8}$  the size of a regular bar. You should call them what they are: "disappointment-sized."

I threw a boomerang a few years ago.  
I now live in constant fear.

You're not completely useless, you can always serve as a bad example.



i'm actually pretty attractive if you stand far away enough



### GS MOBILE MECHANICAL SERVICES

60 Absolon Street, Lake Grace, WA 6353  
Phone: 98651291, Mobile: 0437 204909

#### **Are you prepared for Harvest?**

##### **Does your Truck need some maintenance or tyres?**

GS Mobile Mechanical Services have two qualified and experienced mechanics available in Lake Grace ready to do any truck maintenance and repairs required to get your truck ready for harvest.

We also have quality **Steer, Drive and Trailer Tyres** available for supply and fitting.

**Windscreen needs replacing?** We can order and fit within 48 hours.

**Header or Tractor needs an aircon regas?** We can do regasing at Lake Grace or on your farm.


**Truck not licenced?** We can licence your vehicle.

For any pre harvest maintenance, header, tractor or truck tyre requirements, windscreen replacements, air conditioning re gasing, licencing or anything else you think we may be able to assist you with call Cheryl now on **98651291** or drop in to see the boys at 60 Absolon Street, Lake Grace.



Monday & Friday: Lake Grace  
Tuesday & Thursday: Newdegate

Appointments Available

 0439858587

# The Most Common Mental Health Issue in Australia?

*BeyondBlue media release*

New research by beyondblue shows most people are unable to identify the most common mental health issue in Australia.

A survey reveals two in three Australians believe depression is the most common mental health condition in the country.

Only 13 per cent correctly identified anxiety conditions as Australia's most prevalent mental health issue.

"In any given year, more than two million Australians will experience anxiety, double the number who experience depression. One in four Australians will experience an anxiety condition at some stage in their life," said beyondblue CEO Georgie Harman.

"We all feel anxious sometimes, but when those feelings are long lasting, overwhelming and unusually focused on the worst case scenario, these can be signs of an anxiety condition."

beyondblue today launches its new Know When Anxiety is Talking campaign, which is designed to assist people to recognise the symptoms of anxiety and seek support.

New research by beyondblue reveals that 37 per cent of those who sought professional support for anxiety had been experiencing symptoms for longer than 12 months before getting support. Almost one in five waited longer than six years.

"Imagine spending years of your life expecting the worst to happen every single day. Imagine the experiences you might have had, if you'd been receiving treatment and support and were managing your condition rather than dismissing it. Imagine the things you could achieve if you were in control of your anxiety, rather than anxiety being in control of you," Ms Harman said.

"The point is you don't have to wait or wonder. Support is available and research tells us that it works."

Other findings from the survey of 1400 Australians include:

- 93 per cent of those who had professional support found the support useful
- 40 per cent didn't seek help initially because they didn't think their issues were serious enough
- 23 per cent thought they would recover without support
- 41 per cent of people think others believe anxiety is not a real medical condition
- One in three people endured symptoms for 12 months before recognising their problem as anxiety and a further one in six took six years or more to spot the signs

The signs of anxiety include:

- Excessive worrying about things that could go wrong
- Racing mind that won't calm down
- Feeling tense or on edge
- A racing heart
- Shallow or rapid breathing
- Sleeping problems
- Avoiding situations that make you feel anxious

To learn more about anxiety, visit <http://www.beyondblue.org.au/knowanxiety>

You can check your own anxiety; visit: [www.beyondblue.org.au/anxietychecklist](http://www.beyondblue.org.au/anxietychecklist)

Mental health professionals are available at the beyondblue Support Service via phone 24/7 on 1300 22 4636 or via [www.beyondblue.org.au/get-support](http://www.beyondblue.org.au/get-support) for online chat (3pm-12am AEST) or email responses within 24 hours.




For further information please contact the beyondblue media team.


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for product information and ordering  
or call 0419 046 088



**Dr Jemma Green**

Investment Banker  
Sustainable finance and economics expert  
Senior Research Fellow, Curtin University

**Prof. Lyn Beazley**

Neuroscientist and educator  
Chief Scientist of Western Australia (2016-13)  
Australian of the Year 2015, WA

**Rob Boase**

Wheatbelt farmer and Landcare champion  
Individual Landcarer of 2017 WA

**Wheatbelt NRM**

## 2017 Annual General Meeting Community NRM Forum

**WHEN:** Thursday 26 October**TIME:** 9.30am to 1.00pm**WHERE:** Bridgeley Community Centre

91/93 Wellington Street, Northam WA 6401

**RSVP:** On the link below or contact Maren on  
9670 3100 or email [mlavery@wheatbeltnrm.org.au](mailto:mlavery@wheatbeltnrm.org.au)

**This is a FREE event with morning tea and lunch provided. RSVP is essential.**

Wheatbelt NRM is looking to the future and how we can help our community create a healthy environment that has a viable agricultural industry and retains a strong sense of place. We believe the community is best placed to inform management of their natural resources.

At the 2017 Annual General Meeting we want to hear what measures you think will best determine its management over the next 5 years. We have three inspiring speakers who will inspire the audience and give insight into the rapid economic change surrounding sustainability, community participation in environmental science and demonstrate how one person can make a difference to their community.

**[www.wheatbeltnrm.org.au/agm17](http://www.wheatbeltnrm.org.au/agm17)**



This event is supported by Wheatbelt NRM through funding from the National Landcare Programme

# Getting to Know...

By Rosie Timperley

1. **Name:** Sharon Lampard
2. **Occupation:** Customer Service Officer, Shire of Lake Grace
3. **Where did you live before Lake Grace and how long have you lived here:** I lived in Kwinana prior to the big move out here in March 2016.
4. **What is your favourite season and why:** Summer! I love the beach and I really hate being cold.
5. **Which actress would play you in a movie:** Maybe someone like Claire Danes, but she'd have to learn how to play netball if she was serious about taking the part!
6. **If you won \$10 million in lotto and donated some to charity, which one would you choose and why:** I'd donate it to the World Wildlife Fund because they are looking out for the environment and animals, two things I am very passionate about.
7. **What superpower would you like to have:** I have thought long and hard about this, and I am almost certain I would choose teleportation.
8. **Are you a cat or dog lover:** Definitely a dog person, sorry cats!
9. **Where would you suggest as a good holiday destination:** New York, New York. Love it. So much to do and see, I'd go every year if I could.
10. **Do you speak a foreign language or have you lived in another country:** I wish I did speak another language, but just plain old English for me. I was away in England for 6 months, and I was technically "living" during that time. Does that count? My English speaking skills really helped me over there.



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**Stubby 0429 651 092 or Reid 0429 651 069**

**Office 9865 1092 all hours Fax 9865 1328**

LIC NO :EC004197

RTA NO :AU29828



*By invitation of the Lake Grace CRC and Lake Grace LDAG,*

# ***Ice Breakers Albany***



*Will be in Lake Grace*

Craig and Margaret will hold an informative talk about their **first-hand experience** with addiction. The presentation includes personal stories and the journey from addiction to recovery.

## **A FREE SEMINAR**



**Wednesday, 18th October, 6:30pm - 8:30pm**

Location: Lake Grace CRC

For more information, please call Lake Grace CRC on 9865 1470 or email [lakegracecrc@westnet.com.au](mailto:lakegracecrc@westnet.com.au)

***Questions and Answers Session Included***

***Tea & Coffee to follow***





# Kukerin Creekbed and Burnouts 2017

*Rosie Timperley*

Just half an hour away from Lake Grace in the neighbouring town of Kukerin, the long weekend in September, this year being the 23<sup>rd</sup> and 24<sup>th</sup> September, brought about an action packed couple of days for car enthusiasts. With the creekbed filled with mud and the burnout pad primed for producing some smoke, from Saturday afternoon through to Sunday evening, the event brought the community together and visitors from far and wide to participate or spectate on the exciting and sometimes daring manoeuvres.

The event is run by the Kukerin Agricultural society and raises on average \$20,000, which then goes back in to the different community groups. WA Supermods run the burnout side of the show, ensuring a smooth event is held and the crowd is entertained. Other than that, it is locals who volunteer to help out on the food and bar roster and the creekbed roster which involves bringing in tractors and towing out any bogged vehicles! Busy bees beforehand and clean up day on the Monday after keep everyone busy and working hard to produce a successful show. The Kukerin Practical Pistol Club manned the gate from Friday lunchtime for the early campers until Sunday evening, which provides a nice fundraiser for their own club and brings a friendly and enthusiastic greeting to the arrivals. Thanks must also go to the local ambulance officers and police who ensure a safe environment amidst the fun.

Saturday afternoon everything kicked off with some free play in the creek and on the burnout pad, followed by a small competition on the pad called Smoke for Dough which had a winning prize of \$1000. The entertainment followed in to the night with the band, Pale Blonde Mexicans, playing some fantastic music that had many up and dancing. Sunday started off early with the creekbed and burnout pad competitors vying for top place. By the end of the day, the champions of the 2017 Kukerin Creekbed and Burnouts had made their mark on the town.

First time president of the club, John Davidson, was very happy with the weekend, saying "I feel it was a successful weekend, with everyone enjoying themselves. After a less than ideal weather forecast for the weekend, we then ended up with clear days and pleasant temperatures. It's a great opportunity for the community to get together and help raise funds for the town and it's a lot of fun to get in there and help out with friends. Seeing everyone have fun and appreciate what we do for them really makes it worthwhile."

Champions on the day were as follow:

Burnout Competition

8 Cylinder: Wayne Daw

6 Cylinder: Jayd Carwardine

Creekbed Competition

4 Wheel Drive: Jason Atkinson

2 Wheel Drive: Shane Timperley



**Shane Timperley of Kukerin gets some air over the jump in the creekbed, with passenger Luke Davidson, also of Kukerin. (Photo by Bruce England of [www.autolifeperth.com](http://www.autolifeperth.com)).**

**Below left: burnout competition (photo by Pauline Alexander).**

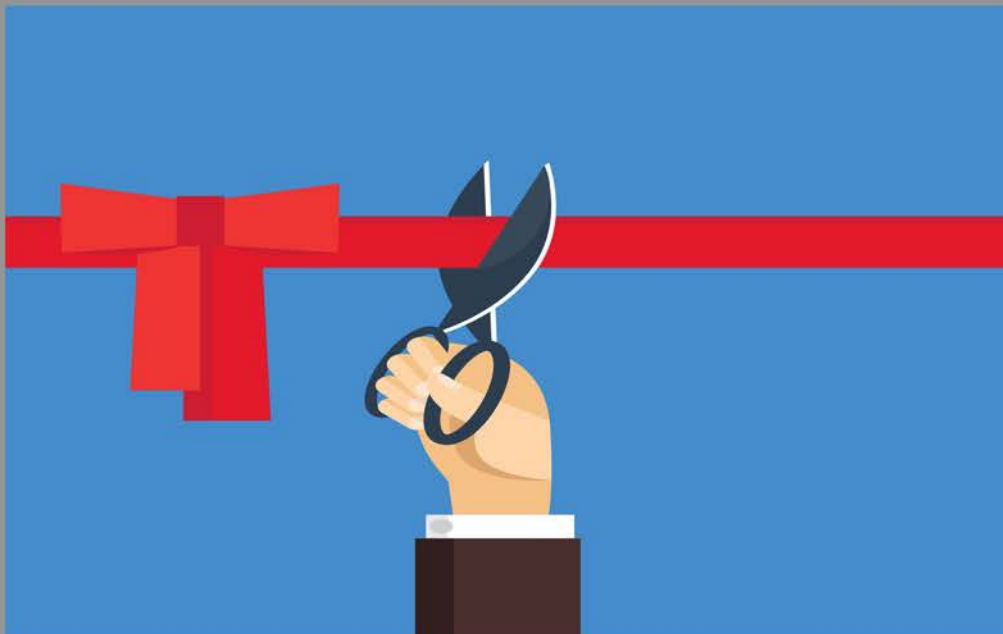
**Below: Nick Green in the 4WD competition (photo by Pauline Alexander).**





**LAKE GRACE COMMUNITY MEN'S SHED INC.  
INVITES YOU TO JOIN US ON  
SATURDAY, 28 OCTOBER 2017 AT 1:30PM**

**AS WE CELEBRATE THE** *Official Opening*  
**OF OUR SHED!**



**WHERE: LAKE GRACE COMMUNITY MEN'S SHED,  
BENNETT STREET, LAKE GRACE**

*Everyone is welcome.*

**WE LOOK FORWARD TO SEEING YOU THERE!**

# World Mental Health Day Shines a Light on Rural Mental Wellbeing

## Media Release

The importance of mental health and supporting one another is being recognised today as part of World Mental Health Day, with WAFarmers encouraging people to take care of each other now more than ever.

"It is so important that people working in the agricultural industry look out for each other and actively support anyone who is doing it tough," said WAFarmers Senior Vice President Lyn Slade, who farms with her husband David in Mount Barker.

"Farming is an industry in which people can often find themselves isolated or out of touch with others, whether that be through distance, seasonal conditions, financial pressure or just the nature of the job that may involve long hours of solitary work during busy times such as seeding and harvest.

"Today, on World Mental Health Day, we recognise the need to shine a spotlight on mental health, particularly in rural and regional areas, encourage everyone to assess their own mental health, and help others to get support."

Mrs Slade said the stigma around mental illness needs to be addressed, and encouraged people to seek medical help and support in much the same way as with any other illness.

"Farmers are a very resilient group of people, but this does not mean that they are immune to mental health stressors," she said.

"While we acknowledge that it is sometimes difficult to seek support from others or even admit that you need some help, everyone can do something to help shed a more positive light on mental health.

"Sometimes it's just as simple as re-engaging with others through community groups, picking up the phone

to see if someone needs to chat, or participating in mentally healthy activities – campaigns such as Act-Belong-Commit and R U OK Day are great at encouraging these sorts of interactions.

"It can even be as easy as making a mental health promise, which can be anything from promising to share your personal journey with family to help them better understand your experience, listening more openly to others, or ensuring your employees know the importance of mental wellbeing in the workplace."

Visit [www.1010.org.au/make-a-promise/](http://www.1010.org.au/make-a-promise/) to make a **#MentalHealthPromise** and be sure to share your promise on social media.

## Meningococcal ACWY Vaccine

The Lake Grace surgery now has available the new Meningococcal ACWY Vaccine. At this stage it is only available for 15-19 year olds who have not already been vaccinated through school or University Immunisation clinics. It is free of charge.

For more information contact the medical centre on 9865 1208



## Lake Grace-Pingrup Football Club Inc

### Coaches for 2018

#### Coaches for League and Reserves teams

#### are required for the 2018 season

Applications to be received in writing

by 5.00pm **14th November 2017** to:

Secretary, LG-P Football Club,

PO Box 73, Lake Grace 6353

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

Any enquiries call **Brenden Desmond**

**(President) on 0429 652 114**





# Lake Grace Cricket Club Notes

George Chircop

## October 7th 2017 Lake Grace v Karlgarin/Pingaring Round 1

It was the first game of cricket for the season with weather a pleasant 15 and two debutants in George Chircop and Bob Boulton. We lost the toss and were bowling first. Kane Pinney, who for some reason was bowling the HEAT, surprised himself and the batsmen, then we had Rob 'Dog' Enright backing up just as good as Pinney. Matt Trevenen mixed up the field and bowling.

Kael Gray came on to bowl like a bat out of hell. He had Bob backing him up with his medium pace which didn't let the batsmen get to comfortable, but they seemed to be ticking the score over. Jamie Eggers was bowling extremely well with his leg spin which Karlgarin had no idea what to do.

Bob Boulton got a wicket in his debut and so did Dylan thanks to a catch from the other debut George.

Bailey McGlinn, George Chircop & Damon Pelham all bowled a tight line and length but it wasn't enough to keep Karlgarin from scoring 153 off 44 overs.

So with a score of 153 to chase at a run rate of just under 4.5 an over, the opening batsmen, Jamie Eggers and Tyron Pinney needed a great start. It wasn't meant to be with Jamie out LBW for 1.

In came Damon Pelham who had to use all his experience to help Tyron, who was batting well. Once again we lost another wicket with Damo out for 3.

Next was Matt Trevenen. He and Tyron put on a small partnership but once again wickets fell and Tyron was out on 15. Kane Pinney came to the crease and started slow while Matt was hitting Karlgarin around the park. Just as we were looking good Matt got out on 15 as well. Bailey came in and tried his best to push the run rate up but it wasn't meant to be when he got out LBW for 5.

Next up was Kael Gray, another experienced player who is ready to step up this season and he did just that

with the only 6 in the game. He and Kane got the run rate back to where it was a chance to win, but like always wickets keep falling.

The other remaining batsmen tried, with Bob 7, George 6 Dylan a duck and Rob 'Dog' not out 9 we just fell short by 41 runs.

Over all it was a great effort first up for Lake Grace but we just couldn't get that one or two good partnerships together. Signs are there and I know we can do it.

### Wickets

Kane Pinney - 2-28 off 10 overs

Rob Enright - 1-31 off 10 overs

Kael Gray - 2-20 off 6 overs

Bob Boulton - 1-21 off 5 overs

Dylan Dowling 1-11 off 2 overs

### Batting

Kael Gray - 27

Kane Pinney - 17

Matt Trevenen - 15

Tyron Pinney - 15

## OBORNE CONCRETE



Chemical Sheds \* Boomspray Pads  
House Pads \* Silo Pads \* Driveways  
Super Sheds \* Workshops

Tip truck and bobcat also available  
for any type of site works.

Small and Large Loads  
Grant Osborne - Lake Grace

Mobile: 0427 651 367

oborne.concrete@gmail.com

facebook = Osborne Concrete



Early Years (k-3)  
P and C Cake Stall

Saturday 21<sup>st</sup> October  
9am

Lake Grace Plaza

*Come and stock the freezer for harvest*

Funds from this cake stall are directly used to fund both indoor and outside equipment and resources for the junior primary rooms (K-3).



# Everyone's a Winner in Malaysia Scratchie Scam

## Media Release

Glossy travel brochures with fake scratchies are arriving in the mailboxes of WA residents with at least one of the two cards enclosed declaring a \$US190,000 win.

Consumer Protection warns residents that the Get It On Holiday travel brochure and scratchie cards are a scam designed to gain personal information from the supposed 'winners' who will then be asked to pay fees upfront before receiving their 'prize'.

Commissioner for Consumer Protection David Hillyard said this is the latest of many similar mail scams from a bogus Malaysian travel company that have been detected over many years.

"Every two years or so these professional looking travel brochures turn up in the mailboxes of WA residents with different names and different images but with one common purpose, to fleece the recipients of their money and possibly their identity," Mr Hillyard said.

"There is no prize and anyone who responds will be asked to verify their identity by providing personal and financial information which leaves them open to identity theft at some time in the future.

"So don't respond, don't provide personal information and, most importantly, don't send any money to these

scammers. Throw out these brochures and the fake scratchies in the bin!

"We work with Australia Post to try to intercept scam mail but many still get through so WA householders need to be aware if they receive these enticing brochures offering fake prizes."

### Previous warnings on this scam include:

Nova Victory Travel

Thumbs Up Travel 11th Anniversary

Flaming Ace Holiday 11th Anniversary

Greenery Holiday 10th Anniversary

Tunes Travelling 9th Anniversary

Sentosa Traveling Group / Enjoi Vacation / Phantasi

Holiday/ Lavender Holiday

Further scam information is available on the WA ScamNet website [www.scamnet.wa.gov.au](http://www.scamnet.wa.gov.au). To report a scam, email [wascamnet@dmirs.wa.gov.au](mailto:wascamnet@dmirs.wa.gov.au) or call 1300 30 40 54.



**SAND N SALT**

FASHION FOR THE SALT OF THE EARTH

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

Telephone 9865 1465

## FASHION FOR THE SALT OF THE EARTH

Denise Sturges (FEET WITH FLAIR) will be at Sand N Salt on Friday 13th October with a huge range of new seasons shoes

Sand N Salt has new stock arriving daily

Come in and have a look



**FEET WITH FLAIR**



# Codeine Scheduling Changes

## Media Release

Experts from a number of key health groups are urging state and territory governments to support Australia's medicine regulator, the Therapeutic Goods Administration (TGA), in its decision to make codeine-based medications available only with a prescription from February 2018.

President of the Royal Australian College of General Practitioners (RACGP) Dr Bastian Seidel urged the states and territories to listen to the advice of health professionals and consumer groups and put the health and safety of patients in front of commercial interests.

"With more than one million Australians taking codeine based medications every year, codeine addiction has become a serious problem for our community," Dr Seidel said.

"The consumption of these medications is currently running out of control with over 16 million items being sold over the counter in pharmacies every year.

"Australian GPs are seeing the harmful effect these medications can have on our community, which is why the RACGP strongly endorsed the TGA's decision to reschedule over the counter codeine based medications."

Addiction specialist and the Royal Australasian College of Physicians' President of the Chapter of Addiction Medicine, Professor Adrian Reynolds, said patients with chronic pain should talk to their doctor.

"We strongly support a nationally integrated and coordinated real-time monitoring and reporting system, especially if it includes codeine and other prescribed medications of concern.

"However, we don't support the assumption that a reporting and monitoring system on its own, is going to identify and help people who are misusing these products. The health community needs to know what to do with this information.

"If we accept these products are at risk of abuse and should be monitored, then we should want patients to

be assessed by their doctor before they are sold these products.

"We encourage political parties and the health community to work together and support the TGA's scheduling changes for codeine."

Painaustralia CEO Carol Bennett said, "Chronic pain is a major health issue in Australia - we need to do much better than offering medications that are often both ineffective and potentially harmful in responding to chronic pain. Providing appropriate pain management should be a much higher priority, particularly in rural locations where reliance on opioids is a significant issue.

"Painaustralia supports a co-ordinated, whole of sector strategy to address the issue of access to optimal pain management, including public and clinical education programs, linkages between rural health care clinicians via Telehealth with specialist city based services."

The TGA's decision is consistent with what has happened in most of Europe, the United Arab Emirates and Japan where these medicines can only be sold with a prescription. Canada is also heading in a direction of requiring a prescription for products containing codeine.



## Lake Grace-Pingrup Football Club (Inc)

### Annual General Meeting

**Tuesday 14th November 2017**

**Lake Grace Sportsmans Club**

**@ 8.00pm**

- Election of office bearers for 2018
- Season 2017—update & discussion
- Constitution updates (full details in next Lakes Link)

*All current and prospective players, sponsors, volunteers*

*and supporters are encouraged to attend*

Enquiries or apologies to: [ghpmcarr@bigpond.com](mailto:ghpmcarr@bigpond.com)

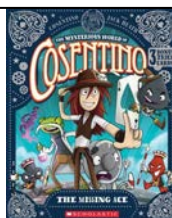
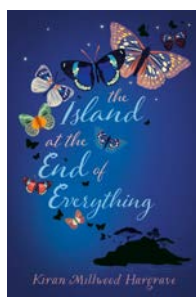
Brenden Desmond—President

## Book Fair

**When: 23rd October - 2nd November**

**Time:**

**9 am to 5 pm**



**At the Lake Grace Community Library**

## PUBLIC NOTICES

### Dr Linda Haines

Is available in Lake Grace on Monday 23rd and Tuesday 24th of October. Ring 9865 1208 for an appointment.

### Sally Dickinson

Counsellor for Southern AgCare. A free and confidential service. Contact 0427 192 155  
[www.southernagcare.org.au](http://www.southernagcare.org.au)

### Holyoake Community Alcohol and Drug Service

Matthew Beijer Counsellor/Diversion Officer  
 Ph: 08 9881 1999

### 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.

### Lake Grace Op Shop

46 Bennett Street (Old Church)  
**Open**

Tuesday 1:00 - 4:00pm  
 Friday 9:30am - 1:00pm

### First Aid Kits

Are now available for purchase at  
 CCL Hardware Lake Grace.

### AGM Lake Grace Sportsmans Club

When: 27<sup>th</sup> of October 2017  
 Time: 7:30pm start

### Caterer Needed

Lake Grace CWA are looking for a caterer for their Christmas Senior Citizens luncheon which will be held on Thursday 7th December. The meal will be two course, doesn't need to be hot and there will be approximately 30 people. Any business, group or individual who would be interested in catering for this luncheon please contact Margaret Carruthers on 0429 651 253.

### Lake Grace Community Men's shed Inc. AGM

Date: Tuesday 24th October 2017  
 Time: 10 am

Venue: Lake Grace Community Men's Shed -  
 Bennett Street

Any questions - please call Phil Clarke 0427 651 155

Everyone welcome!

### Senior Citizens Luncheon

Has been postponed until Thursday 19th October at the CWA Hall. Catered by Lake Grace Playgroup. RSVP's to be phoned through to Deborah Carruthers on 0438 895 101 .

### Community Midwife

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

### CWA Bookings

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

## 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 1111
<b>Sally Dickinson</b> 0427 192 155 <i>Southern AgCare Counselling</i>	<b>Kids Helpline</b> 1800 551 800 <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>
<b>Poisons Information</b> 13 11 26	<b>Ngala</b> 9368 9368 <a href="http://www.ngala.com.au">www.ngala.com.au</a>
<b>Crisis Care WA</b> - 9223 1111 / 1800 199 008 <a href="http://www.community.wa.gov.au">www.community.wa.gov.au</a>	<b>Wheatbelt Mental Health Service</b> Northam - (08) 9621 0999 Narrogin - (08) 9881 0700
<b>Lifeline Australia</b> - 13 11 14 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	<b>Beyond Blue</b> - 1300 22 4636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<b>Seniors Information Services</b> 9321 2133 <a href="http://www.cotawa.asn.au">www.cotawa.asn.au</a>	<b>Citizens Advice Bureau</b> 9221 5711 <a href="http://www.cab.wa.com.au">www.cab.wa.com.au</a>
<b>Family Court of WA</b> 9224 8222 / 1800 199 228 <a href="http://www.familycourt.wa.gov.au">www.familycourt.wa.gov.au</a>	<b>Youth Legal Service</b> 9202 1688 / 1800 199 006 <a href="http://www.youthlegalservice.inc.com.au">www.youthlegalservice.inc.com.au</a>
<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 <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
<b>Alcohol &amp; Drug Information Service</b> - 1800 198 024 <a href="https://www.mhc.wa.gov.au/">https://www.mhc.wa.gov.au/</a>	<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 <a href="http://www.wa.relationships.com.au">www.wa.relationships.com.au</a> 1300 364 277

# Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Craft Group	Meet at the CWA Building Saturdays from midday onwards		
CWA	Suzanne Reeves	0427 651 310	lakegracecwa@gmail.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	lakegraceelc@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Deb Carruthers	0438 895 101	
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Lauren Duckworth		laurenalex@westnet.com.au
<b>Summer Sport</b>			
Lake Grace Cricket Club	Rebecca Reynolds	0417 923 284	rjleigh80@yahoo.com.au
Lake Grace Bowls Club	Claire Pelham	0457 207 749	richie21claire@yahoo.com
Lake Grace Tennis Club			
Tarin Rock Tennis Club			

## CHURCH TIMES

### Lake Grace Catholic Church

**Sunday 15th October**

Lake Grace 6 pm

**Sunday 22nd October**

Lake Grace 10 am

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

### Anglican Church of Lake Grace

**Sunday 15th October**

Lake Grace 9 am  
Reverend John Jones

**Sunday 22nd October**

Lake Grace 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 ( <i>Pres</i> )	9872 0029	9838 9041
Steve Hunt ( <i>Vice Pres</i> )	9865 1650 0427 651 585	
Len Armstrong	9871 1334	9871 1317
Ross Chappell	9865 4058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Allan Marshall	9865 3022	9865 3012
Murray Stanton	9865 1329	9865 1223
Roz Lloyd	9871 1534	9871 1676
Andrew Walker	9865 1241	



# COMMUNITY CALENDAR

## October

Fri 13 Fish & Chips @ Sportsman's Club  
Op Shop Open - 9:30am to 1pm  
Crochet workshop 10am-midday at CRC  
HACC Bus Outing

Sat 14 Rubbish tip open  
Craft @ CWA  
Steak Tea @ Sportsman's Club

Sun 15 Rubbish tip open

Mon 16 Rubbish Collection & rubbish tip open  
Recycling Collection  
LG/K Hockey Club AGM  
Linda Bettenay Book Launch

Tue 17 Men's Shed (morning)  
Chair Aerobics 10:30am at Village Hall  
SOYF Seniors Program -10am @ Shire Hall  
Op Shop Open - 1pm to 4pm  
Lego Club - 3:30 to 4:30pm  
Customer Service Workshop  
Lake Grace CRC AGM

Wed 18 Rubbish tip open  
HACC Activity & Morning Tea 10 - 1:30am  
Icebreakers in Newdegate/Lake Grace

Thur 19 Icebreakers in Pingrup  
Community Film Night (Shire)  
LG Golf Club AGM 7:30pm  
Senior Citizens Luncheon

Fri 20 Fish & Chips @ Sportsman's Club  
Op Shop Open - 9:30am to 1pm  
Crochet workshop 10am-midday at CRC

Sat 21 Rubbish tip open  
Craft @ CWA  
Steak Teas @ Sportsman's Club  
P&C Cake Stall  
Local Government Elections

Sun 22 Rubbish tip open

Mon 23 Rubbish Collection & rubbish tip open  
Deadline for Lakes Link News  
Book Fair @ Lake Grace Library Starts  
Chainsaw Workshop

Tue 24 Men's Shed (morning)  
Chair Aerobics 10:45am at Village Hall  
SOYF Senior Program - 10am @ Shire Hall  
Op Shop Open - 1pm to 4pm  
Lego Club - 3:30 to 4:30pm  
Chainsaw Workshop  
Building Surveyor in Lake Grace

Tue 25 HACC Foot Clinic  
Bendigo Bank Account Opening Day

Wed 26 Rubbish tip open  
HACC Activity & Morning Tea 10-11:30am  
Well Women's Clinic

Thur 27 Lakes Link Published  
Sportsman's Club AGM

### Coming Events

28th October - LG Men's Shed Opening  
28th October - Polymere Clay Workshop  
31st October - Restricted Burning Period ends  
1st November - Stroll Down Memory Lane @ Wagin  
2nd November - Book Fair @ LG Library ends  
3rd November - Driving Assessor in Lake Grace TBC  
4th November - First Aid Course  
9th November - CWA Cake Stall

14th December - Christmas Festival/Late Night Shopping

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

### 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.

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