

LAKE GRACE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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5th November 2015

\$1.20 inc GST

Vol 21 Issue 21

Every Little Bit Helps

Alison Dines



Pictured are Annie Slarke, President of the Lake Grace CWA and Bill Culbertson, volunteer and representative for Wheelchairs For Kids.

Fifty one blankets and over thirty soft toys—what an outstanding contribution our community has made to the Wheelchairs For Kids project this year. Our home-made gifts represent a significant increase on last years donation of 35 blankets, no doubt boosted by the winter crochet classes hosted by the CRC this year. These classes alone created 13 beautifully crocheted blankets which were most

gratefully accepted by Bill Culbertson, along with dozens more colourful blankets and cuddly toys lovingly handcrafted by our talented Lake Grace CWA ladies and friends in Wagin.

Of course, no CWA event is complete without a scrumptious spread and this was no exception. From pumpkin scones to cream cakes we were treated to a delicious morning tea whilst admiring

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LAKES LINK NEWS 2015 Advertising Rates

	Non Profit Org	Members	Non Members
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Public Notice	FREE	N/A	N/A
1/8 page	FREE	FREE	\$12.50
1/4 Page	\$12.50	\$15.00	\$17.50
1/2 Page	\$20.00	\$25.00	\$30.00
Full Page	\$35.00	\$45.00	\$55.00
Insert (d/s)	\$30.00	\$30.00	\$40.00
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

Monday 16th November

Next Edition

Thursday 19th November



Thanks

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

Elsie Bishop

Gwen Oliver

Dick Phillips

Thank you also to our many contributors of articles.

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- 2) While the Lakes Link News aims to publish all material submitted, Lakes Link News reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.
- 3) No articles, letters or advertisements will be accepted which may appear to be defamatory or accusatory, or to favour one side in a legal dispute.
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- 5) The opinions, views and beliefs expressed in articles and other submissions to the Lakes Link News do not necessarily reflect the opinions, views or beliefs of the CRC staff or Committee.

345 copies printed and sold each fortnight

Editorial

- Caltrop is currently germinating (see page 13), if you spot any in public spaces then please let us know at the CRC as the Land Conservation District Committee is currently mapping infestations.
- Due to staff shortages and prior bookings in the seminar room the next Lakes Link News won't be being printed until publication date (19th November). Therefore it won't be at the Plaza until around midday on the Thursday.
- Our Lake Grace calendar will be available for purchase from Friday of this week, thank you to those who have generously donated their beautiful photographs.
- On the subject of photographs congratulations to STELLA DINES for winning the youth photo competition with her 'Gnome House' entry. Well done Stella.
- But wait there's more...more photographs that is. Our open competition is currently on display so feel free to come in for a look and a vote, there's a good variation in subject matter.
- As you can see below we are currently organising Late Night Shopping; if you would like a stall please give us a call so we can include you in our advertising. We're still looking for a jolly fellow who enjoys wearing red, if you're interested then please let me know.
- The CRC will be taking delivery of parcels for 'special delivery' at Late Night Shopping. The price threshold is \$20 but we do request that ALL parcels are no bigger than a shoebox. The reasoning for this is that the bag can only stretch so far and I can only carry so much. Please mark the parcels clearly with name and age of recipient.
- The CRC will be partnering with Community Services at the Shire of Lake Grace to coordinate a bit of a clean up around town and on the entry roads into town. We are looking for people to help coordinate volunteers for litter picks in the east/west/north/south directions. We also want groups or organisations to 'adopt a spot' within the community and take responsibility for keeping the area clear. Perhaps you're a farmer and would like to adopt the area where your fence line runs adjacent to the road. If so please give us a call at the CRC.

Suzanne Reeves

Living Communities are hosting

Late Night Shopping

on Friday 11th December



The main street will be closed and we are looking for stalls. If you would like to set up on the evening then please call the Lake Grace CRC on 9865 1470 and book in.

We are looking for food stalls, baked goods, craft stalls, displays, face painting etc. to add to those who have already registered. If you have an idea then please contact us, preferably as soon as possible so we can include you in the advertising.

Currently needing a jolly man who loves wearing red!

Black and White With Shades of Grey

Suzanne Reeves

That's the exhibition currently being hosted by the Lake Grace Regional Artspace. A variety of mediums have been included to create greater depth and pique the interest of the audience.

A mobile exhibition, 'Black and White on the Move' was first hung in the Narrogin Garden Café and Gallery in May of this year, from there it travelled to Mt Barker in August and now it is in Lake Grace. Black and White is a community exhibition where everyone was invited to take up the challenge of creating an art work on a 60cm square canvas in black and white and all shades of grey.

More than twenty individuals took up the challenge and there were two collaborations from the Lake Grace District High and Kukerin Primary schools.

With 61 works on display there was plenty to look at for those who attended the Lake Grace opening

on Friday 23rd October which was opened by Artist Group President, Jeanne Melville. Following a welcome from Jeanne, everyone enjoyed a beautiful supper where the black and white theme continued.

The exhibition will be open for six weeks so take the time to enjoy this cultural opportunity.



Jeanne Melville welcomes everyone to the Lake Grace opening night.



Lake Grace Pharmacy

Invites YOU!

To our Christmas Customer Night

Tuesday 17 th November 2015
At Lake Grace Pharmacy
6:00pm - 8:00pm

Spend over \$100 on giftware & go into the draw to win a Christmas Hamper.

The evening will be full of fun with *door prizes*, *drinks* and *nibbles* provided.

Numbers are limited so please book early, in store or on 08 98652641.



What's Happening?

- It was a rustic style wedding for Nicole Chappell and Liam Chesson (pictured below) at the Darlington Estate Winery in the Perth hills. It was a perfect spring day and both sets of parents couldn't have been happier. Nicole was attended by Kristy Chappell, Kerri-Lee Moore, Merit Simson and Jasmine Ventris; while Liam's attendants were Sian Chesson, Steven Livsey, Oliver Carabini-Parker and Kyal Carruthers. *Photo courtesy of Strawberry Girl Photography.*



- Sympathy to Jeanette, Tara, Tanya and Fiona and their respective families following the passing of John (JB) Bennett on Sunday 25th October. Our thoughts are also with John's siblings Clem and Faye.

Thank You

Huge thanks to all the wonderful people of Lake Grace and surrounds for your kind thoughts, cards, messages and hugs on the recent loss of our darling Mum, Nan and Nanna Widdi. We will miss her dearly.

Mary, Noel, Shane, Jodi, Dean, Delys, Leesa, Jason, Cody, Josh, Joel and Daniel.

- Condolences to the family of Bill Carruthers who passed away on Friday 30th October. Our thoughts go out to Margaret, Cheryl, Martin, Leonie and their families.
- A farewell was held for Dr Francois Jacobs and his wife Henriette at the Sportsman's Club (photo below). We wish them well with their future endeavours. *Photo courtesy Peter Stoffberg.*



Happy Birthday



5th November	Jo Morgan Nicola Kuchling
6th November	John Curtin
7th November	Keturah Altham
8th November	Debby Clarke
9th November	Tess Stanton Summer Earnshaw
10th November	Jeanette Bennett Letty Leo
11th November	Amy Willock Holly King Kendrick Harvey
13th November	Royce Taylor Darryl Palmer
14th November	Vynka de Vree
15th November	Kevin Seaman Elsie Bishop
17th November	Pippa Gittos
18th November	Debbie O'Neill

Anniversaries

8th November - Nicola and Anton Kuchling



Lake Grace Weather

- Terry Gladish



** breaks previous record of 37.2 - 27/10/1961

November Extremes

Highest Max Temperature	41.7	22/11/1996
Lowest Max Temperature	10.5	10/11/1971
Highest Min Temperature	24.9	13/11/2003
Lowest Min Temperature	1.1	1/11/1968

Date	Min	Max	Rain
21/10	10.3	32.4	
22/10	13.7	37.5**	
23/10	13.2	27.4	
24/10	14.1	23.3	
25/10	12.8	22.1	
26/10	12.6	19.9	1.6
27/10	11.2	25.4	
28/10	14.9	27.3	0.6
29/10	15.4	31.0	0.2
30/10	15.0	32.8	
31/10	16.2	25.6	10.6
1/11	14.3	23.0	
2/11	12.5	19.9	25.8
3/11	9.3	23.6	1.0
4/11	11.2		

SEEDING IS ABOUT TO START

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2016

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We can help with local species selection that will comply
with any funded programs.

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BLYTH TREE FARM

Hand Sewn Hexies - We've Only Just Begun!

Alison Dines

Our merry band of hexagon hand-sewers now have three workshops under their belt and it seems that their creativity is stretching out in a variety of directions already. With several mug-rugs complete, class participants are choosing to turn their hand to cushion covers, table runners, wheat bags and placemats.

Last week we learnt how to incorporate other shapes in with our hexies. Many conversations hovered around the use of light and dark, patterned and plain, scraps and purpose-bought fabric. Decisions were debated over whether to fussy-cut or not and what with the abundance of rulers, graph paper and geometric planning you could be forgiven for thinking that it was a maths class in full swing, rather than a sewing workshop.

We'll still be playing with paper pieced fabric for a few weeks yet and everyone is welcome to join in. Regardless of if you're a beginner or an old hand, or even if you'd just like to see what we're up to, please do feel

free to drop by the CRC on Friday mornings between 10am and 12noon. We'd love to see you.

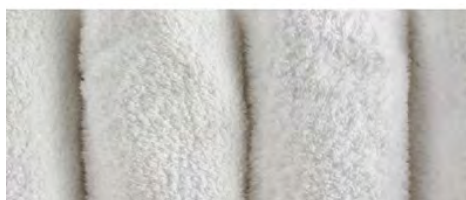


Mary Naisbitt and Joyce Gilson with their first completed hexie flowers, transformed into mug-rugs, are exploring new patterns using English Paper Piecing methods with Alison Dines.




PRECISION
skin & beauty clinic

our clinic & philosophy
words about the natural/organic ingredients?



shenae's philosophy

At Precision Skin & Beauty Clinic I am committed to providing the highest standards of client care, support and satisfaction.

The beauty and dermal industry is my absolute passion and I strive to get the best results for my clients, whether that be for relaxation or to improve and enhance your natural beauty.

All client treatments, history and personal details remain strictly confidential.

Have any questions or don't know which treatment is right for you?

Come in for a FREE consultation or skin diagnosis to discuss your options.

There will always be a treatment for everybody!

Missing in Lake Grace!

Julie King

Weight Watchers is taking responsibility for the equivalent of four people having gone missing in Lake Grace.

In the 28 weeks since they began their weekly meetings, 334kg or the equivalent of four 85kg people are no longer residing in our community.

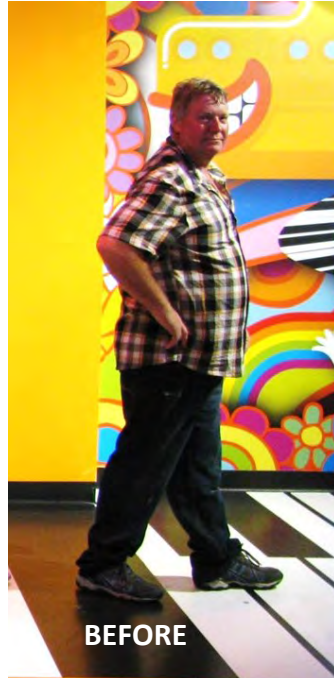
Weight Watchers welcomed five new members and they have had an average of 20 people attending this past fortnight.

This week we saw two more members reach the 15 kilo weight loss milestone!

Congratulations to Phil Young (before and after photos pictured at right) for losing 15kg and being well on his way to his personal goal.

Phil has been an inspiration to the group, getting active with his bike riding and changing his eating habits. He feels a million dollars and can't believe how easy the changes in his lifestyle have been.

Come and join our successful group. Every Tuesday 5:30pm at the Lakes Village Hall. Contact Julie on 0428 847 565.



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trevenenbuilding@hotmail.com

Community Success for the Lake Grace Garage Sale Trail!

Elle Atwell

Did you notice the activity in your town on Saturday the 24th of October? Well, it was the Garage Sale Trail!

In the Shire of Lake Grace there were 7 Garage Sales and 2 boot/group sales held in Lake Grace, Newdegate and Lake King.

Lake King's boot sale, held by the youth of Lake King was very successful with roughly 9 boot sales held behind the Lake King Goods Shed. They had people from far and wide calling in and the most of sellers left with nearly empty boots and full pockets. This was the first year that Lake King has participated in the Garage Sale Trail and there is already talk from the kids about what they are planning next year.

Newdegate participated with one residential Garage Sale which was a great success with locals, Lake Grace residents and a few passers-by of the town calling in to see what goods were to be found.

In Lake Grace the most successful sales were the residential Garage Sales and the auction.

The auction itself had 27 bidders registered and estimated that about 50 people were present when the auction took off. The residential sales were busy all morning with shoppers flocking to the sales first thing in the morning when the trail began. Overall a big congratulations to the community for putting in the effort to host a Garage Sale on the same day for 2015. What an achievement for a small shire like ours!



Kimberly Chappell at her garage sale.



Symone, Jonty, Jeff & Judd McKenzie have turned the garage sale into a family affair.



The crowds were on hand to buy up at the Bennett auction.

Naughty Nanna's on Facebook

Suzanne Reeves

It's 21 years since a quintet of 'naughty nanna's' were spotted on the Lake Grace Bowling green in their smalls. It was all for a good cause, a fundraising opportunity for the Lake Grace Recreation Council Fundraising Committee as they produced the 'Lake Grace Exposed' calendar for 1995.

The photo in question may not seem particularly risqué but when past rules relating to dress on the bowling green is considered the month of January was a watershed moment for bowls in Lake Grace. Modelling for this photo are Rhonda Reynolds, Jenny Bidwell, Lyn Pinney, Shippy McWilliam (measuring) and Jean Seaman. Rumour has it that John Bennett just happened to be in the vicinity and took off with the ladies outerwear before throwing it over the fence.

Twelve sports were featured and with no calendar being complete without a couple of firemen, two volunteers from the Lake Grace brigade were available for an action shot with their hoses. Photographer, Maurice Nolan, must have wondered what he'd signed up for!

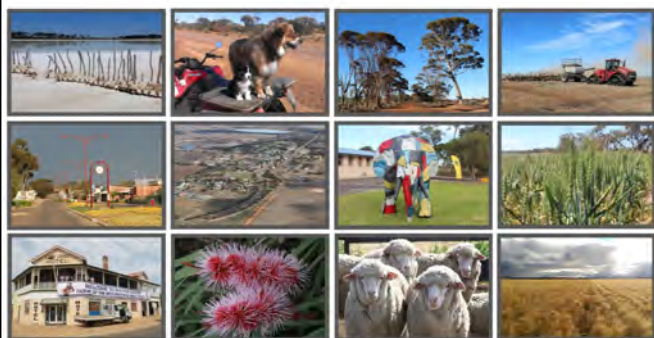
Aside from the fundraising benefits back in 1994 the calendar has created conversation on the 'Lost Lake Grace' facebook site. Our more active social media users have been faced with images of themselves, their peers, their parents and their grandparents in a state of undress.

The posting of the calendar images has registered unprecedented activity on the Facebook page with an engagement of over 3,000 viewers and 260 likes, comments and shares.

We were looking forward to reaching the 400 'likes' for the page but that is now in the rearview mirror with the page gaining an extra 51 likes bringing it to 437! Thank you for your support.

Lake Grace 2016 calendars
are available from the
Community Resource Centre
\$20 each.

*Personalise a calendar with your own
photos (\$25 each); photos must be
landscape and of good quality.*



Lake Grace 2016 calendar

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEAR'S DAY	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Thanks to local business
for their support.
We ask you to support
them in return.

**Lake Grace
Painting Services**
 REG NO. 3818
 42 BENNETT STREET, LAKE GRACE
 CHRIS TREVENEN
 PHONE 65 1386 or 65 1011

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PAYING SHOP"**
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 Australia Post 65 1047
 Fax 65 1049

Babbies Wanted
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 or 653 272, Fax 653 614

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.

Photo Competition Ready for Votes

Suzanne Reeves

The Community Resource Centre held their first photo competition in 2010 and have just put the entries for the 2015 competition on display.

Content for the competition is broad ranging from nature to farming, family to mishaps; all with a Lake Grace flavour. The CRC is grateful to the local photographers who continue to submit their photographs as it provides a wonderful point of interest in the centre.

Judging is by people's choice and from past experience it has been found that people vote for what they can identify with, if you're a cat lover then it's a no brainer, if you're a dog lover then move over moggy! People don't judge on lighting, exposure or enhancement but rather on what tugs at their heart strings. Having said that a poor quality photo will not stand out from the crowd.

The winner of this year's competition will receive an A2 canvas print while the CRC will choose a second entry to receive a

\$20 voucher to the photo booth.

Please remember when you're in the Library or the CRC to take a look at the sixteen entries and cast your vote, they're well worth a look!

Display pictured below.



Join the quest for our gourmet best.

WA's SIGNATURE DISH

BUY WEST COAST PRODUCE

Win a \$500 Crown Perth gift voucher!

Visit kleenheat.com.au/wadish to enter and for foodie features on regional produce.

X

Kleenheat is a proud partner of WA's Signature Dish 2015

At Kleenheat, we have a long history of supporting local communities and initiatives. That's why we're proud to partner with WA's Signature Dish 2015, a state-wide competition that showcases Western Australia's abundant local produce.

WA's SIGNATURE DISH

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kleenheat.com.au
@kleenheat f /kleenheat @kleenheat

eldersrealestate.com.au



81 Bennett Street Lake Grace 3 1 1

Roomy Residence

3 Good sized bedrooms, fibre clad & tile with lounge, kitchen, separate dining room, designated office, dual air condition systems, ceiling fans, insulated, large garage/outdoor area, established gardens, electric hot water system, tile fire, front veranda with main entrance.

Web ID 4034994**\$167,000**

13 Bennett Street Lake Grace 2 1 1

Neat 2 bedroom cottage ideal first home buyers or to purchase as an investment property. Has been recently painted and consists of 2 bedrooms, lounge, kitchen, separate dining area and bathroom.

This house has a reverse cycle air conditioner, 2 ceiling fans, gas stove and hot water system, easy to care for gardens, 1 garden shed on 308m² street fronting block.

\$115,000**64 Bennett Street, Lake Grace - For the Family**

Secure three bedroom brick and iron home on a large 1037m² corner block. This home has many features including dual air conditioning systems being an evaporative ducted system plus a reverse cycle split system air conditioning unit. Three good sized bedrooms, tile fire and extensive outdoor areas.

Also a 9.6m x 4.7m security fenced below ground pool incorporating a spa bed, a standalone brick and iron games room with a bar which could be quite easily converted into a self contained granny flat. For the handyman there is a 9m x 6m colourbond garage/workshop, fully concreted and equipped with three phase power and for the wife there is a well established garden which is all reticulated.

Ron Dewson Web ID 456249**\$220,000 – 230,000**

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

Ron Dewson 0428 651 213



Caltrop is About

Taken from Department of Agriculture website

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

What you should know about caltrop

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

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

What you should look for

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

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

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

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

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

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

What you can do about it

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



Shop 5, Lakeway Shopping Centre,
22/23 Stubbs Street, LAKE GRACE
Telephone 9865 1465

FASHION FOR THE SALT OF THE EARTH

Feet with Flair



Will be at Sand 'N' Salt on
Friday 13th November

Denise has a huge range of beautiful summer shoes.
Sand 'N' Salt will offer spot specials on the day so
think ahead for Christmas.

**HOT
DEAL**



Warriors Wellbeing - Men and Violence

The Regional Men's Health Initiative - Wheatbelt Men's Health (Inc.) - Phone: 08 9690 2277

An important question we all need to be asking ourselves as a community member is "How can we reduce overall societal violence"?

We need to take into account that the majority of violence in our society is men on men and it goes largely unreported to the police and has limited exposure in the media because it is too common a subject. Why is all the focus on male violence to females and children when all violence is abhorrent, evil and sick?

Under the umbrella of societal violence, men on men violence, statistically is the largest category and until this is recognised, talked about and addressed, all the other statistics relating to violence, in particular family/domestic violence, will be hard to change.

This is a tough conversation to have but it needs to be had. The historical background of our society, through thousands of years, has defined men by events that have condoned, championed, accepted and normalized violent actions. Many historical and current events are horrific and violent, such as the invasion of other countries, civil war, ethnic cleansing, and sporting contests both in the gladiator/roman days and today with modern day cage fighting as an example. This

type of violence, usually men against men, is often called entertainment. Society justifies and supports it every day!

Traditionally for blokes our flight sequence is fear (we all have some) anger and then aggression. When we are talking with angry young (and old) men we need to continually put into place positive strategies substantiating that physical aggression and violence against **anybody** is not condoned and should not be part of modern society.

Family/Domestic violence can happen in any relationship and can happen to anyone. Victims can be men, women or children, perpetrators can be men or women. Family/Domestic violence encapsulates not just physical abuse but also emotional or psychological abuse, verbal abuse, sexual abuse and financial abuse. Recognising that you are in a violent relationship is an important first step. Things will not change for the better if you do nothing.

There are many commentators on family/domestic violence and it is disappointing that the majority ignore men and children. Do people realise that one in three victims of reported domestic/family violence is male? Therein lies the philosophical problem when we don't balance out the whole discussion. Random violent acts are being broadcasted by social media thus delivering instant gratification and adoration and promoting this violence in society as acceptable.

Just to repeat family/domestic violence is a subset of the total picture of violence, and in my opinion we will struggle to stop family/domestic violence without discussing the bigger picture. We need to be having an ongoing holistic community discussion on the broader issue of men and violence.

All men need to be having a discussion about tackling violence in our lives and saying yes to stopping violence against each other, against women, against children, and against the community.

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Wednesday – Sunday 10am – 4pm
Thursdays 1pm-4pm
Monday & Tuesdays CLOSED

Come & enjoy a tea/coffee with homemade cake
Bookings not essential, but appreciated.

Phone: 0447 651 418

LAKE GRACE HOSPITAL – Multi Purpose Service

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

Contact details = Telephone: **9890 2222** Fax: **9890 2202**

HACC & MPS Activity Programs:

Foot Clinic

CHANGE OF DATE to
Tuesday 17th November 2015

9.00—12 noon

All seniors welcome

(please provide your own manicure set)



Chair Aerobics

Every Tuesday @ 10.45am

At the Lakes Village Hall

Exercises for people with limited mobility



Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

11th November —Remembrance Day

18th November—Pamper (foot massage)

25th November—Puzzles

All welcome

Bus Outing

Friday 13th November 2015 (approx.

9.30am to 11.30am) Call the hospital to book

SwimAbility

Trips to Narrogin for hydrotherapy exercise sessions at the indoor leisure centre:

Next trip will be on **16th November**

Call the hospital to book a seat on the bus.

4th Friday Activity

Friday 27th November

Activities / Games /Trivia

"Summer Fun" Theme

10.00 am—1.30pm

Lake Village Hall

RSVP for catering by 20th November



Call 9890 2222 during office hours
to get further information about HACC

Call Primary Health Narrogin to make appointments for the Physiotherapist (attending fortnightly)—9881 0385

Hospital Upgrade Progress

Entry is via the main entrance in the middle of the hospital. We now have a larger waiting room with television and new chairs.

The kitchen upgrade is finished and staff should be moving back in this week.

Work is progressing throughout the building (behind temporary walls) to complete the next stage of the works. Do not use the old Outpatient entrance.

The temporary administration office is down the hall while work is going on in the administration area.

Remember to:

- **Look for signs** to direct you, and
- **Use the INTERCOM outside the main entrance** to call for staff to assist you



What is Act Belong Commit?

Act-Belong-Commit is a mental health promotion campaign that encourages individuals to take action to protect and promote their own mental wellbeing.

act: keep mentally, physically, socially and spiritually active: take a walk, say g'day, read a book, do a crossword, dance, play cards, stop for a chat...

belong: join a book club, take a cooking class, be more involved in groups you are already a member of, go along to community events

commit: take up a cause, help a neighbour, learn something new, take on a challenge, volunteer...

Being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health.



Lake Grace District High School News

2015 Interschool Athletics - Gnowangerup

School Results

Outright Winners - Points Handicap Shield - Points

1st Kojonup	443	1st Lake Grace	743
2nd Boddington	350	2nd Kojonup	519
3rd Lake Grace	310	3rd Ravensthorpe	500
4th Gnowangerup	230	4th Gnowangerup	493
5th Ravensthorpe	224	5th Boddington	368
6th Wagin		6th Wagin	217

Lake Grace DHS Winners:

9yo Girls Champion Sara Bray
 12yo Girls Champion Mackenzie Palmer
 13yo Girls Champion Hannah Clunie
 14yo Girls Runner Up Caylah Vlasich
 14yo Boys Champion Poch Amores
 15yo Boys Champion Brad Clunie
 800m open Girls 1st Hannah Clunie
 800m open Boys 1st Brad Clunie



Hannah & Clayton Clunie with the Handicap Shield

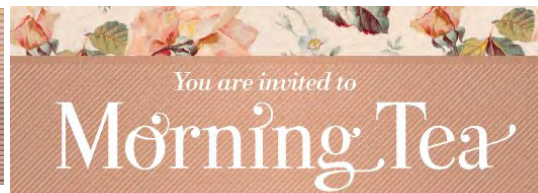
**Well done to all athletes who
 competed on Friday.**

Volunteers Morning Tea

We would like to invite all who have kindly volunteered their time in any

way at the school this year for morning tea at the school on

Friday 20th November @10.30am. Please feel welcome to come along as we would like to show our appreciation for all that you have done for the school this year.



Notices & Upcoming Events

- 11.11.15 Remembrance Day service @ the RSL Hall 11.00am
- 11.11.15 Yr 5/6 Camp
- 16.11.15 Week 6—Student Council Election week will commence.
- 20.11.15 Volunteers Morning Tea
- 20.11.15 'Jump Rope for Heart'
- 25.11.15 Cadet Camp
- Morrison Cover winners will be announced at the next Assembly in week 8, 1st December.
- 16.12.15 School Concert Awards Night.

Maalouf Ford

25 McMAHON STREET, LAKE GRACE WA 6353



2014 RANGER 4X4 XLT DOUBLE CAB PICK-UP 3.2L DIESEL

6 speed auto with Sat-Nav

Cool White

Demo

1ESX240

Klms118

\$49,990 Drive Away

Phone Nick Maalouf on 0427 651 261 - DL: 2371

Bits & Pieces

I first started to read this email and was reading fast until I reached the third sentence. I stopped and started over, reading slower and thinking about every word. It proved to be very thought provoking and made me stop and think, reminding me to read slowly. It is titled "The Back Nine" and I relate to it in all ways.

The Back Nine

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way it seems like eons ago and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But here it is, the back nine of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first hole and the back nine was so far off that I could not fathom it or imagine fully what it would be like. But here it is, my friends are retired and getting grey, they move slower and I see an older person in the mirror now. Some of my friends are in better shape and some are in worse shape than me but I see the great change. Not like the ones that I remember who were young and vibrant but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore ... it's mandatory! Cause if I don't on my own free will I just fall asleep where I sit! And so now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But at least I know that though I'm on the back nine. I'm not sure how long it will last but this I know, that when it's over on this earth ... it's over. A new adventure will begin! Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the back nine yet let me remind you that it will be here faster than you think. So whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!! Life goes by quickly. So do what you can today, as you can never be sure whether you're on the back nine or not! You have no promise that you will see all the seasons of your life so live for today and say all the things that you want your loved ones to remember and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

'Life' is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY Remember "It is health that is real wealth and not pieces of gold and silver. LIVE HAPPY IN 2015/2016!

LASTLY, CONSIDER THIS:

- Your kids are becoming you. But your grandchildren are perfect!
- Going out is good. Coming home is better!
- You forget names. But it's OK because some people forgot they even knew you!!!
- You realize you're never going to be really good at anything like golf.
- The things you used to care to do, you aren't as interested in anymore, but you really do care that you aren't as interested.
- You sleep better on a lounge chair with the TV 'on' than in bed. It's called "pre-sleep".
- You miss the days when everything worked with just an "on" and "off" switch.
- You tend to use more 4 letter words "what?" "when?"
- What used to be freckles are now liver spots.
- Everybody whispers.
- You have 3 sizes of clothes in your closet 2 of which you will never wear.

But 'old' is good in some things: Old songs, Old movies, and best of all, OLD FRIENDS!! So, stay well, "OLD FRIEND!" Share this with your other "Old Friends" and let them laugh in AGREEMENT!!!

It's Not What You Gather,
But What You Scatter
That Tells What Kind Of Life You Have Lived.

Today is the oldest you've ever been, yet the youngest you'll ever be, so enjoy this day while it lasts. And very importantly, do not regret growing. It is a privilege denied to many.



With patterns inspired by the native bush landscapes of Western Australia, each piece of Eucalypt Homeware is beautiful yet versatile, playful yet practical. Come in store and check it out along with other great gift ideas.



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lgvisitorscentre@westnet.com.au

S.B.M.

86 Stubbs Street LAKE GRACE

Lake Grace
Newdegate
Lake King

0427 651 301
9865 1301

We have built a smoko room where you can help yourself to a cuppa while you wait for your vehicle or tyres



We are now stock Air Fittings and Air Hoses.



Exide and Delco Batteries for Toyota and Nissan 4WD's.



Hydraulic Hoses, connectors and fittings.
The common and not so common fittings.



Ryco and Fleetguard Filters



No need for machinery to change the oversize header tyre. We use a tyre slide (PATENT PENDING) to do the same job.

Going Native

Suzanne Reeves

If you're wanting to waterwise your garden then the native garden at the front of the Library and CRC building is a good point of reference. The garden has leapt ahead in the last 12 months and with Linda Vlasich installing gravelled pathways through the site it is starting to look quite artistic.

Although there were some deaths from the original plantings, the Beyond Gardens team were amazed at how many survived as they took an experimental approach and used plants that they had not used in similar conditions before. At the moment the *Eremophila racemosa* and Geraldton Wax are flowering prolifically, which is attracting insects and therefore birds.

Eremophila is a large genus of 214 species, all endemic to Australia. They are generally plants of inland and arid areas and are popular with Australian plant enthusiasts.

Eremophila racemosa is a species with a very restricted natural occurrence north of Ravensthorpe in south Western Australia. Its survival is regarded as being seriously threatened due to land clearance for agriculture although proliferation of the species after bushfires has been reported. The species is an erect

shrub usually less than one metre in height with oblong leaves to about 50mm long. Flowers occur in the leaf axils and are tubular in shape to about 15mm long. Flower colour is usually reddish purple although a yellow form is known. Flowering occurs mainly in Spring but some flowers may also be seen at other times. Fruits consist of four chambers each containing a single seed.



Christmas Remembrance

Friday Evening

27th November

5.30pm start

At the Lake Grace Cemetery



Open section for your Songs - Poems - Stories

Following the service, Fish & Chips will be available at
the Lake Grace Sportsman's Club

For enquiries or to add to the program please ring
Jeanette Trevenen on 9865 1358 or 0427 099 964

Shire of Lake Grace Community News

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



CEO's Corner

Again we extend our best wishes to Francois and Henriette Jacobs as they move on from Lake Grace.

The Shire has engaged First Health, an Albany based company to manage the Lake Grace and Newdegate practice and recruit a replacement doctor. A locum doctor will be available for one month as of Monday 9 November 2015 and First Health are charged with the responsibility of continuity of service until a full time doctor is available.

The Extraordinary Election for one Councillor for the Rural Ward will take place on Wednesday 23 December 2015. Nominations open on Monday, 9 November 2015 and close at 4:00 pm on Monday, 16 November 2015.

Nominations must be lodged with the Returning Officer at any time during the above period by arrangement; or between 2:00 pm and 4:00 pm Monday, 16 November 2015 (close of nominations) at the Shire of Lake Grace, 1 Bishop Street LAKE GRACE WA 6353.

For more information on standing for Council please contact the Returning Officer, Terry Gladish or the Shire Chief Executive Officer, Neville Hale.

At its recent meeting, Council approved a planning application for a new Beauty Therapy business to commence in Lake Grace. It is heartening to see new businesses take up residence as this encourages our towns and population to grow.

The Shire continues the tradition of providing training opportunities for young community members and this week we welcome Shaye Bowron to the building team as he starts his apprenticeship.

Air conditioners have been ordered for the Lake Grace Sports Pavilion and the building team will be arranging installation as soon as they are able.

The Premier's Australia Day Active Citizenship Awards focus on community contribution and participation rather

than personal achievement.

Nominations for the Awards in the categories of outstanding community contribution by a local citizen, outstanding community contribution by a local citizen under 25 years of age and outstanding community contribution by a local group or community event are now open and will be until Friday 27 November 2015. Nomination forms are available at www.australiaday.org.au.

Councillors and staff at the Shire of Lake Grace offer our deepest condolences to Jeanette Bennett on the recent passing of her husband John. We hope the comfort of family and friends can help Jeanette through this difficult time.

Neville Hale

Chief Executive Officer



Our Deepest Sympathy

To Jeanette, Fiona and family, our thoughts are with you on the passing of your husband and father John Bennett, a much loved member of the Lake Grace Communities.

Condolences from Shire Councillors and your work colleagues.

Premier's Australia Day Active Citizenship Nominations

Nominations close Friday

27 November 2015.

Application forms are available by contacting the Shire of Lake Grace on 9890 2500 or shire@lakegrace.wa.gov.au



Shire of Lake Grace Community News

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

An Extraordinary Postal Election will be held on 23 December 2015 in the Shire of Lake Grace to fill the following vacancy:

RURAL Ward 1 Councillor
Term to expire 19 October 2019

NOMINATIONS OPEN on Monday, 9 November 2015.

NOMINATIONS CLOSE at 4.00pm on Monday, 16 November 2015.

Nominations must be lodged with the Returning Officer

- at any time during the above period by arrangement; or
- between 2:00pm and 4:00pm Monday, 16 November 2015 (close of nominations) at the Shire of Lake Grace, 1 Bishop Street LAKE GRACE WA 6353.

NOMINATION REQUIREMENTS

Candidates are required to lodge with the Returning Officer:

- a completed nomination in the prescribed form, signed and witnessed. (This form is available from the Returning Officer, the Western Australian Electoral Commission or the Shire of Lake Grace;
- a single A4 page profile containing not more than 150 words of information about the candidate;
- a nomination deposit of \$80 (cash, bank cheque or postal order); and
- a recent passport-sized photograph (optional).

The Commission has developed an online system called Nomination Builder to assist candidates to complete their nomination form which includes the candidate profile. This is the preferred method of completing the nomination form and profile for elections conducted by the Commission. Candidates complete their nomination details and profile, print the completed form which has a reference number allocated and lodge it with the Returning Officer. The nomination builder can be accessed at elections.wa.gov.au

Where an agent lodges a nomination on a candidate's behalf, it must be in the prescribed form with a written authorisation signed by the candidate.

The documents may be hand delivered, posted or faxed to the Returning Officer and must be received by the close of nominations.

INFORMATION

Full details about eligibility and nomination procedures for prospective candidates can be obtained by contacting the Returning Officer on Mobile 0427 651 022 or the Western Australian Electoral Commission on 13 63 06.

Terry GLADISH
RETURNING OFFICER



WESTERN AUSTRALIAN
 Electoral Commission

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.

Bushfire Warning System

	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 WARNING	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.

To register please contact the Shire of Lake Grace on (08) 9890 2500.

Please Note: Do not reply to the harvest ban notification SMS message.

PROHIBITED BURNING TIME
Sunday 18 October to 31 January
STRICTLY NO CAMPFIRE

Ordinary Council Meeting

The next Ordinary Council Meeting will be held:

3.00 pm 18 November 2015

Location: Newdegate Library Resource Centre

Members of the public welcome.

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



Shire of Lake Grace Community News

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

Office Opening Hours

Monday - Tuesday - Wednesday - Friday
8.30am - 4.30pm

Changed to

Thursday 8.30am- 4.00pm

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

Licensing Opening Hours

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

Tip Opening Hours

Lake Grace

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

Newdegate

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

Lake King & Varley

Open Every Day



Waste & Recycling Pick up Dates

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

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

Lake Grace	Newdegate
16 November	9 November
30 November	23 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.



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

Driving Assessor

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

Friday - 4 December 2015

Friday - January to be confirmed

Please contact the Shire's Customer Service Officer for an appointment.

You can now book your PDA online. For more information visit www.transport.wa.gov.au

Building Surveyor

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

Tuesday 17 November 2015

Tuesday 1 December 2015

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

Dog Micro Chipping Deadline

From **1 November 2015** it is compulsory for dogs to be microchipped.

For more information visit the Department of Local Government and Communities' website at www.dlgc.wa.gov.au/cats and www.dlgc.wa.gov.au/dogs



Be Aware of Shire Vehicles

All road users be aware of shire maintenance vehicles on roads in your area throughout harvest.

- Dust impairs vision increasing the risks of accidents.
- Abide by road signs and do not speed.
- Vehicles being driven without caution will be reported.

Road works are subject to change for emergency repairs, be aware at all times.



VacSwim 2015-2016 Frequently Asked Questions



When are the December/January lessons?

Country early start program

(Newdegate Swimming Pool)

Five day country early start program is from Saturday 19 to Wednesday 23 December 2015.

Program 1

(Lake Grace Swimming Pool)

Eight day Program 1 is over two weeks from Tuesday 29 December 2015 to Friday 8 January 2016. There are no lessons on New Year's Day.

Who can enrol?

Anyone between the ages of 5 and 18 years can enrol on the first day of lessons.

How much does it cost?

There has been a small price increase this year (the first since 2004).

Eight day program 1 and ten day program 2:

\$12.50 per single enrolment, plus pool entry.

\$34.50 per family enrolment, plus pool entry. A family enrolment is three or more children from the same address.

Country early start program

\$12.50 per single enrolment, plus pool entry.

\$34.50 per family enrolment, plus pool entry. A family enrolment is three or more children from the same address.

Short 5 day program:

\$6.50 per single enrolment, plus pool entry.

\$17.50 per family enrolment, plus pool entry. A family enrolment is three or more children from the same address.

How do I enrol?

Enrol online on the VacSwim website at education.wa.edu.au/swimming or download and complete an enrolment form and send it to Vac Swim

When do enrolments close?

Country early start program enrolments close Sunday 1 November.

Program 1 enrolments close Sunday 8 November.

Short 5 day program enrolments close Sunday 8 November.

Program 2 enrolments close Sunday 15 November.

What time are lessons?

Eight day program runs in the morning at most venues. Afternoon lessons may be available at some centres – check the website education.wa.edu.au/swimming for more details.

The short 5 day program is in the afternoon, usually from about 1pm to 4pm (except Bunbury - Koombana Bay, Busselton - Geopraphe Leisure Centre and Wickham Swimming Pool which operate in the morning/afternoon.).

How long are the lessons?

Eight day program 1 - 45 minute lessons.

Ten day program 2 - 35 minute lessons.

Country early start program - 40 minute lessons.

Short 5 day program - 35 minute lessons.

How do I find out more about VacSwim?

T: 9402 6412

F: 9402 6193

E: vacswim@education.wa.edu.au

W: education.wa.edu.au/swimming

Community Club Insurance Services

With all Council activities and any Council run events, Council cover will only provide liability for council, their employees and direct volunteers. Councils Public liability policy will cover potential liability to third parties for personal injury or property damage should Council be found to be negligent.

As majority of community groups would be independent of council or are not a committee of council they would be excluded under all Councils policies.

Community Groups/ Organisations/ Associations/ Social Clubs/ Sporting Groups/ Senior Groups etc. who use council owned facilities or grounds on a regular basis and conduct any other type of activities (for example – fund raising, holding an event etc.) should have their own insurance to cover their legal liability to third parties for bodily injury and/or property damage arising from the activities of this group.

We wish to advise any of these type of groups who are using council owned facilities on a regular basis to store equipment should carry their own contents cover for these items.

Other insurances these groups may need to consider obtaining is:

Public & Products Liability – First and Foremost

Business Insurance (e.g. Cover for contents, stock etc.)

Voluntary Workers Personal Accident Insurance

Association & Officials Liability Insurance

We would recommend that if any of these groups currently do not have insurance cover they may wish to contact Local Community Insurance Services (division of JLT) by use of their website www.localcommunityinsurance.com.au or by phone on 1300 853 800.

This Insurance Service provides insurance products tailored to meet the specific needs of not for profit organisations and community groups throughout Australia. Alternatively the group can organise insurance themselves or through a broker of their choice.

Adult Literacy Programme

Applications are now being invited from **currently practising WA-based Adult Literacy / ESL Teachers** to participate in the **Teach Me Grammar Programme 2016**.

Funded by the Department of Training and Workforce Development, this program is **free** to all participants. The new program is scheduled to **start in mid-February, finishing in late November 2016**.

Applicants from regional areas may apply for a scholarship to cover travel, accommodation and meals costs associated with attending the program.

The deadline for lodgement of applications is 5.00pm Monday 23 November 2015, with successful applicants being notified by Friday 27 November 2015.

Queries may be directed to Geoff Pearson on (08) 9330 8989

WritingWA Awards

The writingWA Awards, first established in 2013, take a unique position in WA's literary landscape, specifically addressing the needs of aspiring writers in regional communities and investing in the development of manuscripts to a publishable standard.

Each prize provides professional development support in the form of mentoring and editorial guidance valued at \$6,000.

The Awards consist of two individual prizes:

The Curtin University Prize for Fiction and

The State Library of Western Australia Prize for WA History.

There is more information on writingWA's website at www.writingwa.org including conditions and entry forms.

Lake Grace Pingrup

Football Club (Inc)



Annual General Meeting

Thursday 19th November 2015

Lake Grace Sportsmans Club @ 8.00pm

Election of office bearers for 2016

Season 2016—update & discussion

All current and prospective players, sponsors, volunteers and supporters are welcome to attend

Enquiries or apologies to: ghpmcarr@bigpond.com

Royce Taylor / John O'Neill (Co-Presidents)

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Office 9865 1092 all hours Fax 9865 1328

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RTA NO :AU29828

Every Little Bit Helps (cont.)

the beautiful display of rugs and toys before settling down to learn more about where the crafted goods were heading and how they are going to be utilised.

Thousands of volunteers Australia-wide contribute to the Wheelchairs For Kids project and the crocheting/knitting ladies of Lake Grace are humbled to be involved in such a worthwhile endeavour. Each custom-built wheelchair is fully adjustable to grow with the child, with one in six fitted with postural supports. They are packaged up with one or two lap rugs (dependant on the climate), a tool kit, two tennis balls and a soft, cuddly toy. For most recipients, this is their first toy to love.

Via the World Health Organisation, the wheelchairs are only sent to places where there is someone who is able to fit the child to the chair, such as a community health worker and the benefits are life-changing. Children who have previously been relegated to live on the floor are able to get up off the floor, to eat at the table, to go to school and to go out into the field with their

families. Parents who previously carried their children to school are able to send them off to school being independently pushed along by siblings and are therefore freed up to work and earn a wage.

In 2015 the 30,000th wheelchair was sent off, marking a significant milestone. What a remarkable achievement for all involved. If you would like to learn more, please visit <http://wheelchairsforkids.com>

Lions Christmas Cakes

Will be available soon. Small & Large.

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usual outlets.

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**Rotary District 9465
Rotary Youth Leadership Awards 2016
Leadership through Self-Awareness**

NOMINATION PACKAGE

CAMP DETAILS

Nominations Close: 15th November 2015

Camp Dates: Sunday 17th January to Sunday 24th January 2016

Camp Location: Serpentine Camping Centre, 22 Transit Road, Jarrahdale

If you are 18-28 years of age and you are
A young leader or want to be a young leader in your community
Interested in developing your leadership skills
Wanting a network of young leaders and to make new friends
Excited for a week of fun

Then we are thrilled to invite you to nominate to attend the Rotary Youth Leadership Awards for 2016. Please complete the nomination form and return it to our applications co-ordinator. We will be in touch with you once we receive your nomination. If at anytime you have a question please contact the following:

PLEASE ADDRESS ALL NOMINATIONS AND MONETARY QUERIES TO:

RYLA APPLICATIONS CO-ORDINATOR:

Post: PO Box 124, Burswood, WA. 6100

Email: ryla@rotary9465.org.au

PLEASE ADDRESS ALL GENERAL QUESTIONS TO:

RYLA CHAIR: JODIE SPARKS

Email: jodiesparks@iinet.net.au

Phone: 0412 329 859

RYLA HEAD FACILITATOR: DONNA HERDMAN

Email: RYLA9465@live.com

Phone: 0427 131 349

If you ever have any questions about the camp or the application process please feel free to contact us and we will endeavour to get back to you as soon as possible.



Wheatbelt NRM

- helps landholders protect native animals by conserving remnant bushland on their properties
- has information on our website about baiting, trapping and shooting feral foxes.

plus we have*

- cage traps for loan
- baiting subsidies available

(*For landholders in the Avon River Basin, with remnant vegetation they wish to protect.)

To find out more, contact:

Anika Dent on (08) 9670 3100
adent@wheatbeltnrm.org.au



National
Landcare
Programme



This project is supported
by Wheatbelt NRM
through funding from
the Australian Government's
National Landcare
Programme.



wheatbelt
natural resource
management

www.wheatbeltnrm.org.au/ferals

www.wheatbeltnrm.org.au/cagetraps

Harvesting Seasonal Fruit

Alison Dines

It's mid-Spring here in Lake Grace, and my mulberry tree is overflowing! The kids have been raiding the tree daily but there are still plenty of good ones left. As always I've found myself lamenting the fact that we only seem to harvest a small percentage of the crop, while the rest fall to the ground and so last weekend I decided to do something about it.

I started off picking by hand. While this is the best way to get only the ripe ones, it's also the slowest way (and I could only reach the lower branches). It was time to try a new technique, a much easier and faster way to harvest them. I split the seams of a few new plastic garbage bags, spread the plastic sheets on the ground and lightly shook a branch. The ripe mulberries came thundering down! Once I had one section of the tree fairly clear, I inspected the haul, picked it over to remove the useable fruit and weighed it. Turns out I collected 3 kilos of fruit just in my first shake! I then shook out the plastic sheets into the chook pen and moved on to a different section.

Within half an hour I had more than enough berries, so after inspecting them for any stray bugs I put the mulberries in a sink of cool water for a few minutes to

clean them off and make sure all the bugs were out. Didn't really worry about the stems -- they're soft and edible. Strained them all and spread some out to dry before popping them into the freezer to use at a later date.

The rest became delicious jam, sauce, pie-filling and sweet, tasty gourmet vinegar. Yummo!

For Sale

Farm machinery on behalf of J & J Bennett

Brereton field bin 25t, hyd jack lift. \$5,500 inc GST ono

Sherwell field bin 25t, \$4,400 inc GST ono

Wool press-eckersley-horizontal w/- hyd power pack - make an offer

Wool table-pipe roller type. \$220 inc GST

Shearing grinder w/- discs & clamp. \$165 inc GST

Proline post hole digger manual operated. \$330 inc GST ono

Contact Allan Marshall mob 0427 943 291

Email amarshall4@bigpond.com

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Pioneer Water Tanks supply rural Australia with water tanks for all types of farming and domestic applications. Built with strong and durable BlueScope Zinalume® or Colorbond® steel, **Pioneer Water Tanks** can be designed to fit your environment.

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Mobile: 0427 824 063

Email: barry@priceserections.com.au

www.pioneerwatertanks.com.au



Price's Erections - design, fabricate and erect custom-made sheds.

Cooking With Seasonal Fruit

Alison Dines

With mulberries being so delicious, nutritious and plentiful it makes sense to cook with them while you can. Here are three recipes that you might like to try...

Mulberry Pie:

-4 cups mulberries -1/4 cup corn flour -3/4 cup sugar -1/2 cup water -2 tblspns lemon/lime juice
Add sugar to mulberries in a saucepan. Mix cornflour well with water, (shaking it in a lidded jar efficiently dissolves the lumps). Add to berries. Add juice and mix. Gently cook over medium heat until mixture thickens and juice becomes clear. Either pour into a pre-baked pie shell or blind-baked shortcrust pastry. Cool, serve and enjoy with custard, cream or ice-cream.

Mulberry Vinegar:

-12 cups mulberries -3 cups white vinegar -10 to 12 cups sugar -muslin cloth or fine strainer
In a large bowl, mash the clean mulberries. Boil the vinegar and pour it over the berries whilst still boiling hot. Mix thoroughly then cover with a towel for 3 days, mixing regularly with a wood spoon. On the fourth day strain and measure the juice into a large saucepan. To each cup of juice add one cup of sugar. Boil together for 5 minutes. Pour into sterilized jars and seal. When ready to use, pour 2 tablespoons of mulberry vinegar into a jar, glass or jug. Fill with about 3/4 cup water and ice. Mix and enjoy over salads.

Mulberry Sauce:

-4 cups mulberries -1.5 cups brown sugar -1 tablespoon each of cloves and allspice
Mash the mulberries in a medium heavy-based saucepan. Add sugar and spice (and anything else nice!) Bring to boil. Simmer until thick, stirring often. Bottle and seal. Enjoy over cold meats.



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Aussie Workplaces Reminded to slip, slop, slap

Media Release

Cancer Council Western Australia has launched a new sun protection campaign, introducing 'Sonny Burns – tradie and self-appointed UV spokesperson' – to speak to the 50% of outdoor workers revealed to be still missing out on sun protection.

'Sonny Burns' will talk to self-employed workers and those employed in very small enterprises through the new website www.UVDaily.com.au as well as radio and social media.

Cancer Council WA SunSmart Manager Mark Strickland said 'Sonny Burns' will remind those workers who do not have the benefit of formal occupational health support about the need to cover up at work.

"Self-employed tradies told us that they know the dangers of too much sun, but that the pressure of work often meant hats, shirts and sunscreen were left behind. What they wanted was a simple reminder to cover up, delivered in a fun way. So Sonny will be on the radio early in the mornings and he will Tweet and post Facebook reminders too. His delivery is light hearted, but his message is deadly serious" said Strickland.

The launch comes as new Cancer Council research

released last month shows that some Australian workplaces are still neglecting their duty of care and failing to protect their employees from harmful UV radiation, with around one in two workers who spend time outside missing out on sun protection.

The data, from Cancer Council's National Sun Protection Survey, is a reminder to Australian employers to help protect their employees' skin to reduce their risk of skin cancer.

Chair of Cancer Council Australia's National Skin Cancer Committee, Vanessa Rock, said the number of Aussie workers spending long periods outdoors unprotected was 'alarming'.

"Over 2.5 million Australians spend half or more of their working time outdoors, yet only half of those working outdoors say their workplace has a sun protection policy in place. There has been a minimal increase in the 10 years since our first survey."

Ms Rock said that with estimates suggesting that 34,000 non-melanoma skin cancers and 200 melanomas each year were linked to the workplace each year**, it was vital workplaces helped their employees protect themselves in the sun.

You are invited to Newdegate CRC

SHOPPING DAY

Join us for a day of retail therapy at the
Community Resource Centre!

Thursday 3rd December 2015
9.30am - 4pm

\$5 entry fee includes morning tea, afternoon tea, raffle ticket & a gift bag.

We're bringing some great new products & services to Newdegate!
Get your Christmas shopping done early or spoil yourself with something special....and support small business!

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. Intimo . Your Inspiration at Home . Scentsy . Tupperware .
. BodyShop . Christine Beauty Therapy for Women . Avon .
. 4Paws Pet Care . Illuminate Bodycare . and many more



BEAUTY WITH HEART



Aussie Workplaces Reminded to slip, slop, slap (cont.)

"Australian workplaces have a duty of care to protect their employees from health and safety risks – we know anecdotally that bigger businesses are getting the message and doing more to protect their employees in the sun, but based on this latest data, many employers aren't doing enough when it comes to UV protection."

"Outdoor workers are exposed to UV for longer periods of time throughout their working life and therefore receive significantly more UV radiation than indoor workers," Ms Rock said.

"As a result, they have a much higher than average risk of developing skin cancers.

"Unless employers do more now, we can expect to see a continuing increase in workplace related skin cancer cases and an increasing number of workplace compensation claims. Employees should also take responsibility for their own health and make sure they protect themselves when working outdoors."

Cancer Council Australia advises that sun protection for outdoor workers is important year-round because of the additional UV exposure they receive. Providing portable shade wherever possible is also beneficial, but when outdoor work is unavoidable, providing protective clothing, sunscreen and broad brim hats are key.

Ms Rock said there were clearly gaps in current practice that Australian workplaces should address. "Our research shows only one in two outdoor workers were provided with sunscreen, and less than one in three portable shade. Two in five outdoor workers were provided with hats."

"For Australian workers sun protection should be a tool of the trade – it's as important to workplace safety as shoes or high visibility clothing. Whether Australian workers are involved in building and construction, farming or outdoor retail, sun protection is vital."

For more information, head to www.uvdaily.com.au/taking-action/ or www.myuv.com.au/exposure-at-work/

CCL Hardware

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GO WHERE THE TRADIES GO

The proper hardware store

November's here already so you know what that means...
Christmas is just around the corner!

We are getting in more fresh seedlings and plants weekly. So if there are any bare spots in your garden now's the time to plant so it looks great for Christmas.

Our Summer Dogalogue is out with lots of great bargains. Just remember—if we don't have it in stock we can get it. Orders are done every Wednesday to be received by the following Wednesday.

Christmas lights coming soon, with great present ideas to follow.

Mister Manners

Email Etiquette



It is important that whether for business or personal use that you follow the basics of email etiquette. We will cover for you some of the top tips for email etiquette that everyone needs to be aware of and follow. While we don't have enough space to cover everything, this will get you started.

- Choose your email address wisely. It will determine, in part, how you are perceived. billbloggs@mail.com is much easier to remember than billy_the_blogster@yahoo.com and sounds much more professional; try to think how a prospective employer will view it.
- Do not use patterned backgrounds, fancy fonts, coloured fonts or overuse emoticons. This all makes your email harder to read.
- Address your contact with the appropriate level of formality. Make sure you spell their name correctly and that your email includes a courteous greeting and closing. This helps to make your email not seem demanding or terse. A few additions of the words "please" and "thank you" go a long way!
- Use proper sentence structure, don't over use exclamation points or question marks and spell check - emails with typos are simply not taken as seriously. Don't type ALL IN CAPITALS, this is shouting or overuse **bold type** to emphasize a point.
- Limit the size of your attachments to prevent clogging up the receiver's inbox. If sending large attachments, always "zip" or compress them beforehand. Make sure the receiver has the same software as you before sending files or they may not be able to open your attachment. Use PDF when possible.
- Refrain from using the Reply to All feature unless requested, not everyone is interested in your response.
- Be sure the Subject: field accurately reflects the content of your email.
- Make one last check that the address or addresses in the To: field are those you wish to send your email to. The Cc: field is for those who you are FYI'ing and if using the Bcc: field, make sure your intention is proper. To send Bcc: copies to others as a way of talking behind someone's back is inconsiderate. In saying that, never expose your contact's email address to strangers by listing them all in the To: field. It is appropriate to use Bcc: in this instance.
- Never use an old email to hit reply and start typing about an entirely new topic.

- With emotionally charged emails, wait until the next morning to see if you feel the same before clicking Send.
- Take the time to review each email before clicking Send to ensure your message is clear and you are relaying the tone that you desire.
- When there is a misunderstanding by email, don't hesitate to pick up the old fashioned telephone to work things out!
- Before getting upset because you perceive someone didn't respond, check to see if their reply was inadvertently deleted or sent to your Junk folder.

And finally... Type unto others as you would have them type unto you!

Shoprider Gopher

*Front mudguard has a few cracks
but this does not stop gopher
being functional.*

*Has sunshade canopy and shopping
bag at the back.*

*Paid \$3,500
with cracked
mudguard,
open to
offers.*

*Phone or text
Julie on
0428 847 565.*



How Does Littering Make You Feel?

Media Release

Show us in ten seconds or less and you could be starring in our next cinema ad.

When you see :

- That dumped couch on the side of the road...
- The neatly placed empty stubby by the gutter...
- That cigarette packet on a pristine beach...
- Empty fast food bags thrown from a car window...
- Cigarette butts around that lovely street tree...

We want to know...how does littering make you feel?

According to the many people we speak to, mindless littering stirs up lots of emotion.

So, rather than keeping your feelings to yourself, we are offering you the chance to get them out and share them with us and others.

Show us with your body or show us with your face but let us know how littering makes you feel... without saying a word!

All entries go in a draw for an iPad mini and we will be choosing our favourites to be included in an anti-littering cinema ad!

The Brief:

- Supply video taken on a smart phone (high definition)
- Show just emotions – i.e. no talking required but sounds, body movements and facial expressions are allowed
- Shoot the video in front of a plain background
- No more than 10 seconds in length
- Supply a still shot as well

All entries will be considered for inclusion in an upcoming cinema ad, due out early 2016 and we will be sharing on Facebook and Instagram.

Entries close Monday 23 November at 5.00 pm, so get filming and pass this on to your friends, family and all those who might like to share how they feel with us. All ages are encouraged to enter.

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Athlete Travel Subsidy Scheme

Media Release

Funding for the Athlete Travel Subsidy Scheme is now open. The grants provide funding assistance to Western Australian Athletes who aspire to reach their full sporting potential.

The Athlete Travel Subsidy Scheme (ATSS) is an initiative supporting athletes who have progressed into the high performance pathway of their chosen sport and are pursuing regional, state and national representation.

Eligible athletes can receive funding for out-of-pocket travel and accommodation expenses directly related to competitions and programs in accordance with the performance level categories and eligibility criteria outlined in the application guidelines.

Subsidies for regional athletes are provided through the State Government's Royalties for Regions Program. Metropolitan athlete subsidies are provided through funding from the Department of Sport and Recreation.

Before you begin your application

- Only individual applications can be accepted (no team applications).
- Only one application per athlete per sport per round

will be considered for support.

- Ensure that the event you are competing in is approved by your State Sporting Association.
- Ensure that you have been selected via the high performance pathway established by your State Sporting Association.
- Athletes are eligible to apply for ATSS more than once per financial year, provided any subsequent application is for a different performance category.
- If successful, your funds will be paid directly into your bank account, therefore, please ensure you provide your correct bank details to avoid any payment delays.
- The Department reserves the right to randomly audit successful athletes as outlined in the Terms and Conditions.

Read the guidelines and have all the required information at hand before proceeding online, as you will not be able to save your information if you need to exit your application.

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UK Sugar Consumption Report Sweetens Deal on Calls to Tackle Aussie Obesity Crisis

Media Release

The release of a new UK public health report on policy measures to curb sugar consumption has sweetened the deal on Heart Foundation calls for action against Australia's growing obesity crisis.

The report, *Sugar Reduction: The evidence for action*, compiled by the Government's advisory group, Public Health England (PHE), outlines a range of policy recommendations that it says need to be implemented to reduce the consumption of sugary foods and drinks that are fueling the UK's obesity crisis.

The report's recommendations include the introduction of a tax on high sugar food and beverages, a restriction on advertising of all sugary products across all media, including online, and a reduction on the marketing of unhealthy products to children and two-for-one deals in supermarkets.

The Heart Foundation continues to call on the Government to develop and implement a comprehensive national obesity prevention strategy that includes:

- Moving as quickly as possible to make the new health food stars rating system compulsory for packaged food products;

- Opposing the marketing of junk food to children on social media and outlawing advertising of these products during TV programs popular with children, including sports broadcasts;
- Exploring a health levy on sugar sweetened beverages;
- Renewing and strengthening the national food reformulation program to reduce excessive sugar, fat and salts in processed food.

National Heart Foundation CEO, Mary Barry said the UK report mirrors the Heart Foundation's call for decisive policy action to tackle our country's growing obesity crisis.

"The release of the UK's recommendations show there is universal consensus on the severe impact of sugar-sweetened beverages (SSBs) on our children's health and the action that is needed to curb the local and global obesity epidemic," Ms Barry said.

"There are many known health consequences associated with excessive and regular consumption of SSBs and obesity, including heart disease and type 2 diabetes, with the problem also placing immense cost and burden on the public health system.

"It is vital the Government takes a strong policy and regulatory stance that echoes community concern over the role SSBs play in our growing obesity crisis if it is to ensure the future of our children and economy. "By taking the hard line, the Government will send a strong signal that obesity, and its subsequent health consequences and economic burden, is a serious issue worthy of immediate intervention."

Last week the Australian Bureau of Statistics (ABS) released alarming figures showing the average sugar intake via SSBs for males aged 14–18 years, the highest consumers of SSBs, was equivalent to 16 teaspoons or 68 grams on the day prior to the interview, with the average intake overall equivalent to 13 teaspoons, or 54 grams.

"Children and young adult Australians are becoming more overweight, faster than any other age group with one-quarter (25%) of children aged 2–17 and one-third (35.5%) of Australians aged 15 to 24 years considered overweight or obese," Ms Barry said.

"Preventing weight gain in our younger generations today is fundamental to our collective future tomorrow."

The Heart Foundation is playing a pivotal role in reducing the impact of SSBs and an unhealthy diet has on Australia's population through its role in the LiveLighter and Rethink Sugary Drink educational campaigns.

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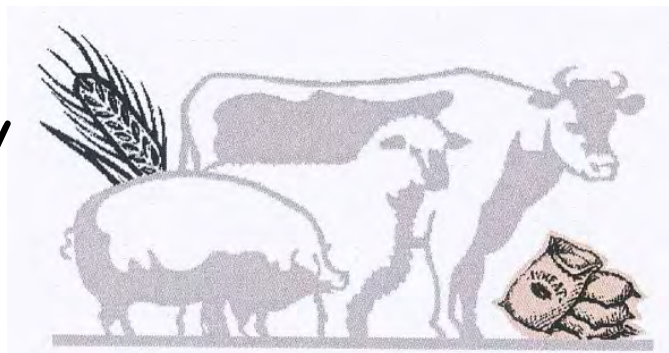
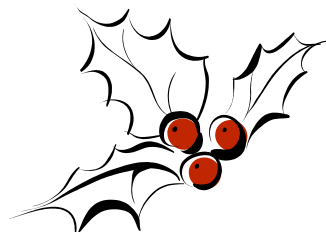
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CSIRO Comes Out Swinging

Media Release

CSIRO is launching a massive eight-person energy generating swing at one of the nation's most prominent locations to kick start a conversation about energy sustainability in Australia.

During November, thousands of Australians will hop on the swing and see their movements turned into energy to power a stunning light and sound installation.

Each swing powers a light above its seat and an original ambient music composition that changes with the speed and strength of your swinging. When all eight seats are in motion the word 'INFINITY' is illuminated.

The Infinity Swing will be opened at Customs House Square in Sydney until 8 November before heading to Federation Square in Melbourne from 16 to 21 November.

CSIRO research director, Glenn Platt, said the Infinity Swing aims to spark a conversation about how energy can be sustainable and affordable for every Australian now and into the future.

"As the swing shows, energy isn't easy to generate – just look at how hard you need to swing to light up a letter," Dr Platt said.

"Energy isn't frivolous and it isn't free, so the challenge for Australia is how to keep energy affordable and available while protecting our planet.

"CSIRO has got some of the brightest minds in the country developing solutions to this challenge, and the good news is that they don't involve cold showers, warm beer or other dramatic changes to people's lifestyles.

"The answer lies with innovation, and it's at the heart of what we do."

Energy sustainability is one of the greatest challenges facing the world.

Cost, electricity demand, emergence of new technologies and environmental imperatives will all have an impact on how our energy is sourced in the future.

"Getting the energy mix right is an opportunity for Australia," CSIRO Executive Director Dr Alex Wonhas said.

"The CSIRO Infinity Swing is about starting this discussion and showing the community how science and technology has a key role to play in developing smart energy efficient solutions.

"These technologies are allowing people in Australia to continue to do the things that they love, but with greater comfort, more affordability and less emissions."

The CSIRO Infinity Swing will be open to the community for free from 7:30am to 10:00pm on weekdays and from 10am to 10:00pm on weekends.

Representatives from CSIRO will be on hand to discuss their ongoing energy research.

The community can access more information about the CSIRO Infinity Swing, the organisation's energy innovations and practical energy efficiency tips for in the home on the Infinity campaign website.

CSIRO's top energy innovations

You may have heard of CSIRO as the people that invented wi-fi, or more recently 3D printed a heel that saved a man's foot, but the organisation's energy credentials are equally impressive.

- **OptiCOOL** – a unique air conditioning and cooling system that responds to how you are feeling, saving

Continued next page

Microchipping Is Your Pet Microchipped?

From 1 November 2015
Microchipping is Mandatory for
ALL cats and dogs.



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make an appointment

Mikaela Knill
0438 926 196

4Paws
Pet Care

CSIRO Comes Out Swinging (cont.)

money and lowering emissions. Commercialised by BuildingIQ in 2009, the technology now controls more than 20 million square feet of floor space in Australia and the US, including the iconic Rockefeller Centre in New York.

- **UltraBattery** – this super-fast charging battery is 70 per cent cheaper to produce than other similar performing batteries, but with a life cycle that's two to three times longer. Commercialised by Ecoul, it can store renewable energy and is being used in Honda's hybrid car, the Odyssey.
- **AccuRate** – a software tool that's the industry benchmark for assessing the energy efficiency of homes, helping Australians move into a new era of comfort and energy efficiency.
- **Supercritical steam** – CSIRO is using solar energy to generate hot and pressurised 'supercritical' steam, at the highest temperatures in the world, outside of fossil fuel sources. This local clean energy breakthrough has been taken to the world, with heliostat solar fields installed in Cyprus and underway in Japan.
- **Eddy home energy app** – a new tool that allows

people to control their electricity consumption remotely at any time. It's been commercialised by Australian company HabiDapt and is currently being trialled in Western Australia and Queensland.

- **Printable solar cells** – Through the Victorian Organic Solar Cell (VICOSC) Consortium, CSIRO and its research partners have come up with the materials and processes to produce Australia's largest thin, flexible photovoltaic solar cells based on printable 'solar inks'. These are so thin that they can cover most surfaces and will allow us to use solar power in different ways.

Longwall automation – CSIRO in partnership with the coal industry developed an underground automation system that isolates people from mining hazards while improving productivity by up to ten per cent. Most underground coal mines in Australia are using the technology, boosting employee safety.

The Wembley Theatre Company Presents
The Adventure of Dick Whittington & His Cat
 A pantomime by Nicholas
 Friday 7th November
 Kulin Memorial Hall
 Adults \$15 Children \$10
 tickets available from Kulin Community Resource Centre or on the door
CANCELLED!!
 CANCELLED DUE TO LOW TICKET SALES.
 BACK IN 2016
 FOR MORE INFORMATION PLEASE CONTACT THE KULIN CRC
 for more information contact Kulin Community Resource Centre
 PH 08 9880 1021 or E crcounter@kulin.wa.gov.au
 Kulin Community Resource Centre
 your local association

PUBLIC NOTICE RESULTS OF ELECTION

Results of the election for President & Deputy
 President held 21 October 2015



	Candidate	Votes
President	ARMSTRONG, Len	4
	WALKER, Andrew	4
	WALKER, Andrew	By drawing of lots

Therefore Cr Andrew Walker is elected as President for the Shire of Lake Grace and will hold office until October 2017.

	Candidate	Votes
Deputy	CHAPPELL, Ross	3
	DE LANDGRAFFT, Jeanette	5

Therefore Cr Jeanette De Landgrafft is elected as Deputy President for the Shire of Lake Grace and will hold office until October 2017.

Neville Hale
 Chief Executive Officer

Lake Grace Cricket Club (Inc.) News and Notes

Reid Stubberfield

Week three of the 2015/16 cricket season saw the first ever twenty/twenty game in Lake Grace between Lake Grace and Newdegate. The game worked very successfully and was very well supported with bay thirteen packed for most of the afternoon. Lake Grace batted first and started very steadily setting a great platform of 3/55 after ten overs. A very handy partnership between Matt Trevenen (48) and Brayden Reynolds (22) pushed us past 100 before the tailenders finished off carrying the team to 9/123 off our twenty overs.

Newdegate started the chase very quickly with Scott Parr scoring 19 off 8 balls before getting out in the second over. After that the screws slowly tightened with some great bowling and very handy fielding holding Newdegate in check. Wickets fell quite regularly until Newdegate was all out for 76 off 16 overs. Aidan Marks bowled well taking 3/25 and new recruit Rohan Trevenen took 2/13 in his first class debut.

Week four saw Hyden travel to Lake Grace to start the second round. Lake Grace won the toss and decided to bat first and got away to a great start to be 3/75 after 16 overs with a very unlucky Ashton Gray out for 49. This saw Matt Trevenen (108 retired) and Alex Duckworth (69 retired) meet in the middle for an unbeaten 184 run

partnership that carried us to 4/261 after 44 overs. Well done to Matt on his first ever century for LGCC, it was great to watch even if unorthodox at times.

Hyden started steadily before Stephen Korosec struck with two wickets setting up a hat trick chance which narrowly missed. Wickets continued to fall steadily with the workload shared between the bowlers. Hyden were all out for 104 after 33 overs with former Lake Grace resident John Burns (46 no) carrying his bat through the whole innings. Lake Grace best bowler was Stephen Korosec 3/23 off 10 overs.

The cricket club backed up the game with an extremely well supported Halloween themed steak night hosted at the Sportsman's Club afterwards. With over fifty steaks cooked the night was very successful. Thank you to all the players, partners and Letty Leo for helping out and Dean Sounness for fetching more steaks for us. Congratulations also go to Leon Clarke best dressed adult and Zac McPherson best dressed kid for getting into the festivities.

This coming week sees a rematch against Hyden once again in Lake Grace starting at 12:30 so please come along and get behind your local cricket club.



Poolwise Living is looking to be a more regular fixture in the Lake Grace Community and surrounding areas.

Our Pool & Spa Mobile Service division has recently gained 6 clients in Lake Grace and we would like to increase that number to help keep the cost to a minimum.

We have a dedicated service division with qualified technicians waiting to help with all your swimming pool needs. We offer a range of services from:

- Regular or One Off Maintenance
- Green Pool Cleans
- Equipment Sales, Repairs & Installations
- Sand Changes & Filter Servicing

For more information or to join our growing list of Lake Grace Clients, contact Mary on 9276 1074 or email her at psms@poolwiseliving.com.au

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for any quotes or enquiries

we can help you with.

The Wrong Bias

Sonya McSwain

On the 24th October we found ourselves playing Newdegate at home. The idea of a home ground advantage had nothing to do with our scores.

Even the men that shone so brightly the week before, must have forgotten to turn their lights on. To their credit they managed to win one game, and as for the ladies, well someone must have taken out the entire wiring and the switch.

But not to be perturbed, we faced another opposition on the weekend where we travelled to Karlgarin. This time things looked really good, not only did the sun shine, but the lights did as well. The men won all their games and the ladies won one game. There is a little glimmer of light for the ladies.

I would like to thank the ladies and men who were dragged off the street for filling in for us over the last two weeks. As strange things happen and we ended up a bit short for our bowling teams. It is greatly appreciated, and don't think you're safe, because it just may happen again.

The Calendar.

November

Saturday 7th - Pennants Kukerin v Lake Grace at Kukerin. Bus leaves at 12.45pm.

Sunday 8th - Pairs Championships. Names in by Noon. Start 12.30pm. Please wear your uniforms.

Wednesday 11th - Corporate Bowls. Start 6.00pm

Thursday 12th - Training at 5.30pm.

Saturday 14th - Mixed Fours. Trophy Day. Names in by Noon. Start at 12.30pm. Please wear your uniforms.

The last bit.

If you all could bring a plate of afternoon tea for the Pairs and the Mixed Fours events. Thankyou.



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Puzzles & Stuff

Some words from the 22/10/2015 edition of Boggle

Regularly
Gallery
Regally
Allergy
Largely
Regular
Arguer
Laurel
Ullage
Rarely
Allure
Grayer
Gulley
Auger
Early
Glare
Gluey
Gruel
Lager
Legal
Unger
Ruler
Regal
Earl

Gale
Gley
Gyre
Luge
Lyre
Rage
Aery
Rare
Rear
Rely
Urea
Urge
yare
Year
Yell
Yule

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

Answers to 22/10/2015 Sudoku

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

P	A	Y
G	E	A
R	T	N

This week's Boggle

TO MAKE THE MOST FROM YOUR FERTILIZER INVESTMENT



Call Tony Carew- Reid

☎ 0427 766 517

Dumblenyng
Kent
Lake Grace

Talk to me about all your fertilizer requirements.

Our New Seasons Fertilizer Supply Offer is out now.

Ask me about the new Vigour NPK compound fertilizer coming soon.

SUMMIT 
QUALITY TECHNICAL SERVICES

GUSTO

MAPS2C

**MAXam
FLO**

VIGOUR

**SUMMIT
FERTILIZERS**

PUBLIC NOTICES

Lady Doctor

Dr Linda Haines will be in Lake Grace on the 5th and 6th November; and the 3rd and 4th December. Please call the Lake Grace Surgery on 9865 1208 for appointments.

CWA Meeting

The next CWA meeting will be held on Tuesday 10th November at 5:15pm.
All members welcome.

Gopher Maintenance

Are any of the gopher drivers interested in a visit from Calibre Care in Albany to service their gopher?
If so contact the CRC on 9865 1470.

Senior Citizens Luncheon

Thursday 3rd December.
Catered by LGDHS P&C
Contact Vynka Lay to RSVP
on 9865 1071

Community Midwife

Sandy Slee the Community Midwife will be coming to Lake Grace the first Tuesday every month until further notice.

Lake Grace Sportsman's Club

Will be running a meat raffle, \$2 per ticket, sold at the bar. Run on Friday night and drawn on Saturday night.

Lake Grace Gym Club AGM

Wednesday 18th November 1.30pm
CRC Conference Room
Enquiries Vynka Lay
Phone 0429 651 072

Sally Dickinson

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

WORK WANTED

Work Required at Harvest
Bin Chaser or Truck Driving With MC Licence, willing to live in Farm
Accommodation or will be located at Lake Grace. Please Phone Marco 0410 46 46 45.

CHURCH TIMES

Anglican Church of Lake Grace

Sunday 8th November
No Service

Sunday 15th November
Lake Grace 9:00am

Enquiries: Father Dave 0427 545 560
Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 8th November

Lake Grace	8am
Kukerin	10am
<i>(Cemetery Mass)</i>	

Sunday 15th November *(Cemetery Mass)*

Ravensthorpe	8:30am
Varley	11:00am
Lake Grace	5:00pm

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

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Camera Club	Nicole Argent	0428 315 773	knargent@bigpond.com
Craft Group	Meet at the CWA Building Saturdays from midday onwards		
CWA	Irene McGlinn	08 9865 1148	irenemcglinn@bigpond.com
Early Learning Centre (Daycare)	Chloe De Frenne	08 9865 2568	lakegraceelc@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Amy Jones	0400 206 321	lakegraceplaygroup@mail.com
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Amanda Trevenen	0488 216 601	amanda.harrower@hotmail.com
Summer Sport			
Lake Grace Bowling Club	Claire Pelham	0457 207 749	richie21claire@yahoo.com
Lake Grace Cricket Club	Shaye Bowron	0428 652 556	shayebowron97@gmail.com
Lake Grace Swimming Club	Anke Stoffberg	0439 903 411	stoffberg@westnet.com.au
Lake Grace Tennis Club	Kristie Stanton	0427 973 206	kristiehobley@hotmail.com
Tarin Rock Tennis Club	Kevin Naisbitt	0427 649 043	jenakora@bigpond.com

Crisis Care Numbers

Doctor's Surgery - 9865 1208	Electricity Faults - 13 13 51
Hospital - 9890 2222	Water Faults - 13 13 75
Ambulance/Fire/Police - 000	Directory Assistance - 1223
55 Central Men's Refuge 9272 1333	Family Helpline 1800 643 000 / 9223 1111
Sally Dickinson 0427 192 155 <i>Southern AgCare Counselling</i>	Kids Helpline 1800 55 1800 www.kidshelp.com.au
Poisons Information 13 11 26	Ngala 9368 9368 www.ngala.com.au
Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Relationships Australia <i>Fair Programme</i> 9336 2144 www.wa.relationships.com.au 1300 364 277
Lifeline Australia - 13 11 14 www.lifeline.org.au	Beyond Blue - 1300 22 4636 www.beyondblue.org.au
Seniors Information Services 9321 2133 www.cotawa.asn.au	Citizens Advice Bureau 9221 5711 www.cab.wa.com.au
Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au	Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au
Main Roads - 138 138	

Justices of the Peace

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

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Andrew Walker (<i>President</i>)	9865 1241	9865 1921
Len Armstrong	9871 1334	9871 1317
Ross Chappell	9865 4058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Jeanette de Landgraft	9838 9062	9838 9041
Steve Hunt	9865 1650 0427 651 585	
Allan Marshall	9865 3022	9865 3012
Dean Sinclair	9874 7045	9874 7005
Murray Stanton	9865 1329	9865 1223

COMMUNITY CALENDAR

November

Fri 6 Fish & Chips at the Sportsman's Club
Hand patchwork workshop at CRC
Dr Linda Haines in Lake Grace
Driving Assessor in Lake Grace

Sat 7 Craft Group at CWA 12 noon onwards
Rubbish tip open
Ferrous Workshop
Meals at the Sportsman's Club
Cricket - Lake Grace v Hyden
Pennant Bowls - Kukerin v Lake Grace

Sun 8 Rubbish tip open
Bowls - Pairs Championship
Ferrous Workshop

Mon 9 Rubbish Collection & rubbish tip open

Tue 10 Chair Aerobics 10:45am at Village Hall
SOYF Seniors Program-10am @ Shire Hall
Men's Shed 9.30am-12 noon
Weight Watchers @ Village Hall
Primary Health Physiotherapist in LG

Wed 11 Rubbish tip open
HACC Activity & Morning Tea 10-11:30am
LG Gym Club AGM
Corporate Bowls at 6pm
LGDHS Remembrance Day Service at RSL

Thur 12 Playgroup (9:30am—11:30am)
Toy Library (9:45am) at RSL
Cricket Training
Bowls Training

Fri 13 Hand patchwork workshop at CRC
HACC bus outing
Fish & Chips at the Sportsman's Club

Sat 14 Rubbish tip open
Craft Group at CWA 12 noon onwards
Meals at the Sportsman's Club
Old Time Dance @ Hyden
Bowls - Mixed Fours

Sun 15 Rubbish tip open

Mon 16 Rubbish Collection & rubbish tip open
Recycling Collection
Lakes Link News Deadline

Mon 16 Swimability in Narrogin

Tue 17 Chair Aerobics 10:45am at Village Hall
SOYF Seniors Program-10am @ Shire Hall
Men's Shed 9.30am-12 noon
Weight Watchers @ Village Hall
Building Surveyor in Lake Grace
Pharmacy Christmas customer night
Primary Health Physiotherapist in LG
Foot Clinic

Wed 18 Rubbish tip open
HACC Activity & Morning Tea 10-11:30am
Lake Grace Gym Club AGM
Shire Council meeting

Thur 19 Lakes Link News Published
Cricket Training
LGP Football Club AGM
Bowls Training

Coming Events

27th November - Christmas Remembrance
1st December - Community Midwife in Lake Grace
1st December - Building Surveyor in Lake Grace
3rd December - Dr Linda Haines in Lake Grace
3rd December - Shopping day at Newdegate
4th December - Dr Linda Haines in Lake Grace
4th December - Driving Assessor in Lake Grace
11th December - Late Night Shopping
16th December - LGDHS Concert Night
19th December - Pingaring 90th Christmas Tree

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

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.

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