

LAKE GRACE LINK NEWS

Produced at the
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A Mans Shed is His Castle

Suzanne Reeves



Lake Grace Shire President Jeanette de Landgraft and Mens Shed President Phil Clarke unveiling the plaque. Photos by Arthur Slarke and Allan Zweck.

Every man needs a shed and the men of Lake Grace have done themselves proud with the official opening of their new shed now old news.

Situated in what was Apex Park, the new 20m x 7m colourbond shed is adjacent to what was the old St John Ambulance Sub Centre which the men have now taken over as their meeting rooms come social area. A hive of activity every Tuesday morning, the site was a positive swarm on Saturday 28th October as more than 80 community members and invited guests converged

to celebrate the official opening of the Lake Grace Men's Shed.

It has been ten years since that first meeting at the Fire Brigade to gauge interest, but a project worthy of every amount of effort put in. It is fabulous to see that men in Lake Grace have somewhere that they can not only converge, socialise and let off a bit of steam, but that they can take part in projects and utilise equipment that they may not have the room or finances to enjoy privately.

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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 20th November

Next Edition

Thursday 23th November



Thanks

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

Elsie Bishop

Dick Phillips

Thank you also to our many contributors of articles.

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- 4) Lakes Link News reserves the right to shorten or otherwise amend any contribution other than advertisements.
- 5) The opinions, views and beliefs expressed in articles and other submissions to the Lakes Link News do not necessarily reflect the opinions, views or beliefs of the CRC staff or Committee.

310 copies printed and sold each fortnight

Editorial

- ◇ A big **thank you** to Arthur Slarke and Allan Zweck who took photos at the Men's Shed opening for the Lakes Link. Sometimes the CRC staff can't be at everything so it's wonderful when others step up to help out.
- ◇ Now speaking of adverts for the Lakes Link if you are **emailing adverts** through please put in what size you would like it to be. We have on occasion been caught between customer expectation and staff interpretation and sometimes they're not even in the same ballpark. Communication is key and if we email you needing more information then you need to supply it otherwise your advert may have to be left out.
- ◇ **Late Night Shopping** is rapidly approaching and we're looking for stalls. I must say that the kids of our town are truly amazing as they're busy collecting and/or creating items throughout the year to sell on this evening.
- ◇ Thank you to everyone who has been filling in postcards for us as part of our postcard campaign. I will include an abridged version of our annual report in a future copy of the Link to demonstrate the activities that we're involved in throughout the year. If we've made your day at some point in the last 20+ years please drop in and fill out a **postcard**.
- ◇ It will be fairly quiet on the workshop front now that we head into harvest but we will look at some IT workshops. Are you looking at wanting some training in word, publisher or excel? If so please give us a call. We have had some enquiries about **smartphone training**, if this is something that you think you would be interested in then please give us a call. It would be a new course for us so be patient as we make our way. At this point all training will be during the day, if we had enough interest then we could look at running something in the evenings.
- ◇ Other training we may be able to access is **Photoshop**. Is anyone out there interested in learning more about this Adobe programme??
- ◇ We are looking for **school Ball photos**. If your child has attended their Year 12 Ball and they're happy for the photo to go in the Link then we would love to have it. Please include the names of everyone in the photo, what school ball it is, where it was held and when it was held.
- ◇ Next month is not only Christmas but also signals the end of the Lakes Link year. We will be sending out **subscription forms** for the 2018 year in the next Links. Once again we ask that you get these subscription forms back to us as soon as possible.

Suzanne Reeves

LATE NIGHT SHOPPING 2017

Thursday 14th December
4:30pm - 7:30pm

So far we definitely have...

- Santa booked
- Curries & Rice / Hot Beef Rolls
- Bouncy Castle
- Sand 'N' Salt open
- Visitor Centre open
- Wineries
- Non alcoholic beverages available including Mocktail Bar
- Craft Display
- LG Artist Group Pop-Up Shop
- Bessemerware
- KMH Essential Oils
- Kokodama Plants
- Sausage Sizzle
- Bankwest

So far we might have....

- Showbags
- Lucky Dip
- Live Music
- Disco for the kids (3:15-4:30/5pm)
- Pit Stop (Wheatbelt Men's Health)
- Vintage car display

We are looking for

- Santa assistant
- Facepainter
- Stalls (baked goods, plants, craft etc.)
- Anyone willing to oversee activities for children

If you would like to book a stall or display please contact the Lake Grace Community Resource Centre
on 9865 1470 or lakegracecrc@westnet.com.au

What's Happening?

- Congratulations to Jenny Roche and Sam Stubberfield on the arrival of Harry Finn Stubberfield. Born on October 9th, weighing in at 3580 grams and 51.5 cm tall. Harry is a little brother for Eve.



Happy Birthday



9th November	Tess Stanton (10)
	Summer Earnshaw
10th November	Jeanette Bennett
	Letty Leo
11th November	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
20th November	Trenton King
21st November	Linda Hunt
22nd November	Emmett Kuchling

Lake Grace Community Christmas Tree

Thursday 14th December
To coincide with Community Late Night Shopping

If you would like to receive your gifts as a family please ask Santa to wrap the presents together and label with all children's names.

Santa Drop Off at the CRC.

Value of gift not to exceed \$20.

Enquiries
Kelly Callope 0447 013 498

CWA Street Stall

Thursday 9th November

9 am at front of Plaza

There will be cakes, biscuits, plants, books and bags available for sale. Raffles also.

Proceeds to be shared between Lake Grace CWA and The Royal Flying Doctors Service.

Central Great Southern District High Schools Athletics Carnival 2017



LGDHS Interschool Team L to R: Ned Leigh, Jaspar Marshall, Linkin Eaton, Josh Giles, Cambell Chatfield, Reegan Marshall, Jackson Callope, Ruby Stanton, Jai Clifford, Hannah Clunie, Summer Earnshaw, Jake Cameron, Sara Bray, Lachlan Younger, Lucas Robinson, Kira Pearce, Luke Clifford, Oakley Major, Jonty Robinson, Taj Major, Judd McKenzie. Front: Shelby Newton, Tess Stanton, Ava Leigh, Amber Pearce, Holly Stanton and Morgan Chatfield.



Oakley Major and Hannah Clunie.



Champion School - Outright Shield

1st	Kojonup	427 Points
2nd	Wagin	413 Points
3rd	Boddington	395 Points
4th	Lake Grace	288 Points
5th	Ravensthorpe	199 Points
6th	Gnowangerup	106 Points

Handicap Shield

1st	Lake Grace	791 Points
2nd	Wagin	527 Points
3rd	Kojonup	471 Points
4th	Boddington	395 Points
5th	Ravensthorpe	393 Points
6th	Gnowangerup	245 Points



Champions / Runner up

13yr Boys Runner-up: Taj Major
 15yr + Joint Champion: Oakley Major
 15yr + Girls Champion: Hannah Clunie
 13yr + Girls 800m Champion: Hannah Clunie
 13yr + Girls 1500m Champion: Hannah Clunie

Remaking Rubbish

Michelle Slarke

Recycling makes everything old new again by converting waste materials into new products. Plastic bottles become park benches, your daily newspapers are transformed into cereal boxes and aluminium drink cans are made back into drink cans, over and over again. It's an easy way everyone can help the environment.

Michelle Slarke asked Liz Webb of Warren Blackwood Waste how their recycling service works in the Shire of Lake Grace.

How much do we recycle?

Warren Blackwood Waste collects approximately 3.5 tonnes each fortnight from Lake Grace and Newdegate combined.

How much general rubbish do we throw out into landfill?

Approx 7.5 tonnes waste per week goes into landfill. This includes waste from Lake King and Lake Varley (these towns don't have a recycling service).

What quantity of material that could be recycled goes into landfill instead?

As always too much – approximately 30% of general waste could be recycled.

What is the most common recyclable material collected from Lake Grace and Newdegate.

Approximately 60% is cardboard and paper.

The same truck is used to collect rubbish and recyclables. How does the collection service work?

The collection service for **general waste** is weekly. The truck collects from Lake Grace and empties at Lake Grace tip. The truck then collects rubbish from Newdegate, Varley and Lake King and takes this back to Newdegate tip.

After the general waste has been emptied into landfill, the same truck collects the **recyclables** from Lake Grace or Newdegate (depending on the scheduled fortnightly collection) and takes the load back to the Material Recycling Facility in Kojonup.

What happens next?

Three full-time WBW employees sort material on a recycling belt. It is then pressed into large bales. You can make this easier for them to sort if you:

- Try to keep materials reasonably clean
- Don't put recycling in plastic bags – just leave loose

Where are the recyclables processed?

Baled paper, cardboard and plastics are sent to Remondis in Canning Vale from where they are re-baled and exported. WBW use the glass as cover at their Kojonup landfill site. Scrap metal and aluminium cans are usually sold to Simms Metal Management for processing.

Interested in how the operation works?

If any residents are coming through Kojonup and would like to tour the Material Recycling Facility contact Mat Webb of Warren Blackwood Waste (0429 792 373).



Remaking Rubbish (Cont.)

Recyclable items that CAN BE placed into your recycle bin

- All cardboard boxes including cereal boxes, soap powder boxes and packaging boxes
- All plastic bottles including symbol codes 1,2,3 and 5
- Clean newspaper, glossy magazines and leaflets
- Glass bottles and jars (no broken glass or plates). Please remove lids from glass containers
- Steel tins and cans, including aerosol cans. Please remove caps.
- Milk and juice containers. Please rinse.

These items CANNOT be placed in your yellow top recycling bin

- Food scraps and wrappings
- Garden refuse and clippings
- Clothing and toys
- Polystyrene
- Broken glass
- Needles and syringes
- Rubber and leather
- Mulch and leaves
- Timber or building materials
- Crockery and ceramics
- Nappies
- Oil, acid or chemicals
- Batteries or metal



Lake Grace Swimming Club

*Registrations and First Swim
Club Meet*

*Monday 13 November at Pool
2:45pm*

Any queries to Shelley Stanton

0427 654 300

Australian Masters Hockey Championships Newcastle 2017

Anna Taylor

From 29th September until the 7th October I was lucky enough to represent WA in the over 45's Australian Masters Hockey Championships held this year in Newcastle NSW. It was an exciting tournament and all games were hard fought.

Completion of the round robin saw us 3rd and we needed to beat QLD in the semi to make the grand final. A very tight physical game saw us come out winners 2-1 with a late field goal with 1 min 45 secs to go.

The grand final saw us go down 2 nil to a very good (unfortunately) Victorian side. Though disappointed to lose the grand final I am still very proud of the silver and will aim for a gold in the future.

Trish Leo from our club Lake Grace Kukerin was also representing WA in the over 65's and was lucky to come home with a silver too.



Lake Grace-Kukerin players Anna Taylor and Trish Leo.

Above: The over 45's Masters team. Roe Districts had two representatives in the over 45's team; Lake Grace-Kukerin player Anna Taylor and Nicole Illich from Hyden/Karlgarin.



Left: Larissa Ruvidini, Anna Taylor and Megan Caphorn with their silver medals.

Book Fair

Chloe Robertson

From the 23rd October to 2nd November the Lake Grace Community Library held a Scholastic Book Fair. The Library earned \$1,490 from the fair, which goes back to Scholastics. By running the Book Fair the Library claimed 30% of their total sales and got to keep 20 books from the Fair. The Library also got rewards, which meant that they get 20% of their total sales to spend on Book Club books. The profit was almost \$200 more than last year's Book Fair.



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kvc@kojonupvethospital.com.au



Bouncy Castle for Hire

Cost: \$165 for the day

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



Halloween Facts

The jack-o-lantern

The jack-o'-lantern comes from an old Irish tale about a man named Stingy Jack. According to folklore, Stingy Jack was out getting sloshed with the Devil when Jack convinced his drinking partner to turn himself into a coin to pay for the drinks without spending money. Jack then put the Devil, shaped like a coin, into his pocket, which also contained a silver cross that kept the Devil from transforming back. Jack promised to free the Devil as long as the Devil wouldn't bother him for a year, and if he died, the Devil could never claim his soul. Jack tricked the Devil again later, getting him to pick a piece of fruit out of a tree and then carving a cross into the bark when the Devil was in the branches. This trick bought Jack another 10 years of devil-free living.

When Jack finally died, God decided he wasn't fit for heaven, but the Devil had promised never to claim his soul for hell. So Jack was sent off to roam Earth with only a burning coal for light. He put the coal into a turnip as a lantern, and Stingy Jack became "Jack of the Lantern" or "Jack o' Lantern." Based on this myth, the Irish carved scary faces into turnips, beets and potatoes to scare away Stingy Jack or any other spirits of the night.

The Owl

The owl is a popular Halloween image. In Medieval Europe, owls were thought to be witches, and to hear an owl's call meant someone was about to die.

Halloween Origins

Halloween is October 31st, the last day of the Celtic calendar. It actually was a pagan holiday honoring the dead.

Trick or treating evolved from the Celtic tradition of putting out foods or treats to placate spirits who roamed the streets at Samhain, a sacred festival that marked the end of the Celtic calendar year.

Lake Grace



Date	Min	Max	Rain
25/10	9.7	25.2	
26/10	12.9	23.2	
27/10	6.8	19.3	2.0
28/10	11.0	24.4	
29/10	10.3	21.0	
30/10	7.3	25.8	
31/10	9.6	29.5	
01/11	12.0	27.3	
02/11	11.7	17.3	
03/11	10.8	21.0	
04/11	9.0	25.6	0.2
05/11	8.9	26.1	
06/11	10.0	27.2	
07/11	11.5	31.4	



Monday & Friday: Lake Grace

Tuesday & Thursday: Newdegate

Appointments Available

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Rosey Chircop 'Jill of all trades'

- Lawn Mowing & all garden care
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Ph 0408 304 439



Finding Lung Cancer Early

Cancer Council Media Release

Lung cancer is the leading cause of cancer death and the fifth most common cancer diagnosed in Australia. It is responsible for almost one in five cancer deaths in Australia.

Throughout the Wheatbelt Region of WA, the *Find Cancer Early* program is urging people to pay attention to changes in their body and if they notice differences that may be symptoms of cancer, to tell their Doctor.

What are the common signs and symptoms of lung cancer:

- Coughing up blood once off
- A cough that lasts for four weeks, or a worsening or changing of a long standing cough
- Repeated chest infections
- Becoming more short of breath, tired or lacking energy
- Unexplained weight loss
- Persistent (long lasting) chest or shoulder pain

If you have had any of these signs or symptoms, tell your Doctor. It doesn't mean you've got lung cancer – usually they turn out to be something less serious. But it's important to tell your Doctor and get them checked.

Remember, if it is lung cancer, the earlier it's found, the earlier it can be treated.

Lung Cancer Myths and Facts

Myth: Lung cancer is a death sentence.

Fact: New treatments have increased survival rates, but finding cancer early is vital.

Myth: Only cigarette smokers get lung cancer.

Fact: Around 2 in 10 cases of lung cancer occur in non-smokers.

Myth: Lung cancer only affects men.

Fact: Lung cancer can affect anyone. Nearly 40% of lung cancer cases are in women.

Myth: The earliest sign of lung cancer is coughing up blood.

Fact: The first signs are often a persistent cough and shortness of breath.

Myth: If you smoke it's normal to have a cough.

Fact: Smokers often have a cough, but if you're a smoker and notice any persistent changes in the way you cough, you need to tell your Doctor.

For more information or to book a free talk about the prevention of cancer for your community please contact your local Regional Education Officer

Karen Hansen | Wheatbelt Region
Cancer Council Western Australia
T: + 9574 5392 | Email: khansen@cancerwa.asn.au

www.findcancerearly.com.au



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.

For 2018
A-grade Coach
B-grade Coach
Junior Coach
Net-Set-Go Coach

The Lake Grace Pingrup Netball Club is taking expressions of interest for all coaching positions for the 2018 season.

For more information, or to register, contact president Joely Slinn on 0477 014 347 or lgpnc@outlook.com

Spring Walk

Spring was the perfect time to Stroll Down Memory Lane. Twenty two Lake Grace seniors travelled to Wagin Historical Village Museum to celebrate Seniors Day 2017.

The first day of November the weather was perfect to be out and about looking at Wagin's historical museum's fantastic display of years gone by.

The group arrived to a scrumptious Devonshire morning tea provided by the local volunteers of the museum.

Then with a small questionnaire in hand they wandered around the museum. Stories of the past were shared, one about a mother who was the first teacher at Wagin school in 1929.

The seniors were astonished by the family of seven children who lived in a one room thatched roof home. The mother was the local laundry lady who worked from the back of the house.

Lunch was an opportunity to rest and chat. On the tables were an assortment of chocolates made by the local Mobile Chocolate Factory; soup with sandwiches, a celebration cake and an ice-cream was on the menu.

The museum has the original town hall; post office; printers; stone Church; school and homes from humpies to mud brick. Farm machinery and shearing equipment which was still in use until the 1980's were on display.

On the return journey the Seniors called into Dumbleyung Lake, some seeing it for the first time. The recent rains have given the lake a new lease of life. There will be skiing and swimming for the next few years.

Our thanks to the Department of Local Government and Communities, Lotterywest, COTA WA and the Shire of Lake Grace for the opportunity to celebrate Seniors Week 2017.



Exploring the general store are Les Fisher, Joan Fisher, Linda Carruthers, Mary Naisbitt and Robert Carruthers.



Above: Sandra Richter, Betty Naisbitt, Phil Dunham, Jacque Garret and Irene McGlinn checking out the old shearing presses.



Above back: Robert Carruthers (missed by photographer), Gregson Meston, Sandra Richter, Eileen Mather, Keven Seaman (bus driver), Jean Seaman, Joyce Gilson, Dorothy Reid, Kay Holmes, Faye Ormerod, Elizabeth Carruthers, Joan Fisher, Les Fisher, Phil Dunham, Linda Carruthers and Irene McGlinn. Front: Allan Zweck, Bill Willcocks, Carol Willcocks, Mary Naisbitt, Betty Naisbitt and Jacque Garrett.

A Mans Shed is His Castle (cont.)

Members had the shed and surrounds looking slick for the big day though Lake Grace turned on its usual unpredictable October weather, however, the warm temperature with 63 km/h winds did not dampen spirits on the day. A good cross section of the community attended including the craft ladies who downed tools at the CWA to enjoy the festivities.

Allan Duckworth was emcee for the day and welcomed everyone to the opening before President, Phil Clarke, presented a report which included the journey that the group has taken to the present. Entertainment included the recitation of two poems from Lake Grace's bush poet Pat O'Neill and Regional Men's Health representative, Owen Catto, who hosted a lighthearted chat with the serious message of how important it is that we look after our men. Lake Grace Shire President, Jeanette de Landgraft officially opened the premises before she unveiled the plaque with assistance from Phil Clarke.

A display of old motorbikes, a car and also a tractor was a great conversation starter, with some taking up the option of a joyride in Amanda Milton's little green Madison Sports while the more reckless hopped into the sidecar of Edmund Duckworth's vintage motorbike for a quick spin. The Catholic Ladies surpassed themselves with a fabulous array of afternoon tea (this was possibly a conversation stopper) which was enjoyed by everyone.



Regional Men's Health Representative, Owen Catto.



John and Joan de Vree.



Stephanie Clarke-Lloyd and Arthur Slarke.



Halloween Party

Rosie Timperley

The Lake Grace Cricket Club hosted a Halloween party on Saturday 28 October, held at the Sportsman's Club. Organised and decorated by the cricket club, they served up flavoursome steak dinners with a plethora of delicious salads. Music pumped throughout the club with party goers having a memorable and enjoyable night. Vampires, witches, Little Red Riding Hood and the walking dead were just a few of the characters getting around.

Best costumes were:

Children: Darcey Pelham as a little vampire

Adult: Elle McPherson as a dead psycho killer

Right: Elle McPherson.

Below: Rosanne Tegels, Chloe Thornton, Kadri Siro and Teagan Wilkins



Chloe Thornton, Rosie Timperley and Karissa Pelham.

Below: Chris Cody and Lydia Murray



Above: Darcey Pelham

Right: Jamie Eggers, Rosey Chircop and Elle McPherson





Specialising in all low voltage electrical jobs for cars, trucks, boats and all agricultural machinery in Lake Grace and surrounding areas. A list of just some of the jobs we can provide:

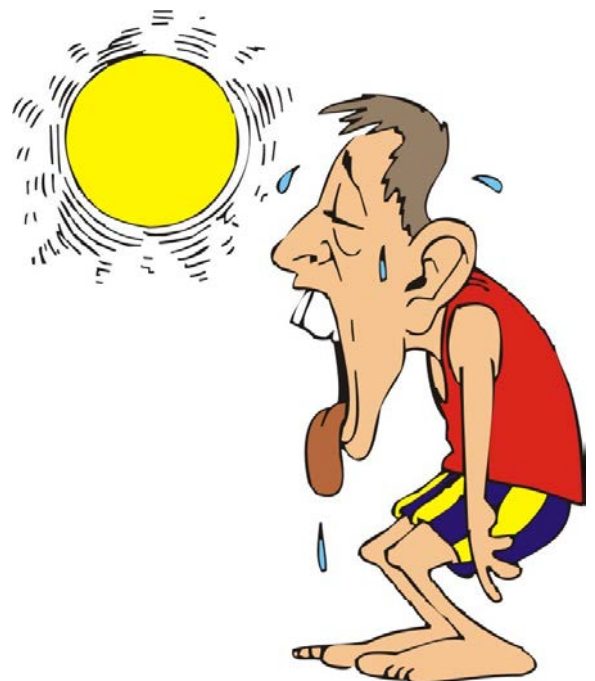
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- Fit/Supply trailer brake systems
- Supply/Fit camera kits eg. Reverse, Truck trailer or chaser bin auger
- Supply/Fit spotlights or worklights for cars, tractors, headers etc.
- Manufacture wiring harnesses
- Install 4x4 accessories eg. LED lights, power sockets, winches

We are now in Spring and the warmer weather is fast approaching! Now is the time to check the A/C in all of your vehicles. If you suspect it may not be working correctly please contact me. I can test/service all automotive A/C systems using quality replacement parts.

For any questions or queries please ring Aaron Carruthers on 0429905452

RTA NO: AU42693

LIC NO: L121418



Hazard and Risk Management

Media Release

During National Safe Work Month (#safeworkmonth, October 2017), Safe Work Australia is encouraging organisations to implement new measures to improve health and safety in their workplaces.

When discussing workplace health and safety (WHS), hazards and risks will often be referred to "in the same breath" and there can be some confusion over the difference between them.

From the viewpoint of managing the associated data there are benefits in having a hazard register plus a separate risk register. This is explained further in what follows.

Two common terms related to hazards and risks are corrective actions and controls.

A corrective action is something that can be done now, or soon, to eliminate a problem, whereas a control is something that is put in place, and continues to be used, to prevent something bad happening, or to reduce the severity of the consequences if it does happen.

For instance, consider a spillage of cooking oil in a corridor. Someone could slip on it and badly injure themselves. The business could also suffer if the worker is out of action for a period of time due to their injury. The "corrective actions" to be taken in response to such a spillage could include:

1. immediately display warning signs next to the spill, and then
2. clean up the spill using the appropriate cleaning products.

If the business has WHS database software the spillage can be recorded as a hazard, together with the associated corrective actions. When the corrective actions have been completed the hazard record can be updated to show that the hazard no longer exists. Reports can therefore be generated of hazards that currently exist and/or those that existed but have been eliminated.

Having a good approach to WHS is not just about responding appropriately to hazards and incidents when they occur. It is equally important to be pro-active and identify problems before they arise, then take the steps necessary to safeguard workers and the business. This is a risk identification and control process.

To illustrate this, consider the previously described spillage from a different angle. Imagine that such a spillage has not occurred yet but you've identified that it could occur. This would be recorded in the business's WHS database as a risk ("Spillages could create fall hazards").

The associated controls that would be recorded and implemented could include:

1. have spillage signs readily available, and
2. train workers to respond correctly to spillages.

Risk management is about identifying risks and reducing the level of risk to as low as reasonably practicable (ALARP). Maintaining an up-to-date register of risks in a risk/WHS database can allow an organisation to generate reports at any time of existing risks, with a clear indication of whether any have not been sufficiently controlled yet to achieve the ALARP tag.

Wise risk management practices, including creating good records and using the data effectively, can deliver:

- healthy and safe workers,
- business success through avoiding the downtime and reputational damage that can result from accidents,
- evidence to support a claim of regulatory compliance in the event that an accident does happen or a person suffers a work-related illness.

To contribute to National Safe Work Month, the Australian company 3 Piece Software Pty Ltd is giving small to medium sized businesses and government departments perpetual free use of a single-user copy of its risk/WHS/skills database software OSHatWork. They have also created a number of online guides to help organisations understand the processes involved (and one of these guides provides some additional hazard and risk examples).

More information is available here:

www.oshatwork.com.au/SafeWorkMonth.php.



WALKERS HILL

Vineyard

OPEN
most days

Thursday – 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

Stay Smart Online

Media Release

Email, the internet, social media and mobile apps are all common ways for scammers to contact potential victims so consumers need to remain alert to potential scams.

During Stay Smart Online week in October, the Australian Competition and Consumer Commission (ACCC) released figures showing its national Scamwatch site had received more than 51,000 reports in 2017 about scammers trying to con people online. Those online scam losses totalled nearly \$37 million, with people aged 45 to 54 most likely to lose money.

However, consumers need to stay vigilant about any deals that seem too good to be true, whether online or elsewhere. We recently alerted householders to glossy travel brochures with fake scratchies that were arriving in mailboxes, with at least one of the two cards enclosed declaring a \$US190,000 win.

The Get It On Holiday travel brochure and scratchie cards scam has been designed to gain personal information from the supposed 'winners' who would then be asked to pay fees upfront before receiving their non-existent 'prize'.

The top five scams reported to WA ScamNet from 1 Jan to 30 June 2017 were:

- Technology phishing, where consumers were contacted predominantly via email by someone claiming to be from a legitimate business seeking payment, or to gain personal information. Phishing also included consumers being contacted via a pop-up on their computers stating that their device had a virus, and to get rid of the virus the victim must give remote access and pay for the 'clean up'.
- Buying and selling online, including consumers purchasing products on fake websites.
- Relationship scams, often via dating websites, apps or social media with people pretending to be prospective companions. They play on emotional triggers to get money, gifts or personal details.
- Investment scams, such as consumers signing up for investment opportunities where they were later unable to withdraw their invested amounts.
- Fake invoicing, with consumers receiving fake bills (usually via email) and then paying them as they believed it had come from a legitimate entity.

So how can we avoid the scammers? Keep personal information secure online by changing passwords often, don't give credit card details to websites that aren't secure and do not send copies of passports or driver's licences to third parties that you did not contact yourself.

Do not send money via bank transfer to someone you do not know, instead pay via credit card or PayPal where possible, as there is a chance of money recovery.

If you have given out personal information, then contact ID Care at www.idcare.org, a not-for-profit organisation that helps victims who have fallen victim to identity theft. If you have sent information about your bank accounts, then contact your bank immediately. They can change passwords and close the accounts if necessary.

Lastly, never respond to out of the blue friendship requests online from strangers.

If in doubt, please contact WA ScamNet on 1300 304 054, email wascamnet@dmirs.wa.gov.au or visit www.wascamnet.wa.gov.au.

Peter Rundle MLA Member for Roe

Narrogin Office

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

Esperance Office

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

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



THE NATIONALS
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LAKE GRACE HOSPITAL



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

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

HACC & MPS Activity Programs

Foot Clinic

Tuesday 14th November

9.00am—12 noon

Lakes Village Hall

NB: please supply your own manicure set



Bus Outing

Friday 10th November

Call the hospital to book

Chair Aerobics

Every Tuesday @ 10.30am

At the Lakes Village Hall

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



Wednesday Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

For morning tea and an activity with residents

SwimAbility

Monday 13th November

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



4th Friday Activity

Friday 24th November

Lakes Village Hall

Time: 10am—1.30pm

RSVP by 21st November for catering - 98902222



Child Health Clinic

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

Physiotherapist—every 2 weeks

Occupational therapists, speech therapists and dietitians are also available for appointments on a needs basis. Call Primary Health in Narrogin to make appointments **ph: 9881 0385**.

Snake Season!

Know what to do in the event of a snake-bite.

AND ... Even small snakes can have potentially lethal venom!

- DO wear long trousers and boots if walking through long grass and bushland
- DO NOT corner a snake—it will generally try to escape rather than attack
- DO treat all known or suspected snake bites as potentially life threatening and seek medical aid urgently
- DO NOT wash venom off the skin or clothes because it may assist with identification

Know What To Do = First Aid essentials!

- Follow DRSABCD
- Call "000" for an ambulance and/or make your way to your nearest hospital a.s.a.p.
- Keep the patient lying down and as still as possible
- Reassure the patient
- Apply a broad pressure bandage over the bite site, then upwards on the limb as far as possible
- Immobilise the limb with splints
- Write down the time of the bite, when the pressure bandage was applied, mark the site of the bite on the bandage.
- Stay with the patient and monitor them closely until medical aid is available.



Movember - Understanding our Prostate

Warrior Wellbeing (Terry and the Team 08 9690 2277)

Back in 2003 a couple of mates in Melbourne discussing fashion and recurring trends joked about bringing back the Mo, they talked a few mates into joining them and chose the month of November renaming it "Movember".

Today it has become a global movement participated in by 21 different countries, has raised \$770 million and funded 1,200 men's health projects since 2003. This movement is motivated by reducing premature deaths in men and is making a significant contribution to **"changing the face of men's health"**.

The 3 main areas of focus/awareness of the Movember movement are: **Prostate Cancer; Testicular Cancer; Mental Health and Suicide Prevention**. While we cannot cover all these topics in the required detail in just one article, we have chosen to focus on the Prostate, as we believe before we can address the issue of Prostate cancer, as blokes we must first understand a bit about our Prostate.

While prostate cancer kills around 3000 Aussie men each year there are approx. 2.4 million men living with a prostate problem (mostly due to enlargement).



So what is it? The prostate is an important part of our reproductive system, it is about the size of a walnut (in a young man) and makes the fluid that protects and feeds the sperm.

This little gland is shaped like a donut and the tube we pee through goes through the centre. The problem is that as part of the ageing process the prostate keeps growing, trebling in size over our life, and as the prostate enlarges it inhibits our ability to urinate.

Most of us know that some older men have trouble emptying their bladder. Sometimes this means getting up often during the night and not being able to do anything when they do, which is a nuisance and

embarrassing. Something more serious could be happening such as a blockage, which can cause repeated urinary tract infections or result in bladder or kidney problems, or it could be prostate cancer. Unfortunately, the symptoms of several Prostate conditions are similar.

As men we need to act on any prostate issue that is affecting us. We need to find out if it is part of the natural process of ageing and if you are troubled by urination problems, you should see a doctor (no matter what your age). If your doctor agrees that your symptoms need further evaluation and treatment, you may need to undergo a few tests.

Diet and exercise are important to prostate health, we know that eating 150 grams of nuts a week and incorporating natural red foods, such as beetroot, tomato and watermelon, into our diet helps keep our prostate, and the rest of our body, in good condition.

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- * CIVIL CONSTRUCTION & MAINTENANCE

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We service Lake Grace & all surrounding areas.

- | | |
|---------------------|-------------------|
| * Dingo loader hire | * Posthole digger |
| * Trencher | * Yard Clean-ups |

For all enquiries please call:
Jeff - 0458 693 014
Symone - 0437 430 093

Out With the Old and in With the New

Suzanne Reeves

The Lake Grace Community Resource Centre has been fortunate enough to take delivery of new furniture acquired through grant funding.

Due to space constraints, we refurnished the main office first with a new desk, drawers, shelving and a credenza. As it all came flat packed there was frequent head scratching, studying of single page instructions and vocalisation as the furniture was put together. The old furniture served us well over the last 18 years and has all been rehomed however, the new furniture is a great improvement.

In October we took receipt of eight tables, sorry make that seven as a gremlin took over the warehouse of our supplier and decided seven was enough. Upon discovering that the tables had no markings for where the tops were to attach to the base staff channelled their inner MacGyver and created a template before calling in their go-to-guy, Craig Reeves, to do the heavy lifting! WE have since received our eighth table.

The old tables have been rehomed and will be a great asset to their new owners; however, the new tables have wheels and are flip top with gas lifts so are much easier for a staff member to be able to move the furniture around on their own. The tables are also a more workable size. Thank you to the Department of Regional Development for making this grant opportunity available.



Volunteers (above) and CRC Manager Suzanne Reeves (below) enjoying some of the new furniture recently purchased by the CRC.



Lake Grace Transport

Twice weekly freight service to and from Perth

- ◆ Secure depot in Perth to drop freight off. Depot is C/O BW James, 19-21 Hodgson Way, Kewdale.
- ◆ For all your wool and general freight
- ◆ Forklift to load wool on farm
- ◆ Accreditation to load at Midland Brick
- ◆ We also cart bulk grain, fertilizer, lime, gypsum and firewood

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

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





PO Box 50, Lake Grace WA 6353 Ph: (08) 9890 2500 Fax: (08) 9890 2599

Email: shire@lakegrace.wa.gov.au



CEO's Corner



Flooding Event – February 2017

On Tuesday 17 and Friday 20 October, Council resolved to award tenders for supervision services, plant and operators. It has been determined that the shire will be divided into four sectors. Two supervisors have been appointed and four individual contractors for plant and operators.

A meeting was arranged on Monday 30 October with Main Roads WA, Office of Emergency Management, WML (our project superintendent) to work through administrative processes and to ensure that claims are going to be processed in a timely manner.

A contractor's workshop will be held prior to any works commencing, so that all contractors are aware of the WANDRRA claim requirements. It is imperative that we have the administrative processes correct, or our payments will be delayed.

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

80km Road Restrictions

All vehicles greater than 4.5 tonnes are restricted to a maximum speed of 80 km/hr on all gravel roads within the Shire of Lake Grace from 1 November to 31 December 2017 inclusive.

Due to the flood event in February, a number of roads within the Shire require shoulder reinstatement. Please be alert and considerate of other roads users.

Ordinary Council Meeting – Wednesday 25 October 2017

Items of business considered by Council at the meeting included:

- approval for development application to proposed transportable addition to existing single house on Lot 301 Kulin-Lake Grace Road, North Lake Grace subject to conditions and advice notes;
- approval for Shire Administration to proceed with preparation of a new Shire of Lake Grace Heritage List;
- approval to sign updated Schedule to the Management Agreement between Advance Housing and the Shire of Lake Grace;
- approval of extended trading hours for the Shire of Lake Grace over the 2017 Christmas/New Year period;

- appointed JILA Riley to project manage the Newdegate Skate Park and All Ages Playground; and,
- appointed Councillors to Committees.

The minutes of the October 2017 Ordinary Council Meeting are available on the Shire's website at www.lakegrace.wa.gov.au.

Movies

The Shire held two free Movies Nights on the weekend in Lake Grace and Lake King. Red Dog, True Blue was shown on Saturday night to a small but appreciative crowd at the Lake Grace Shire Hall and the Smurfs, The Lost Village was shown to a larger and younger audience with their mums and dads at Lake King on Sunday afternoon.

Those who attended enjoyed the popcorn and the Lake King Playgroup sold ice-creams with a variety of toppings as a fundraiser. It was very well attended by local families.

Staffing

Doug Whiting, our Infrastructure Supervisor's last day was on Friday 3 November after 9 years of service. On behalf of the Shire and the community, we thank Doug for the contribution he has made over the years as an employee. His knowledge and commitment to the Shire has been invaluable. We offer our best wishes to both Doug and Val.

Welcome CESM

I would like to extend a warm welcome to Mike Barnes our Community Emergency Services Manager who commenced work on Wednesday 25 October 2017. Mike was most recently employed with the Shire of Carnarvon. Please make yourself known and welcome Mike.

Building and Maintenance Team

The Lake Grace Spots Pavilion is currently underway and works being carried out are:

- Kitchen cool room panels installed;
- Installation of rangehood and stainless steel splashbacks underway;
- Installation of kitchen power and lights 90% complete;
- Demolition in old toilets complete;
- New lawn and reticulation installed; and,
- Laying hot mix underway.

Continued over ..

Shire of Lake Grace Community News *Cont.*

All jobs have been completed at the Lake Grace Independent Living Units except for blinds and installation of conduit from the Telstra pit to the Main Distribution Frame.

If you are interested in finding out more about renting one of these lovely units, then please contact Advance Housing on 9845 9697 for further details.

Road Works

During the past fortnight the construction crew have been on White Dam Road carrying out clearing of vegetation along the roadside, backslopes and culverts.



The Lake Grace Maintenance Grader has been working on Mordetta Road, Gimbel Road, Green Road and Kennedy Road.

Parks and Gardens

The town maintenance crew has travelled out to Lake King and carried out weeding, spraying and clearing debris from pathways. The team has carried out works at the Lake Grace Swimming Pool, cleaned up verges within the Lake Grace townsite and spraying of the sports ovals. The maintenance crew participated in the Load Restraint Training.

Denise Gobbart
Chief Executive Officer

Power Outages

Customers affected by power outages lasting 12 continuous hours or more, may be eligible for an \$80 service standard payment.

To find out if you are eligible go to: <https://westernpower.com.au/power-outages/make-a-claim/>

Ordinary Council Meeting

The next Ordinary Council Meeting will be held:

3:00 pm Wednesday 22 November 2017
at Council Chambers, 1 Bishop St Lake Grace

Members of the public welcome

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

Roads During Harvest

All vehicles greater than 4.5t are restricted to a maximum speed of 80km/hr on all unsealed roads within the Shire of Lake Grace from 01/11/2017 to 31/12/2017 inclusive.

Due to the Flood Event in February, a number of roads within the Shire require shoulder reinstatement. There are numerous areas with soft edges and scouring. Roads may also be single lane only.

It is anticipated that Flood Event repair works will commence mid-November. Be alert and considerate of other road users.

Hazard Perception Test Update

Due to an error with the Hazard Perception Test Update, Hazard Perception Tests are currently not available through the Shire of Lake Grace.

Please contact the Shire of Lake Grace if you have any further queries on this matter.

The Department of Transport Update to Licensing New & Old Vehicles through inspections has recently changed.

Please note that the potential owner of the vehicle is to be present at the Shire Office at the time of application and will need to provide primary identification (driver's license) to licensing staff for the application process to be completed.

Christmas Trading Hours

All traders have a right to exercise individual discretion whether to open or not during the proposed Christmas/New Year trading extension (Monday 4 December 2017 until Monday 1 January 2018 inclusive) as listed below.

8.00 am to 9.00 pm	-	Monday to Friday
8.00 am to 5.00 pm	-	Saturday
11.00 am to 5.00 pm	-	Sundays and public holidays
Christmas Day	-	Closed

Shire of Lake Grace Community News *Cont.***Office Opening Hours**

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

Thursday 8.30am - 4.00pm
Staff can be contacted by phone between 8am - 5pm.

Transport & Licensing

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

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

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

Please ensure you arrive at the counter with sufficient time for your transaction to be completed by closing time, this is because it is necessary for staff to reconcile Department of Transport transactions each day. Please keep in mind that farm equipment and Learners Permit transactions can take up to 45 minutes or more.

Driving Assessor

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

Friday - 1 December 2017

Friday - January 2018 to be confirmed

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

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

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

Firearm Licence

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

Building Surveyor

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

Tuesday 14 November 2017

Tuesday 28 November 2017

For an appointment contact Josiah on 0438 811 944.

Environmental Health Officer

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

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

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

Lake Grace	Newdegate
13 November	20 November
27 November	4 December

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

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

Library Hours**Lake Grace Public Library** School Place Absolon St

Monday - Thursday 9am - 5pm

Closed for lunch 12.30 - 1pm

School Holidays

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

Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm

Closed for lunch 12noon - 1pm

Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd

Tuesday and Thursday 8.30am - 3.30pm

Everyone welcome



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



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

Shire of Lake Grace Community News *Cont.*

Harvest Ban Zones

Zone 1 - North of Lake Grace Newdegate Rd, west of Burngup Rd South, Biddy Camm Rd and west of Lake Rd & Stone Rd

Zone 2 - South of Lake Grace Newdegate Rd west of Burngup South Rd

Zone 3 - North of Lake Grace Newdegate Rd, east of Burngup Rd South Lake Rd, west of Holt Rock Rd South

Zone 4 - South of Lake Grace Newdegate Rd east of Burngup South Rd, west Ardler Rd, and Tarco Rd

Zone 5 - North of Lake King Norseman Rd east of Holt Rock Rd South

Zone 6 - South of Lake King Norseman Rd east of Tarco Rd, north of Old Newdegate Rd

Zone 7 - South of Ardler Rd and Old Newdegate Rd west of Brookton Highway

Harvest Bans Zones

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

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

Cars on Display

How many Classic cars are in the district?

Is there a car in your back shed that is:

- Antique
- Vintage
- Veteran or
- Classic



Antique - cars made before 1919

Vintage - made between 1919 and 1930s

Veteran - built before the First World War

Classic - cars 20 years and older

We all enjoy looking at cars from the past, so if you have an "old" car please consider bringing it into town for people to admire.

The Shire in collaboration with the Lake Grace Community Resource Centre are looking for cars to display in a designated area during the Lake Grace Christmas Festival AKA as Late Night Shopping Wednesday 14 December 2017.

If you have a car you would like to display and for more information contact Linda or Cheryl on 9890 2500.

Swimming Pool Season

Lake Grace Pool will open
Saturday 11 November 2017



Operating Hours 2017/18

Early Swim	5.30 – 7am	Tuesday, Wednesday, Thursday & Friday
Weekdays	12 – 6pm	Monday – Friday
Weekends	12 – 6pm	Saturday & Sunday

Lake Grace Swimming Pool is a registered WATCH AROUND WATER pool.

In response to a number of drowning deaths involving young children at Western Australian public swimming pool facilities the Watch around Water program was first introduced in 2004. The Watch around Water program promotes the following policies:

- Children under five years of age must be accompanied into the facility by a responsible parent/guardian and supervised within arm's reach at all times. If the child is in the water, the parent must also be in the water.
- Children under ten years of age must be accompanied into the facility by a responsible parent/guardian and supervised at all times.
- Unsupervised children will be removed from the water for their safety.

For more information regarding the WAW program go to watcharoundwater.org.au or chat with your friendly pool managers.

Vacswim

Newdegate - Early Start Program 2018

16 December 2017 to 22 December 2017 (7) days

Lessons duration: 45 minutes

Lesson times 9:00am - 12:50pm

Stages taught 1 - 15

Entry fees Student: \$1.00, Spectator / Additional \$1.00

Lake Grace

3 January 2018 to 12 January 2018 (8) days

Lessons duration: 45 minutes

Lesson times 12:30pm - 15:25pm

Stages taught 1 - 16

Entry fees Student: \$1.00, Spectator \$2.00

Safety During Harvest

<https://www.ilec.coop/news-and-events/news/stay-safe-during-harvest>

Harvest tragedies can happen from a variety of dangers. Power lines and electrical equipment are a hazard, and other accidents occur from falls and entanglements. According to the Iowa Department of Public Health, **about 500 Iowans report injuries from farm machinery, tractors and falls each year.** Nearly half of these injuries occur during the harvest season, from August through November.

Keep your eyes open and your brain in gear to avoid the ever-present hazards of working with farm equipment.

Electric lines and electrical equipment Each year, dozens of farm workers are killed and hundreds are injured in accidents involving power lines and electrical equipment, according to [Safe Electricity](#).

- As farm equipment gets larger and taller, power lines are harder to avoid. Failure to notice them can be deadly. Safe Electricity lists these precautions:
- Review with all workers the farm activities that take place around power lines. Inspect the height of farm equipment to determine clearance. Keep equipment at least 10 feet away from power lines - above, below and to the side - a 360-degree rule.
- Use care when raising augers or the bed of grain

trucks around power lines. Always lower augers before moving them, even if it's just few feet, and use caution when raising the bed of a grain truck. Variables like wind or uneven ground shifting weight can combine to create an unexpected result.

- Use a spotter when operating large machinery near power lines. Do not let the spotter touch the machinery while it is being moved anywhere near power lines.
- Don't raise any equipment such as ladders, poles or rods into power lines. Remember, non-metallic materials such as lumber, tree limbs, ropes and hay will conduct electricity depending on dampness, dust and dirt contamination.
- Never attempt to raise or move a power line to clear a path!
- Don't use metal poles to break up bridged grain inside bins. Know where and how to shut off the power in an emergency.
- Use qualified electricians for work on drying equipment and other farm electrical systems.
- Know what to do if the vehicle comes in contact with a power line: Stay on the equipment, warn others to stay away and call 911. Do not get off the equipment until the utility crew says it is safe to do so. If there is a fire or risk of a fire, jump off the

CCL Hardware

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PHONE: 9865 1104



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Monday—Friday: 7:30am—5:30pm

Saturday & Sunday: 8:30am—11:30am

New plants and seedlings in.

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Safety During Harvest (Cont.)

equipment with your feet together, without touching the ground and vehicle at the same time. Then, still keeping your feet together, hop to safety as you leave the area. Don't touch the equipment again.

Entanglements and falls

Did you know that the most frequent way people are injured on combines is by falling off the equipment? This information comes from the ISU Extension Safe Farm publication, "Harvest safety yields big dividends." Such falls occur because the driver is often up and down the combine dozens of times a day. With the height of combine tops (12-14 feet off the ground) and operator's platforms (6-8 feet above the ground), a tumble can cause real damage. If the ladders and platforms are painted metal, they may be slippery, especially in mud, rain, snow or ice.

To reduce falls:

- Keep platforms free of tools and other objects
- Frequently clean the steps and other mounting, dismounting and operating areas
- Wear footwear with non-slip soles
- Use grab bars when mounting or dismounting the equipment
- Make sure your position is stable before working on a machine
- Recognize that fatigue, stress, drugs or alcohol and age may affect stability

Entanglements can happen in a heartbeat, and most operators overestimate their ability to react quickly to problems involving the intake area of the equipment. If a worker tries to unplug a stalk in a live cornhead, the snapping rolls can pull in the stalk and the operator's arm and hand into the machine in the same time it would take for the operator to release the freed stalk.

To avoid entanglements:

- Always disengage power and turn off the engine before trying to manually clear a plugged machine.
- Never try to pull or remove twine or wire from a bale case or knotter when the baler is in operation, and never try to feed twine by hand. Even on idle, twine can move through a baler faster than you can react.
- Keep protective shields in place to prevent slips or falls near the intake area.
- To decrease plugged machines, keep machines maintained, control late season weeds and operate equipment during optimal conditions.
- Before harvest, check your operator's manuals for maintenance suggestions. Replace any broken, worn or dulled components.

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Puzzles & Stuff

Some words from the 26th October edition of Boggle

Answers to 26/10/2017 Sudoku

Malarkey
Lamasery
Malarkey
Seamark
Alarms
Layers
Masker
Realms
Relays
Salary
slayer
Smeary
Alary
Areal
Asker
Earls
Early
Karma
Laker
Lares
Larks
Laser
Lyres
Maker
Maras
Marks

Rakes
Reals
Relay
Sayer
Smear
Years
Area
Arms
Army
Ears
Lark
Mare
Mark
Mars
Rale
Rams
Rays
Rely
Sear
Yare
Year

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

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

Y	R	A
P	L	T
S	M	I

This week's Boggle

Lee's Earth Moving

For All Your Grading Needs

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Roaded
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All Bank
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Roads, Fence
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ALL SURROUNDING AREAS

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Fake Massage Chair and Scooter Website

Scam Net Media Release

WA ScamNet has received a number of reports from consumers who have tried to purchase massage chairs, mobility scooters and children's scooters from various websites, and never received the products.

The following websites are identified as scams:

- <http://pipistore.com/>
- <http://vipoutlite.com/>
- <http://bestdealsoutlite.com/>
- <http://www.finemart.co.uk/>
- <http://massagechairmart.com/>
- <http://massagecharivip.com/>

Consumer Protection works to have any scam websites shut down as soon as possible.

The websites look similar, with just a variation on the name. All websites have the registrant information hidden and have been active for around 30 days.

Reviews of the websites reveal many consumers purchasing products and never receiving them. The products are very cheap, and would appear to be a 'great deal' for a consumer to purchase.

Some of the websites have had advertisements on Facebook pages. These have been reported to Facebook. The pages did not include much information, but invited consumers to click on a link to a website.

The method of payment is via credit card only. Most consumers are seeking charge backs through their credit card providers.

Tips to avoid fake websites

Be wary of 'great deals' served to you via an internet search or pop-ups. Scammers hope to catch you out when you impulse buy, for example, because of the promise of a bargain.

Be suspicious of sites you haven't heard of before or that haven't been online for long (copyright 2017 at the bottom for example).

- Consider the risks if there is no physical address, phone contact details or ABN.
- Watch out for sites asking for insecure payment methods (direct bank transfer or wire transfer).
- Protect yourself by using known reputable sites and paying by a secure system (padlocked) with credit card or Paypal, which provides you with an opportunity to seek a chargeback if you don't get what you paid for.
- Use the internet to search for reviews before buying from a website as this will often reveal consumer blog threads exposing scam sites, or indeed one of Consumer Protection's warnings.
- Be aware scammers create copycat sites of real online businesses. Pixelated photos can be a sign of this.
- Remember it's hard to enforce the Australian Consumer Law if an online business is overseas.

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

Stay On Your Feet

Free Seniors Program

Tuesday

10:00 AM

At the Shire
Hall



How to Enjoy a Financially Stress Free Christmas

<http://www.globefp.com.au/7-tips-for-enjoying-a-financially-stress-free-christmas/>

It can be hard to manage and keep track of your expenses when Christmas is creeping closer and closer and we are all trying to juggle end of year parties and get-togethers with family and friends.

Here is a seven step plan to help manage your finances over Christmas so the start of 2017 can be stress-free.

1. Start planning your Christmas early

Write out a list of all your family and friends to whom you plan to give a gift at least 2 months before Christmas. Set aside 2 separate days on a weekend or during the week to do your shopping. Try your best to ensure this is done at least 4 weeks before Christmas. This gives you enough time to plan for other events and avoid the mad rush on Christmas Eve.

2. Create a budget

Determine how much money you can afford for your Christmas budget and carefully allocate figures to your list. Add any other expenses you can think of to your budget. This will give you an idea on the total of your budget. Follow your budget as close as possible as this will help make your planning for Christmas less stressful and give you that little extra money to spend during your Christmas break.

3. Be sensible with presents

Secret Santa is a great way to avoid buying everyone in the family a present if money is tight. Suggest a dollar amount for each present to make it reasonable for everyone. Another good way to save money over Christmas is to use your reward points to help pay for presents. Christmas is the perfect time to cash in your points.

4. Eat, drink, party...and save

Hosting parties throughout December right through to New Year's Eve means entertaining overdrive! To avoid emptying out all your pockets, ask everyone to bring a plate of food and their own drinks to help save on costs. As a bonus, this saves hours of preparation too.

5. Cheap and cheerful

Everyone loves to soak up the Christmas spirit with fancy ornaments and baubles around the house and on Christmas trees. There's no need to spend a lot on these decorations as even the cheaper ones still look nice. Try Kmart, Target or even The Reject Shop to pay half the price. We promise no one will know the difference!

6. Be wise with your credit card

It is always a good idea to review your credit card before you go ahead and spend all your Christmas shopping on it. The Australian average credit card debt currently stands at \$4,300 per cardholder. If the interest

rate is between 15% and 20%, the annual interest bill could reach \$700. Look out for good card deals if you do plan to use your credit card this Christmas.

7. Why not spend your holiday at home

There are many beautiful destinations in Australia that families choose to go to for their Christmas holidays but this often comes at a high price. Why not holiday in your own home by planning fun activities at your local beach or park? If you do choose to go away, plan far in advance and keep a look out for great accommodation deals that could potentially be half the price of the original cost.

Christmas is a wonderful time of year to spend with family and friends, so it is important to budget and plan so you can avoid that horrible Christmas debt hanging over your shoulders.



LGP Netball Club

General Meeting

Wednesday 22nd
November

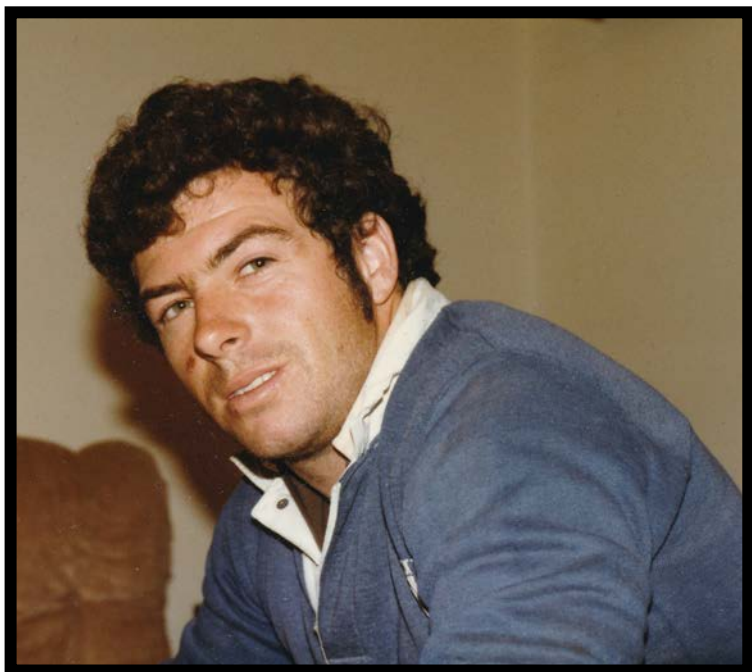
6:30pm @ the CRC

All old, existing and
future players/members
welcome.

Getting to Know...

By Rosie Timperley

1. Name: Craig Reeves (Reevo)
2. Occupation: Water Corporation Water Industry Worker
3. Favourite part about living in Lake Grace? Walking to work without getting puffed
4. Which actor would play you in a movie? Charlie Sheen would do a good job
5. Where would you suggest as a holiday destination? You can't go past the Kimberley
6. Which child is your favourite? Rebecca or Alex? That would be the one who doesn't put me into a nursing home at the first opportunity.
7. If you won \$10 million in the lotto and donated some to charity, which one would you choose and why? I lost both my parents to cancer before I hit my teens. Any that was into cancer research would get my money.
8. Which season is your favourite and why? Autumn as it is coming into golf season.
9. Do you prefer TV over books? TV slightly over books
10. How many times does Suzanne have to nag you before you do what she asks of you? Never, as I am just perfect. Just ask her.



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Grant Wins for the Lake Grace Visitor Centre

Jo Morgan

You may have noticed a few changes at the Lake Grace Visitor Centre and it's all thanks to successful grant applications we've made for 2016 and 2017. Thanks to the Royalties for Regions Regional Visitor Centre Sustainability Grant Program we have added a new desk, new shelving and an outdoor sign that explains the history of our Stationmaster building.

The sign was creatively designed by Michelle Slarke and tells the story of how our building became a Visitor Centre over the years. You must come see it for yourselves, we just love it! These new additions has meant a new floor change within the centre and we're finding it's working rather well with our visitors. The front room now has a small display of things of interest in the shire, and as a result our tours of the AIM have boomed. Our latest grant application will see extra shelving for the centre and an updated website so stay tuned for that.



Jo Morgan with the new brochure rack.



New desk and brochure rack.

Til then we shall be getting ready for the Christmas rush. We have lots of great giftware, local favourites and a few new suppliers so I encourage you to check out our gift ideas. For all those lovers of the Eucalyptus Homeware range, we have just put a large order in. We're hoping it will arrive in time for the Lake Grace Late Night Shopping on Thursday 14th December.

To keep up to date with what's available, new arrivals and what's been happening at the Lake Grace Visitor Centre like our Facebook or follow us on instagram so you don't miss out! Or for more information call Jo in the Visitor Centre on 9865 2140.



Stationmaster building history sign.



Our cheeky volunteer Dick Phillips, ready for greeting customers.



Lake Grace Cricket Club

George Chircop

Match five - October 28th Lake Grace v Newdegate

The afternoon started with us winning the toss and electing to bat. With the wind howling it was going to be one of those days that anything could happen.

Matt and Garry opened the batting but we didn't get the result we wanted with Matt getting out for one. Next in was the never aging man Damon who was ready to make some runs, but with Garry getting out for one it looked like the gods weren't shining on us. With the score on 2/4 Kane was next in fresh from 76 not out last week so he and Damon had to get some kind of partnership going. They started to get the runs ticking, anything short on not on line they put away, especially Damon he hit three fours in a over and it seemed that he was on song today, but his luck ran out on 20. In next was Luke Bairstow playing his first game of the season. The score was 3/40, just as Kane and Luke looked like settling in Kane got out on 23. Next was Jamie who was back this week and straight away played a nice shot that got him 2 runs, that was all Jamie did as he got out on 2, while Luke just kept on pushing the score. Next in was Trent King also playing his first game of the season, unfortunately he got out for a duck. The score wasn't looking good but Luke was still there and he was doing his best to make runs. Next in was Kael who today was playing his 100th game for the club so maybe he could save us as the score was 6/66, he tried to lift the team but couldn't and got out for 2. With the score on 7/69 next in was Rob who also was back this week after missing last week's game, they got the score up to 84 when Luke got out on 23 just as they were getting comfortable. In next was George with plenty of over's left to bat he might just have to bat as he did last week on just try to hang around for a while but he got a great ball which trapped him LBW and he got out for a golden duck. The last batsman to come in was Bob and if we needed him to make some runs it was going to be today but he also got out for a duck so our innings ended after just 29 over with the score on 85.

With such a low score we had to be switched on with pressure from the first ball. Kane opened the bowling with extreme pace and was very hard for Newdegate to score. Damon, the man who must have the fountain of youth in his yard, was given the ball and he didn't disappoint, his second ball got the danger Wollaston out for 7, what a start we had a sniff. The next over from Kane was quicker than his first as he got a maiden. Damon's next over was better than his first as he got 2 wicket so now we believed we could win this game, with the score 3/10, what a start, we just had to make sure that we also did our part in the field. Maiden after maiden the pressure was building. Runs were ticking over slowly as Damon bowled his sixth over he got another wicket and we had them just where we wanted with the score on 4/28 after 13 over's. In next bowling was Bailey and he started with a great over only giving them one run. At the other end Rob got the ball and his

pace was terrific with Newdegate only getting two runs his over. Bailey's second over got us another wicket and the score was 5/40. Rob also got a wicket in his next over and the score was 6/40. Matt decided to change it up and he and George got to bowl, but there wasn't any success. So it was time to give the 100 gamer the ball, and didn't he bowl with some heat that his first over was a maiden. Newdegate were getting runs slowly but we needed to get wickets, so Kael's second over he got the breakthrough we needed and the score was 7/76. The team could just about taste that victory all we needed was to get a few more wickets. Their next batsmen was Jackson Callope who filled in for Newdegate as they were short and we had a lot of players this week. So Kane came back for this second spell hoping he could clean up the rest of the batsman but it wasn't meant to be as Jackson hit the winning runs. What a way to end the game, not the way we planned but there has to be a loser and today that was us. The good thing about playing sports is that there is always room to improve and next week there is another game, so to my team, heads up and don't stop believing in yourself and the team because the victory is coming.

Batting -

Luke Bairstow = 23

Kane Pinney = 23

Damon Pelham = 20

Bowling

Damon Pelham - 4/21 off 8 over's

Rob Enright - 2/17 off 6 over's

Bailey McGlinn - 1/7 off 3 over's

Kael Gray - 1/12 off 6 over's

Match 6 - November 4th Lake Grace v Karlgarin/Pingaring

It started with a beautiful sunny warm day about 27°, but today we lost the toss and were bowling the first innings. We had our instruction by Kane as Matty wasn't playing this game.

Rob was given the ball and he was right on the money from the start. Next to bowl was the captain Kane, he too was bowling a great line and length. As our opening bowler didn't give the batsmen anything it was Rob to get the first break through a nice edge straight into the safe hands of wicket keeper Garry. Kane's three overs were just amazing, first ball edge straight to slip caught by Kael. Next new batsman no runs then came this Jaffa of a ball which the batsman left and it jagged back in and smashed the wickets, what a ball it was just breathtaking to watch. The score was 3/15, just the start we wanted.

Next bowler in was Damon Pelham (the safest hands in Lake Grace he tells everyone), but his first over was a bit wild costing the team 9 runs. Karlgarin were slowly getting the runs to tick over and they looked like settling in but Kane got another break through and he had them 4/35 after 12 over's. Next batsman to come in was a new bloke Boulton-Lyne and didn't we find out what kind of

Lake Grace Cricket Club (Cont.)

player he was very quickly. Kael was given the ball next and wasn't he on song the first over only getting 3 runs taken off it. Karlgarin were starting to get runs on the board, this partnership was developing nicely. 22 overs had gone by so it was drinks break - just in time - as we were looking a bit worse for wear. So we had a drink and talked about starting over fresh, now half the over gone let's just reset and get the talk going again.

Damon bowled after the drinks break and got the break through and so the score was 5/92. The next batsman came in but he struggled and just tried to give as much strike to the other batsman who was causing us problems. Kane then brought on Mitchell, which was a great move as he got a thick edge that fell to gully where Kane took a ripper of a catch, that made the score 6/98. We were thinking if we can get through the next batsmen quickly we wouldn't be chasing a big score. We quickly learnt that Boulty-Lyne was the key to their batting as he was just smashing anything we bowled at him, and the score was starting to look very dangerous. Kael and Mitchell tried to get wicket but it just wouldn't go our way as they were hitting in the air and it was either dropping too short or over our heads especially off the bowling of Kael. Kane then brought himself back on and also Rob, still the score just keep on going up. It wasn't till the 35th over when Kane got the next wicket and the score was 7/157. Damon came back on and got the dangerous Boulty-Lyne out but he had done his part with 62 runs to his name. Rob bowled nice and tight but couldn't get the wicket we needed, Damon got the last two wickets and Karlgarin were out for 166. Walking in for afternoon tea we felt like it was a gettable score as long as we got off to a good start.

With us not having a couple of our experienced players today Kane decided to change the batting line with Kael Gray and Damon Pelham opening the batting. They both seemed to settle in quickly but Kael got bowled for eight. In next at number three was Garry Leo who was starting to find the middle of the willow at training on Thursday so we were hopeful he could bring it into the match today. Damon just couldn't get his eye in and also got bowled for eight. In next was Kane who has been our most constant batsmen this year with the score at 2/23, he and Garry had to make a partnership if we had any chance of winning. They both started ticking the score over then Garry smashed a monster six and it looked like he was starting to get comfortable, but on 25 gave the bowler a lolly pop and he was caught and bowled. In next was Rob, who was elevated up the order this week, so it was captain and vice captain at the crease with the score 3/47. It was time to knuckle down and get the partnership going which we needed to chase down 166. So ball after ball, over after over Kane and Rob just kept on scoring 1,2,3 and the occasional boundary. Karlgarin threw everything they could at Kane and Rob but they just kept on scoring. We looked like we had a great chance to get the target when on 40 Rob got bowled and we were 4/130. It was a good innings and a great partnership of 83 just what we needed. In next playing his first game of the season was Patrick Smith known a bit of a pitch hitter we were hoping he could get a few shots to the boundary but

could only get one so that ended his day. Next was Mitchell who came in and tried to push a single around and get Kane back on strike as he was past his half century and was looking to guide the team to its first victory. But as Kane tried to up the ante he got bowled on 57. With an over left and needing 14 runs in next came young Jackson Callope the only thing he could do was swing the bat and hope for a miracle but we ran out of overs and ended on 6/152.

Not a bad effort today as we were down a couple of experienced players and we came up against the best team in the association. With us batting out the 44 overs is a start as it shows that a good score is possible and with a few more partnership like Kane and Rob we can get the big W. It wasn't the way we wanted the day to end but another game next week and our team is always improving and once it all goes the way we know it can the wins will come.

Bowling Figure's

Rob Dog - 1/39 off 10 over's

Kane Pinney - 4/29 off 10 over's

Damon Pelham - 4/51 off 11 over's

Mitchell Thornton - 1/21 off 4 over's

Batting figure's

Kane Pinney - 57

Rob Enright - 40

Garry Leo - 25

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Humour

I was going to take over the world this morning but I overslept.
Postponed.
Again.

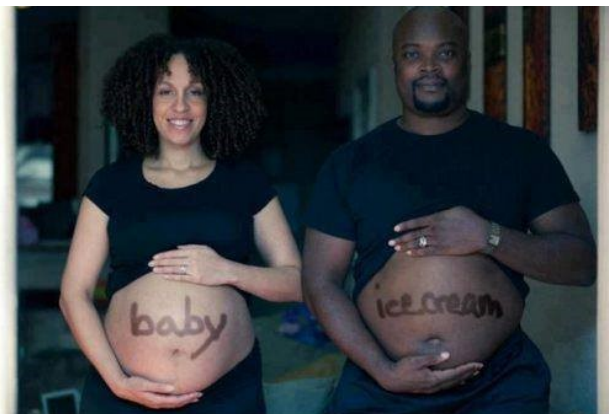
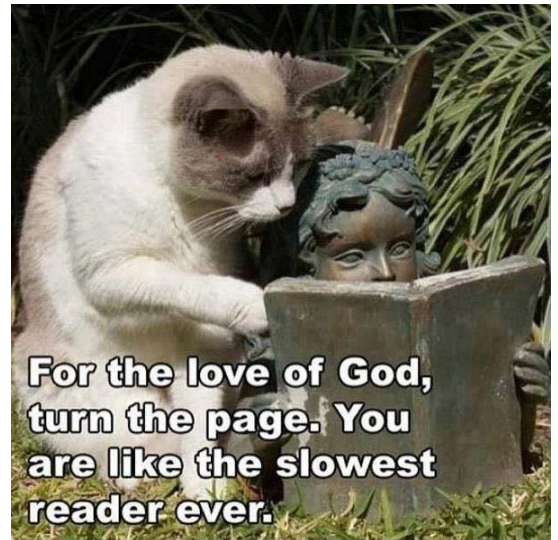
I told a girl to text me when she got home.
She must be homeless.

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy whips out his phone and calls the emergency services. He gasps, "My friend is dead! What can I do?". The operator says, "Calm down. First, let's make sure he's dead."
There is a silence, then a shot is heard. Back on the phone, the guy says, "Ok, now what?"

A guy stands over his tee shot for what seems an eternity: looking up, looking down, measuring the distance, figuring the wind direction and speed.

Finally this exasperated partner says, "What's taking so long? Hit the ball!" The guy answers, "My wife is up there watching me from the clubhouse. I want to make this a perfect shot."
"Forget it man," says his partner. "You'll never hit her from here."

An old woman was sitting on the porch with her husband, sipping a glass of wine. "I love you so much," she says. "in fact, I doubt I could live without you. I know I don't want to even try to get through a single day without you." Her husband is almost speechless. "Is that you talking, or the wine?" he asks.
"It's me," she replies. "Talking to the wine."



When you check your phone in the middle of the night but forgot to turn the brightness down



Regional Road Safety Package for WA Roads

Government of Western Australia Media Release

The Federal and Western Australia Governments today announced the successful projects to receive funding under the new \$55.25 million Regional Road Safety package.

Federal Minister for Infrastructure and Transport Darren Chester said 16 projects were selected based on an assessment of crash risk and road safety audits.

"From the Great Southern Region to the Pilbara we are improving safety and boosting freight efficiency for regional industries by delivering more accessible roads for heavy vehicles," Mr Chester said.

"We are committed to better, safer roads to reduce the number of crashes leading to deaths and serious injuries. That is why we are investing in road widening, shoulder sealing, new overtaking lanes, intersection improvements and other important safety upgrades."

Western Australian Minister for Transport Rita Saffioti said the projects included in the package had been prioritised based on factors such as economy of scale, deliverability and cost effectiveness.

"The upgrades will include improvements to major regional routes such as the South West Highway,

Railway Road, Indian Ocean Drive, Brand Highway, the Great Northern Highway and the North West Coastal Highway," Ms Saffioti said.

"Project values range from \$1.5 million toward the Goldfields Highway and the Great Northern Highway to \$11 million for curve improvements, intersection upgrades and two new bridges on Albany Lake Grace (Amelup curves)."

The Regional Road Safety package is part of the \$2.3 billion road and rail infrastructure package to improve safety, ease congestion and keep the economy moving in Western Australia.

The Australian Government has committed \$44.2 million and the Western Australian Government has committed \$11.05 million to fund the Regional Road Safety package. The upgrades will be undertaken between 2017–18 and 2019–20.



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Layby Welcome



CBH urges everyone to "Be Truck Aware"

Media Release

The CBH Group is urging drivers to "Be truck aware" when driving around trucks on regional roads in the co-operative's first billboard campaign on road safety, launched today.

As harvest season ramps up for grain growers and with holiday season around the corner, CBH is urging drivers to be vigilant on regional roads in a road safety education campaign that raises awareness of the hazards of sharing our roads with trucks and heavy vehicles.

Trucks can have anything from a single trailer to a rig of two or three trailers. For truck drivers this means longer stopping distances, blind spots, slower driving, heavy loads, and less manoeuvrability.

The campaign features billboards in regional areas where grain trucks interact with other road users, including locations in Esperance, Albany and Kojonup.

CBH General Manager Operations David Capper said knowing how to share the road with trucks and other heavy vehicles, such as grain trucks, agricultural machinery and livestock transporters, will help to keep you and others safe.

"Being safe on the road is something we take very seriously at CBH," Mr Capper said.

"We're reminding drivers to leave adequate space around trucks, to pay attention to the roads especially while on holiday driving, and to not stop suddenly around heavy vehicles," Mr Capper said.

"With many of our employees and contractors facing long days on the road, and the holiday season around the corner, it's incredibly important we all be vigilant on the roads."

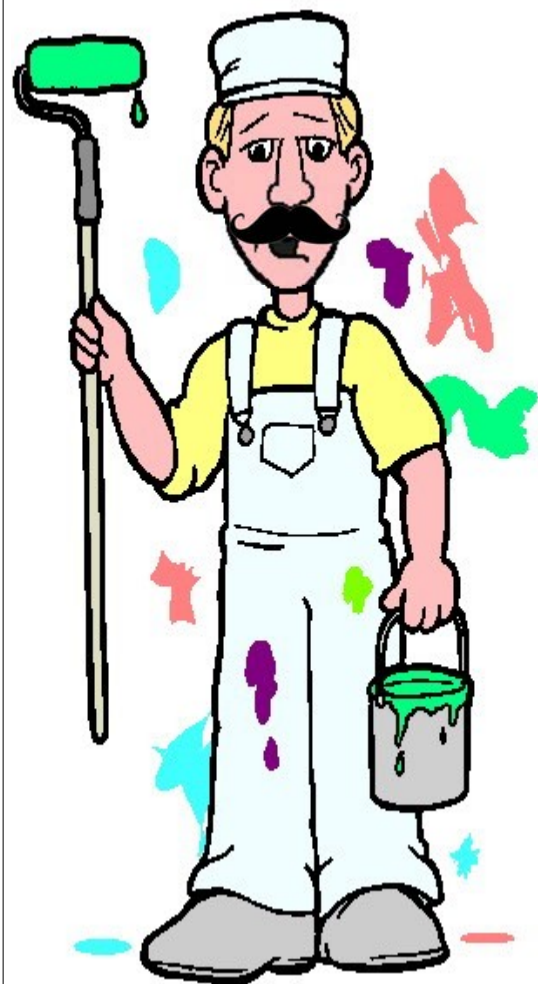
There are a few main things to keep in mind when sharing the road with heavy vehicles.

Braking distances

- A truck requires a larger braking distance than a car due to their additional weight.
- Avoid sudden manoeuvres and never pull out in front of an oncoming truck.

Overtaking trucks

- Unsafe overtaking is something truck drivers see all too often.
- Don't become impatient behind trucks on hills or when there are few passing opportunities. **Some people take a very large risk for only a few minutes gain.**
- When overtaking, allow plenty of room by passing the truck safely, pulling back in only when safe to do so.
- Allow plenty of room and importantly don't slow down in front of the truck.



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Tips to Keep Pets Cool In Summer

<http://www.abc.net.au/news/2017-11-05/be-sun-safe-with-your-pets/9107724>

You know to slip, slop, slap and cover up to protect yourself from sunburn in summer, but what about your pets?

Does your dog need sunblock? Can cats get sunburnt?

North Hobart Veterinary Hospital vet Jennifer Cormack said if you need sun protection, your pet probably does too.

And it is not just UV radiation that can be dangerous.

Heat dangers not just from above

Dr Cormack recommends taking dogs for their exercise early in the morning in summer, before the day gets too hot.

When you take your dog for a walk, it is not just the heat from above that can be a hazard — think about the ground under the dog's paws.

"Take them to cooler areas. Walk them on the grass if you can," Dr Cormack said.

"When you go for a walk, you're wearing your shoes. You're not touching that hot ground.

Dr Cormack said it was also important to watch out for what was on the ground, because items such as broken glass and dropped food that had gone off in the heat could cause trouble for dogs.

Snakes are also a risk to dogs and other pets allowed to roam in summer.

Should you give your dog a haircut ahead of the heat?

"There is not a definite answer to this question," Dr Cormack said.

Thick coats can help insulate a dog against the sun and heat, but if the dog gets hot exercising, the same insulation can trap their body heat in.

But be aware, cutting off their coat will leave them more vulnerable to sunburn.

"Brush out the undercoat," Dr Cormack said.

"So you've got the guard hairs there for sun protection, but not to keep your dog too hot."

Overheating from exercise

Some dogs do not know when to stop, and this can be dangerous in the summer months.

"If you're throwing a ball, you're not getting as hot as the dog who is chasing the ball constantly," Dr Cormack said.

"Some of our young and active dogs, they're not going to think about stopping exercising when they should stop.

"They will keep running and running until they go into

heatstroke."

Make sure you cool your dog down after exercising with a quick hose down if they are happy getting wet, or at least put them in a cooler place.

If your dog likes swimming, again it is worth keeping a close eye on them.

"Sometimes when we're throwing balls out into the water and they can't find it, they will keep on swimming and that can be dangerous," Dr Cormack said.

Sun protection for pets

We need to protect our skin against sunburn when the UV is high, and we should help our pets protect their skin as well.

For pale-coloured dogs, clothing such as a rash top can help protect their skin from damage, and sunscreen can be used as well.

"You can use human sunscreens, but don't use ones that have zinc or salicylates in them," Dr Cormack said.

"If it says 'don't ingest', don't use it on your dog, the reason being that potentially your dog's going to be licking it off."

Sunscreen works the same way for animals as it does for humans — you need to apply it and let it sink into the skin before exposure to the sun, and it needs to be reapplied regularly.

"Don't forget the belly, because if you've got a dog that's going to roll on their back and sunbake, that needs to be protected," Dr Cormack said.

Indoor pets can also be at risk

But it is not just dogs outside that need protection from the sun — an indoor pet that likes to sleep near windows can also get burnt and overheat.

Providing a spot out of the heat is necessary for all pets.

"They will move out of the sun if they're given the opportunity to move to a cooler area," Dr Cormack said.

"Provide shade, and bear in mind that shade moves through the day with the sun.

"Also make sure that their water bowls are in the shade."

Growing Up in Lake Grace Pt X

John Dyke

A former resident of Lake Grace, John Dyke was born in King Edward Memorial Hospital in Subiaco, on 24 April 1935, to Noel Frederick Dyke and May Dyke. Dad had gone ahead to Lake Grace as Secretary to the Road Board. They had come to West Australia from Wales, UK, in 1926, paid their own way, and were sent to the South West, south of Bridgetown, to one of the Group Settlements, No's 126 and 127. The whole thing was a complete con between the British and Australian Governments, promising the new settlers a house, good land to cultivate, and the promise that within a few short years, working hard, they would be wealthy enough to return to the UK and have a good holiday. John and his wife Cheryl currently live in Albany. The following is the tenth part in a series detailing some of John's earlier adventures.

Fred Slarke snr was in his office at the east end of Stubbs street opposite the fuel depot one day when he noticed young Bill 'skinny legs' Caddy back his dad's truck into the fuel depot, most likely to get more 44 gallon drums for a client. Fred started to walk over to see what he wanted and noticed Bill begin to roll a 44 from the rear of the tray to the back of the cab. He was struggling, huff grunt puff and Fred yelled "careful there Bill those drums are heavy, you could injure yourself", to which Bill replied "it's ok Fred it's only an empty."

Bill Caddy may have had skinny legs but there was nothing else wrong with him as he married a lovely nurse from the Hospital and within less than a year they had a lovely baby. Bill later had a Pub somewhere down towards Bunbury, and then ended up on Magnetic Island off the Queensland coast in the tourist business and he may still be there.

On another occasion Fred jnr, Frank and I were at the house late in the afternoon when Fred snr said he was taking the Chev truck and going down to see Wally Lee at South Lake Grace if we wanted to come along. Both Fred and Frank offered to drive as they had been on the road for the past few months during the Railway strike, carting just about everything from Lake Grace to Perth and back.

The old man insisted that he drive, so off we went and getting to Wally's turnoff, we proceeded down the gravel road to the house. A short time later I thought that looks like a gate coming up and we don't seem to be slowing and as it turned out Fred and Frank were thinking the same thing, then we realized that the old man was working hard on the air brakes but we had no trailer connected so the air brakes didn't work. Then Fred hit the foot brake, but too late and we crashed through the gate with most of it ending up on the front of

POSITION VACANT



The Newdegate CRC is an exciting and busy hub within the community arranging and running events, business development and access to Government departments such as Centrelink.

A position has become available for 12 months (maternity leave) with a possibility of further employment following this period.

We are looking for an energetic and enthusiastic person with the following skills to join our community focused team:

- Excellent customer service skills*
- Able to work as part of a team and also work unsupervised*
- Able to prioritise*
- Technologically literate*
- Experience in Microsoft Office Suite*
- Some after hours paid work is expected for the preparation and running of events*

Remuneration will be negotiated based on skills, experience and qualifications.

Applications due by close of business on Thursday 30th November 2017

If you are interested in the position and would like more information please contact Rachael McLean on 0419918382.

To apply for the position you will need to address a Selection Criteria and submit along with your resume marked as **'Confidential'**.

To obtain a copy of the selection criteria please contact the Newdegate CRC.

Applications in writing and marked Confidential may be sent to:

Mrs Rachael McLean
Chairperson
Newdegate Community Resource Centre Inc.
PO Box 142
Newdegate WA 6355
Or email: rachy1109@live.com.au



Department of
**Primary Industries and
Regional Development**

Growing Up in Lake Grace Pt X (Cont.)

the Chev. If you knew Fred Snr he could laugh no matter how bad the situation and as we started to untangle the gate from the front of the truck Fred starts laughing that deep belly laugh he was well known for. Ho, ho wait until we see Wally and I tell him about his gate.

So we continue to the farmhouse and Mrs Lee welcomes us in saying "Wally sends his apologies Fred, he will be with you in a few minutes he has just got in and is having a wash and clean up before dinner, would you like a cup of tea Fred." So we all have a cup of tea and then Wally comes in with a big smile on his face. "Sorry to keep you waiting Fred, but I've been going since 6 this morning and apart from the wife bringing me a thermos and a sandwich haven't had a thing to eat or drink all day. I just put in a new gate, hell of a job, but it's all finished thank God. I'll go back and restrain it in the morning, but that won't take more than a half hour. You would have come through it on the way to the house Fred."

Fred's belly begins to rumble again, "yes Wal, ho ho ho we came through it alright most of it ended up on the front of the truck Wal. Sorry about that, but it might take a bit longer than a half hour to fix." Wally's face went a funny colour but before he could say anything Fred said but don't worry Wal I'll bring the boys out tomorrow morning and it will be as good as new before you know it. Wally visibly relaxed and after Fred and Wally did their business we left, a night to be remembered.

Mum got two bouts of pneumonia that put her in Hospital for some time and Mrs Powell with young John in tow used to come to the house each Monday when Mum was out of Hospital and do the washing for us and cook corned beef and cabbage to last us the rest of the week. When Mum was in Hospital Betty and I were staying out at Jack McMaho's for some time and from memory, Dick stayed at home with Dad. Elsie O'Neil came and looked after us for some time when Mum got home and when Elsie left Lake Grace Betty McKay, sister of Fergie, came and looked after us until Mum was better.

When Mum and Betty moved to Perth in 1956, we moved into the Commonwealth Bank house attached to the rear of the bank building in Mt Hawthorn, the bank is still there. Brother Dick worked in the bank, sometime later we had to move. A very good friend of Mum's, Mrs Ellis, mother of Richie, had bought a house at 62 Flinders St in Mt Hawthorn and we moved in there as tenants. Sometime later John Allans built a supermarket in Scarborough Beach Rd in Mt Hawthorn and wanted the land for parking; he offered Mrs Ellis a good price so she sold to them and bought a house at 71 Fairfield St Mt Hawthorn on top of the hill directly up from the bank. We moved in there for the next couple of years, opposite John Tarco and family who came from Lake Grace, John being a Builder; a lovely family.

After a couple more moves to 62 Northwood St Leederville then to 389 Beaufort St Highgate, we bought a block of land from the state housing commission at 365 Karrinyup Rd where we built Mum's first house. It was the last house until you got to Trigg just north of Scarborough with a very small shopping centre at the top of the hill a short walk away. Now of course Karrinyup is a huge centre and houses from our house to the beach. We sold in 1968 to move to Rottnest Island and take up the lease of The Lodge. Our salesman was none other than Doug Willock, ex Lake Grace, a lovely man who sold me a block of 10 acres a couple of years earlier out Toodyay way with a creek running through at the rear of the property. It was such a good block that Doug bought it back from me for his son giving me enough money for a good profit. The only 100% honest real estate person I have ever met, but then Doug Willock was from Lake Grace wasn't he.

PROPOSAL TO WIND-UP THE NEWDEGATE LAND CONSERVATION DISTRICT COMMITTEE

Public comment is invited in relation to the proposed wind-up of the Newdegate Land Conservation District Committee (LCDC).

LCDC's are statutory bodies formed under section 23 of the *Soil and Land Conservation Act 1945*. Their functions include undertaking land conservation works, promoting soil conservation programs and providing advice to the Department of Primary Industries and Regional Development on land use issues within their districts.

The LCDC is proposed to be abolished because of lack of interest.

If you wish to comment on this proposal, please write to the Commissioner by 30 November 2017. All comments received will be presented to the Minister for Agriculture and Food before the LCDC is formally wound-up.

Commissioner of Soil and Land Conservation
Department of Primary Industries and Regional Development
Locked Bag No 4
Bentley Delivery Centre WA 6983

For further information please contact:
Gisela Warman
Telephone: (08) 9368 3301

PUBLIC NOTICES

Dr Linda Haines

Is available in Lake Grace on Thursday 16th and Friday 17th of November. Ring 9865 1208 for an appointment.

Sally Dickinson

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

Holyoake Community Alcohol and Drug Service

Matthew Bejger Counsellor/Diversion Officer
 Ph: 08 9881 1999

Cancer Support Coordinator

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

Lake Grace Op Shop

46 Bennett Street (Old Church)

Open

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

First Aid Kits

Are now available for purchase at
 CCL Hardware Lake Grace.

Lake Grace Gym Club AGM

Thursday 30th November
 2pm
 at Arjos Cafe

Getting Rid of Girls Garage Sale!

Sunday November 12, 2017 9 - 11:30am
 Theresa Naisbitt and girls. 5km west of Lake Grace overlooking lake on Lake Grace Dumbleyung Road.

Items include dresses, clothes, shoes, games, puzzles, books, toys, craft, linen, school supplies, bric-a-brac plus lots more. Some larger items - change table, stroller and more. Things to suit all ages!! Coffee and tea available.

Community Midwife

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

CWA Bookings

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

Crisis Care Numbers

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 551 800 www.kidshelp.com.au
Poisons Information 13 11 26	Ngala 9368 9368 www.ngala.com.au
Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Wheatbelt Mental Health Service Northam - (08) 9621 0999 Narrogin - (08) 9881 0700
Lifeline Australia - 13 11 14 www.lifeline.org.au	Beyond Blue - 1300 22 4636 www.beyondblue.org.au
Seniors Information Services 9321 2133 www.cotawa.asn.au	Citizens Advice Bureau 9221 5711 www.cab.wa.com.au
Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au	Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au
Main Roads - 138 138	Rural Link - 1800 552 002
Mental Health Emergency Response Line - 1300 555 788	Suicide Call Back Line - 1300 659 467 www.suicidecallbackservice.org.au
Alcohol & Drug Information Service - 1800 198 024 https://www.mhc.wa.gov.au/	Parent Drug Information Service - 1800 653 203
Holyoake Northam - (08) 9621 1055 Merredin - (08) 9041 3807 Narrogin - (08) 9881 1999 Freecall - 1800 447 172	Relationships Australia Fair Programme 9336 2144 www.wa.relationships.com.au 1300 364 277

Community Clubs and Associations

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

CHURCH TIMES

Lake Grace Catholic Church

Sunday 12th November

Lake Grace 8 am

Sunday 19th November

Lake Grace 6 pm

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

Anglican Church of Lake Grace

Sunday 12th November

Lake Grace 9 am

Sunday 19th November

Lake Grace No Service

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

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDAR

November

Fri 10 Fish & Chips @ Sportsman's Club
Op Shop Open - 9:30am to 1pm
HACC Bus Outing
Remembrance Day Ceremony

Sat 11 Rubbish tip open
Craft @ CWA
Steak Tea @ Sportsman's Club
LG Swimming Pool Open
Bowls - Ladies Newdegate v Lake Grace
Cricket - Hyden v Lake Grace

Sun 12 Rubbish tip open
Tennis - Lake Grace v Kukerin
Bowls - Club Championships Pairs

Mon 13 Rubbish Collection & rubbish tip open
Recycling Collection
SwimAbility
LG Swimming Club Registrations and Swim Meet @ 2:45 pm

Tue 14 Men's Shed (morning)
Chair Aerobics 10:30am at Village Hall
SOYF Seniors Program -10am @ Shire Hall
Op Shop Open - 1pm to 4pm
Lego Club - 3:30 to 4:30pm
HACC Foot Clinic
LGPFCA AGM @ Sportsman's Club
Building Surveyor in Lake Grace
CWA Meeting @ 1:30 pm

Wed 15 Rubbish tip open
HACC Activity & Morning Tea 10 - 1:30am

Thur 16 Bowls Training

Fri 17 Fish & Chips @ Sportsman's Club
Op Shop Open - 9:30am to 1pm

Sat 18 Rubbish tip open
Craft @ CWA
Steak Teas @ Sportsman's Club
Bowls - Newdegate v Lake Grace
Cricket - Bye

Sun 19 Rubbish tip open

Mon 20 Rubbish Collection & rubbish tip open

Deadline for Lakes Link News

P & C Meeting @ 7 pm

Tue 21 Men's Shed (morning)
Chair Aerobics 10:45am at Village Hall
SOYF Senior Program - 10am @ Shire Hall

Op Shop Open - 1pm to 4pm

Lego Club - 3:30 to 4:30pm

Wed 22 Rubbish tip open
HACC Activity & Morning Tea 10-11:30am
Shire Ordinary Council Meeting 3pm
LGP Netball Club General Meeting @ 6:30pm @ CRC

Thur 23 Lakes Link Published
Bowls Training

Coming Events

24th November - 4th Friday Activity

28th November - School Board Meeting

28th November - Building Surveyor in Lake Grace

30th November - Gym Club AGM @ Café Arjos

1st December - Driving Assessor in Lake Grace

14th December - Christmas Festival/Late Night

Shopping

16th - 22nd December - Vacswim early start program
Newdegate

2018

1st January - Driving Assessor in Lake Grace

3rd - 12th January - Vacswim in Lake Grace

10th February - Lake Grace Cricket Club Centenary

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

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.

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