

LAKE LINK NEWS

Produced at the
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What Will It Take?

Suzanne Reeves



Kerrie Argent and Peter Stoffberg at the intersection of Collie Lake King Road and Gorge Rock Lake Grace Road.

The intersection of Collie Lake King Road (aka Stubbs Street) and Gorge Rock Lake Grace Road, commonly known as 'the crossroads' has been an issue of road safety for many years. Traffic travelling in a northerly or southerly direction is meant to stop and give way to those travelling along Stubbs Street; unfortunately, it is well known that many drivers don't even look like stopping.

There are many heart stopping moments for roadhouse proprietor Peter Stoffberg as he is witness to countless near misses as he goes through his working day. Local resident Kerrie Argent has been a victim of a number of near misses as she travels through the intersection regularly. Both agree that it is only a matter of time

before someone is killed or seriously injured.

Lake Grace Roadwise have been discussing this intersection for a number of years, half of the committee would have endured or been witness to a near miss themselves and therefore are heavily vested in seeing through a practical and safe outcome to the problem. As a committee we have tried to understand why road users aren't stopping. Is it driver distraction? Is the intersection oversigned? Is it driver arrogance?

Subsequent discussion and correspondence with Main Roads resulted in an audit being carried out on 11th July 2017; from this 11 recommendations were made. Three of those recommendations were carried out; clearing of vegetation to improve sight lines, new advance warning

Continued page 34

CONTENTS

• Page 1,34	What Will it Take?	Page 21 - 25	Shire Pages
• Page 4	What's Happening	Page 26,27,29	Medicinal Marijuana
• Page 6	Blokes & The Choice to Leave Home	Page 28	Puzzles & Stuff
• Page 7	CWA News	Page 29	Making Smart Farming Ideas a Reality
• Page 8,9	Report Backs Royalties for Regions	Page 30	Inspection Programme
• Page 10	Weather	Page 33	Tarin Rock Tennis
• Page 11	Hollows For The Homeless	Page 35,40	Public Notices
• Page 12	Tarin Rock Book Update	Page 36 - 38	Lake Grace Cricket Notes
• Page 14	Getting To Know...	Page 39	Junior Cricket Notes
• Page 15,16	Harvest Hiccups	Page 41	Community Club Information
• Page 17	Hospital Page	Page 42	Community Calendar
• Page 20,32	Get Into Your Garden		

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Editorial	FREE	FREE	FREE
Colour	\$165.00	\$165.00	\$200.00

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 17th December

Next Edition

Thursday 20th December



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

Dick Phillips

Elsie Bishop

Gwen Oliver

Annie Slarke

Thank you also to our many contributors of articles.

DISCLAIMER

- 1) No liability shall be incurred by the Lakes Link News by reason of any amendments to, or error or inaccuracy in, or the partial or total omission of an advertisement or by reason of delay or default or from any other cause whatsoever. If in the opinion of Lakes Link News the error clearly reduces the value of the advertisement and the advertiser notifies it to Lakes Link News within seven days of the publication date, then one correct insertion will be made without charge.
- 2) While the Lakes Link News aims to publish all material submitted, Lakes Link News reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.
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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.

300 copies printed and sold each fortnight

Editorial

- Well it's only one week to **Late Night Shopping**, thank you to everyone who has booked a stall and to those who are providing food and drink on the evening. Please be mindful that with the street being closed all vehicles will need to be shifted prior to 4:30pm. Santa will be arriving around 6pm. The bouncy castle will once again be set up on the Visitor Centre lawn but in the interests of safety only children 10 years and under will be able to use it. Could parents of older children please explain to their children that they will be unable to use it. There will be signage.
- Thank you to everyone who has sent in their **subscriptions**, please make sure you return your forms as this is essential to making up the subscription list. It also ensures that we have all of your correct information.
- Due to **Late Night Shopping** on Thursday 13th December the CRC will be closing at 4pm. We apologise for any inconvenience but it will be all hands on deck in the main street.
- Our **calendars** are now available for sale, they're \$22 each. Thank you to those who have sent in photos, it all adds to the interest.
- A date has been set for our **forklift workshop**, it will be held on the 5th and 6th March (directly after the long weekend).
- We have moved the dates for our **ASIST** workshop in Lake Grace back two days, it will now be held on the 21st and 22nd March. Please feel free to register your interest now. We also have the Rural Minds workshops in Lake Grace, Newdegate and Varley. Please feel free to book in now.
- Coming up in 2019 is an information session that we're hosting with **Advocare on 'My Aged Care'**. It is really important that anyone currently using HACC services or planning to in the future attends and gets as much information as possible. Also a good idea for the children of those needing these services in the future to attend.
- The Driver Reviver van will be out on Saturday 22nd, Sunday 23rd and Monday 24th December. If you would be willing to do a 2 hour shift we would love to hear from you. We want to fill the Saturday and Monday slots before the Sunday ones.
- We're still taking names for **Auslan**, projected cost is over \$300 per person and it would be run over a weekend. We're nearly to the magical number of 10 so I will be able to look at organising a date.
- Only **one more paper left for 2018** so get your news in!! The Lakes Link won't be returning until Thursday 31st January so if you have something happening early in February then please get your information through to us so we can at least add it to the calendar.

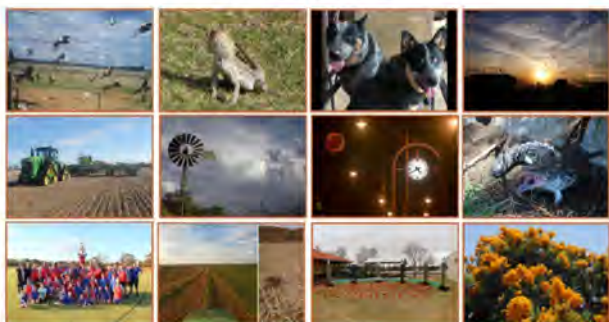
Suzanne Reeves

Lake Grace 2019 calendars are available from the Community Resource Centre. \$22 each.

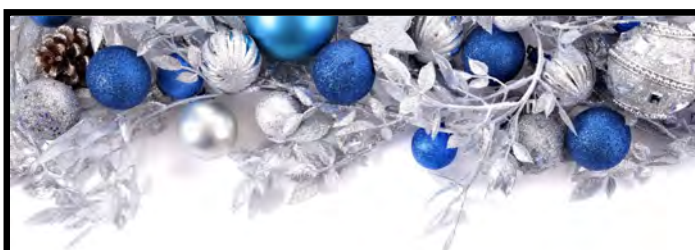
Calendars are created and printed at the Lake Grace Community Resource Centre. All photographs are from the Lake Grace area.

Great Christmas presents!!

Please give advance notice if wanting 5 or more calendars as we only keep a few on hand.



Lake Grace 2019 Calendar



CRC Hours over Christmas New Year

Monday 24th December: CLOSED

Tuesday 25th December: CLOSED

Wednesday 26th December: CLOSED

Thursday 27th December: 9am - 5pm

Closed between midday and 1pm for lunch

Friday 28th December: 9am - 5pm

Closed between midday and 1pm for lunch

Monday 31st December: CLOSED

Tuesday 1st January: CLOSED

What's Happening?

- Congratulations to Sam Curtin and Tanya Ashoorian who are getting married at UWA on Saturday 8th December with a reception following at Frasers in Kings Park. All the best for a long and happy future together.
- Sympathy to Beth, Ross, Bronwyn and families following the passing of Mr Don Chappell on Friday 30th November. Don was 95 years of age and is survived by his wife, two children, 5 grandchildren and 6 great grandchildren.
- Congratulations also to Shannon Smith and Tim Metcalfe from Manypeaks who announced their engagement a couple of weeks ago. Very exciting news for both families.

Anniversaries



9th December - Paula & Greg Carruthers
12th December - Letty & Fred Leo

Happy Birthday



6th December	Bill Willcocks
8th December	David Fyfe
	Brady McGlinn
	Jonty Robinson
10th December	Robert Carruthers
	Diedre Trevenen
11th December	Naomi Duckworth
13th December	Jasmine Newton
14th December	Steve Curtin
	Suzanne Reeves
15th December	Coralie Pinney
	Chris Cody
16th December	Tom Taylor
	Michael Gray
	Alison Medlen
17th December	Max Leo
18th December	Savannah Trevenen
19th December	Juanita O'Neill
	Aidan Pelham
	Bella Callope
20th December	Des Pelham
	Trenton Medlen
	Jaycob Trevenen



'Tahryn, Damo, Lee and Chris acknowledge and extend grateful thanks to our brave volunteers of the Lake Grace Fire Brigade, the Lake Grace Police, Shire staff all the caring people and friends who came to assist and offer their support on the day and since the fire.

It could have been so much worse had it not been for our wonderful community members acting so quickly.

Thank you each and everyone.'

Thank You!

A HUGE THANKYOU to the whole community for their quick response and assistance in helping out in any way with our fire last week.

Special THANKS to Jonno and Grant O'Neill who spent all the next day watching the fire so our men could get back on the headers.

To our wonderful neighbours who continued to drive up and check if the fire was contained thank you and to Scott Strevett thank you so much for all of your help. To Pete Stoffberg who helped with food, the Lake Grace Pingrup winter sports who provided drinks and most of all to everyone for just caring, it just goes to show how special it is to live in a community like ours.

Noel and Karen
Luke and Jemma
Bev and Chloe

Lake Grace

Christmas Late Night Shopping

Thursday 13th December

4:30pm - 7:30pm

Shopping Precinct

Santa will arrive
around 6pm

Mini exhibition and Pop-Up-Shop
In Regional Artspace

Bouncy Castle will
be set up. Children 10 and
under only.

Food including sausage sizzle,
curries and hot beef rolls will be
available

Tupperware. Roma & Kay Candles,
Rodan & Fields Skin Care.

Bendigo Bank will be
present to answer any of
your banking questions.

Sand 'N' Salt will be open
later than normal for your
Christmas shopping.

Visitor Centre will have
local products and Show Bags
available

Walkers Hill Vineyard wines
available for tasting

Face painting for the children

Caffe Arjo will be open with
pizza, coffee, milkshakes and
smoothies available

Pamper yourself ...
Muddy Creek soaps, body
scrubs, hand made goodies,
gift hampers.

Lions will have Christmas Cakes and
pancakes for sale

Bush Chook 'artwork' to be unveiled.

Soft drink and water stall

Garage Sale Stall/s & Craft.
Lucky Dip!

Environmentally friendly bags and
Lake Grace calendars.

Live Music!

AFGRI will have their children's toys
available for sale

Narrogin Sportspower in the
Artspace from 1pm

Get relaxed with reflexology
and essential oils



Blokes and The Choice to Leave Home

Regional Men's Health - 9690 2277

All bloke's leave home at some stage whether to go to university, start a new job or just to get on with adult life. However, the act of leaving the protective shell of the family home can feel like a thing to be feared or regretted. We should not let these fears cloud our appreciation for what is a real opportunity to enjoy independence, freedom and responsibility unlike any we can have under the shelter of our family roof.

There is a growing trend in Australia and globally, for young people to stay home for longer and longer, even into their late twenties. While there are legitimate financial and family reasons that make up a portion of this trend there is also a resistance amongst young people, and even parents, to allow life to take its natural course and for young blokes to try and strike out on their own.

This has the dangerous potential of arresting the development of our young men and putting their lives on hold. How often have we heard the saying that the 30's are the new 20's. While young people these days have different sets of challenges to face than their parents, from exorbitant housing prices, longer periods at university and what can be a difficult job market. It is still important to continue our life's journey in an enthusiastic and optimistic fashion.

What young blokes need to do when thinking of moving out is realistically ask themselves some important questions:

- What mental, physical, social and financial advantages and disadvantages are there to moving out?
- Is this a move that will have a positive impact on my future?
- Will the place I move to be a safe and healthy environment?
- Am I being realistic about my expectations and what I can afford?
- Have I got my family's support?

If the answers to these questions are positive, it's time to start planning. Planning for the practical matters usually comes first, such as when and where to move, what appliances and furniture to get and who if anyone to live with. However, it's important to acknowledge that leaving home for the first time is not easy and there will likely be feelings of anxiety, homesickness and loneliness along the way and that needs to be planned for as well.

Ways to deal with this are to have the practical details planned well in advance to reduce stress, but also to plan for your emotional wellbeing. Try to resolve any arguments you may be having with your parents and be sure you aren't moving out prematurely simply to avoid conflict. Make sure to schedule time to visit home, or at least call often and keep involved. Importantly try to make the new home feel like a proper home to you, whether that be by bringing your own mementos from home, or by creating a similar routine.

The choice to leave home involves many uncertainties but can be rewarding because it exposes us to opportunities for personal growth. Take the time to enjoy this exciting new chapter in your life journey.

Jaxon and the Team

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CWA News

Suzanne Reeves

Lake Grace branch would like to thank everyone who supported their stall two weeks ago; those who purchased goods and raffle tickets and a big thank you to those who donated goods for us to sell. We raised \$895, this money will be directed toward value adding to the playground behind the CWA. Congratulations to Steve Hunt (apparently Steve is luckier than Helen) who won the hamper in the raffle and to Wally Perry who came in with second prize, a \$30 voucher to Lake Grace Meat Supply.

Lake Grace branch joined in with Newdegate and Varley CWA's and had a very raucous Christmas celebration last Friday night. A big thank you to Newdegate for allowing us to 'gatecrash'. With the dissolution of Zone activities it was a wonderful opportunity for neighbouring branches to come together.

There's only one more meeting before the January hiatus and the branch AGM in February. Lake Grace branch is looking at the timing of the meetings (making them later in the day) so that it can be more inclusive of women who are working 9-5. Lake Grace branch is in desperate need of more members, if you would like to be a part of this organisation then we would love to hear from you.

Being a member of CWA provides you with...

- A voice for city and country women
- Friendship, fun, fellowship and support
- Service to the community and leadership opportunities

The ability to engage with Government to improve the wellbeing of all people, especial those in country areas.

School Holiday
Community Library Hours
OPEN
TUESDAYS AND THURSDAYS
 9:00 - 12:30 1:00 - 5:00
 From Tuesday 18th December 2018 till 31st
 January 2019
 CLOSED Christmas Week
 Normal Hours start
 Monday 4th February 2019



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 undertake:

- Swap monitors from machinery
- Repair/Service boomspray electrics
- Install/Service A/C systems
- Test alternators and batteries
- Fit dual battery/solar systems to cars, caravans and camper trailers
- 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 0429 905 452

RTA NO: AU42693

LIC NO: L121418



New Report Backs Royalties for Regions

Media Release

The Nationals WA have welcomed the release of the “Keep it in the regions” report, with many of the key recommendations forming part of the party’s existing policy platform.

Leader Mia Davies said the report praised The Nationals WA’s flagship Royalties for Regions program, even going as far as recommending other mining States introduce their own version of the scheme. “The report recognises RfR as the most significant program in Australia aimed at reinvesting mining royalties into regional areas,” Ms Davies said.

“It’s pleasing to know that a policy devised, created and delivered by a small, regionally-focused party such as The Nationals WA can leave such a lasting impression and gain national recognition.” The report, compiled by the House of Representatives Standing Committee on Industry, Innovation, Science and Resources, addressed terms of payment offered by mining companies to their suppliers and contractors in regional areas.

“The length of payment terms is something The Nationals WA has historically gone into bat for regional businesses over,” Ms Davies said. “In 2016 we led a campaign to make Rio Tinto accountable for increasing

payment deadlines from 45 to 90 days – taking our concerns to then-chief executive Sam Walsh and iron ore boss Andrew Harding.

“I am pleased that the committee has recommended significantly strengthening the Australian Supplier Payment Code, pending the result of a separate review.”



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3-4 bedroom, 2 bathroom,
fully furnished house*

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0455 977 715

New Report Backs Royalties for Regions (cont.)

Ms Davies said the report's first recommendation to compare data on the wealth extracted from regional areas with what resource companies return to those same communities reflected a long-held view by The Nationals WA that regional areas miss out.

"It is only fair that the communities which generate our State's vast wealth receive their fair share in return," she said. "We're not asking for a Fiona Stanley Hospital or stadium in every town, but we do expect regional West Australians to have access to quality infrastructure and services."

Ms Davies said The Nationals WA Senate candidate Nick Fardell had been instrumental in bringing the Standing Committee west and into the Goldfields.

"Nick Fardell, along with my State colleague and Deputy Leader Jacqui Boyde, wrote to the Committee in September making the case for them to visit Kalgoorlie," Ms Davies said. "Up until that point the Committee had only been scheduled to visit Port Hedland – something which was announced late and only confirmed after Nick put some pressure on through the media."

"Nick Fardell has again shown a remarkable ability to get things done and stand up for Western Australia."

Other recommendations welcomed by The Nationals WA include reviewing the provisions of the Fringe Benefits Tax, which incentivises mining companies to employ a FIFO workforce over residential, and inducement for mining companies to develop remote operating centres in regional towns rather than the metro area.



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Fabulous Christmas

and a Happy New Year.

Keep safe over the holidays.



South of Kalbarri & Kalgoorlie Watering Days

Last digit of your lot or house number	Your 2 scheme watering days are:
1	Wednesday and Saturday
2	Thursday and Sunday
3	Friday and Monday
4	Saturday and Tuesday
5	Sunday and Wednesday
6	Monday and Thursday
7	Tuesday and Friday
8	Wednesday and Saturday
9	Thursday and Sunday
0	Friday and Monday
You may water only once each day either before 9am or after 6pm.	

Lake Grace Weather



Date	Min	Max	Rain
21/11	9.9	22.1	
22/11	9.3	27.2	
23/11	13.5	17.1	0.6
24/11	9.8	23.7	4.0
25/11	9.7	26.0	
26/11	6.7	19.4	
27/11	5.7	24.5	
28/11	8.6	30.4	
29/11	11.3	27.2	
30/11	10.7	29.0	
1/12	11.2	25.4	
2/12	10.7	29.3	
3/12	12.7	37.2	0.6
4/12	16.0		

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

ASIST - Lake Grace - 21st & 22nd March 2019 (please note change of date). Newdegate - 3rd & 4th April 2019. Intensive mental health/suicide awareness 2 day workshop. Registrations are essential. Free. For more information please contact as per below.

Rural Minds - Varley - 25th February 2019. Lake Grace - 26th February 2019 (evening workshop). Newdegate - 27th March 2019. A relaxed 1/2 day workshop learning about wellbeing and resilience covering topics including anxiety & depression, acute stress, destructive thinking, suicide, relationships, financial stress, stigma and much more.

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

Forklift Training & Assessment - 5th & 6th March 2019. Costs TBA.

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

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

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

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

What's Happening at the Newdegate CRC...

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

For more information please call 9871 1791

What's Happening at the Pingrup CRC...School Holiday Program

Lego Play Day - Pingrup Pavilion, Wednesday 9/01, 10 am - 12 pm

Kids Painting Day - Pingrup Pavilion, Wednesday 16/01, 10 am - 12 pm

For more information please call 9820 1101

Hollows For The Homeless

Stacey August. Photo Sam Hopkins.

On the 3rd and 4th of November this year the annual Darlington Arts Festival created a new art event. In the remnant bush near the festival, the committee hosted a sculpture exhibition and competition. Twenty eight entries were received from the local (Mundaring, Midland, Perth) area and one entry from as far away as Lake Grace.

Kerrie Argent entered a set of woven nests of generous proportions made from grape vine prunings, old fencing wire and recycled fashion waste. She entitled her work "Hollows for the Homeless". Kerrie said she was "continuing my exploration of alternative homes for the homeless, using recycled materials. Creating warm cosy shelters from found, salvaged or donated materials".

There were 6 separate hollows. They lay comfortably in the bush space under old palm trees looking very much at "home". The Judges Gemma Ben Ary, Kate Parker and Mark Alderson were delighted with Kerrie's work and suggested a Highly Commended award for "Hollows for the Homeless". They said that the sculpture was notable for its masterful use of materials, great use of scale and it's conceptual resolution.

The Sculptures on the Scarp team were delighted with Kerrie's art and are hopeful that she will make a return visit next year. They were also grateful for Kerrie's

sense of community after she assisted with install and volunteered to engage with the public at the exhibition.

The exhibition was extremely well received by the public. Upwards of 5000 visitors each day wended their way down a wide pathway to look at the delightfully interesting works of art in the beautiful and peaceful setting of the Darlington Station Reserve.

Next year the exhibition will be on again on 2nd and 3rd November. We will be calling for entries sometime in February/March 2019. First prize in 2018 was \$2000 and People's Choice was \$600. Follow Darlington Arts Festival facebook group or the web page. You can contact us on sculptureex@darlingtonartsfestival.com



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Tarin Rock Book Update

Jolanda Keeble

Hello everybody living locally to Tarin Rock Nature Reserve. I hope that you have been able to visit the reserve this spring? Both September and October were excellent for viewing wildflowers and have kept me really busy with processing all my plant samples and photos.

I have lodged 78 plant species with the Western Australian herbarium to date and there are probably the same number to be lodged at a later date. That means that I am finding plants in the reserve that have not been recorded from there before. I am also making some exciting discoveries of plants that are classed as priority species. These are plants from which there are not many locations in Western Australia that they have been recorded from. It is my intention that I will provide photos of these priority species in the book.

So in October I recorded more than 100 flowering plant species in 5 days, and a frog. My last visit to the reserve was shorter as the spring flowering season is mostly over. There are still many flowering plants to be found especially within the groups of the eucalyptus, melaleucas, goodeniaceae and verticordias. The trigger plants were also flowering at this time and some are really tiny. They catapult pollen onto the back of any

visiting insect. The 'catapult' resets itself in order to repeat the action with the next visiting insect. This month I was also fortunate enough to get a close-up view of a young wedge-tailed eagle.

My next visit will be 15 to 18 December. If anybody wants to come along, let me know and we can meet up on site. You can reach me by email at tarinrockbook@gmail.com or by phone on 0439 978 550.



Stylidium amphora
(trigger plant)

WE STOCK STEEL BLUE BOOTS



Non Steel Cap or
Steel Cap
elastic sided

Lace up with
side zip



Lake Grace Branch
192-194 Stubbs St
PH: 9865 3500

\$10 to Women with Breast Cancer for every pair of Pink or Purple boots purchased.

GREAT GIFT IDEA FOR CHRISSY!!

Get a pair of PINK or PURPLE boots for \$70

Until stock lasts - so be quick!





We will be open till 7pm for the Late Night Shopping event— Wednesday 13th December. This year for something new we've taken on Showbags. A lot of thought has gone into filling them with great surprises so get in quick as they won't last! They will sell for \$10. We also feature a Strikey Showbag for \$30! Limited numbers so don't miss out. Be sure to check out our Facebook and Instagram pages for more details #lakegracegiftideas

Far Right—Red Tractor and local made Marli & Me jewellery.



Left—Fiona Palmer books. A full range from our favourite local author. Perfect Summer reading gifts.



Left—Well loved Red Tractor Tea towels. Selling at a reduced price at \$17.95 each (RRP \$21.95)

Open Monday –Friday 9am—5pm

Phone—9865 2140

Getting To Know...

Rosie Timperley

1. Name: *Richard (Dick) Phillips*
2. Occupation: *Retired*
3. If you were Prime Minister for the day, what would you do? *Get Julie Bishop back in to Cabinet.*
4. Which author do you recommend for a good read? *Lee Child and Michael Connelly*
5. What is one thing that really annoys you? *Violence toward women.*
6. If you won \$10 million in the lotto and chose to give some to charity, which one would you choose? *Royal Flying Doctor Service*
7. Which grammatical error gets you all fired up? *"Youse" and people who write 'I seen that' instead of 'I saw that.'*
8. Where would be one of your favourite places that you have travelled to? *Alice Springs and the Interior.*
9. What is something from your younger years that you would use often that today's children wouldn't know what to do with? *Jaffel Iron*
10. Do you prefer Summer, Autumn, Winter or Spring? *Autumn or Winter.*



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Harvest Hiccups

Rosie Timperley

Whether it's the header running in to power lines or summer thunderstorms bringing harvest to a halt, hiccups during this busy season happen to all of us. What better way to unite us all by bringing together a small collection of photos which have captured the mishaps and calamities. Harvest wouldn't be the same without wheels falling off, grain spilling everywhere or trucks racing against storms to empty their full loads of grain to the bins before the rain hits. At the end of the day though, the grain is off and another harvest is done and dusted. So it's better to look back at these times and laugh and remember that it's rare that harvest times will be event-free.



Just a wheel falling off the header, no big deal, says Greg Argent.

Below: Paul Nenke thought he'd demonstrate what a wiring harness looks like after a tree branch flicks up in to the header. Bit of a rest from harvest while this was fixed!



Above: After a man-hole was left open, grain spills out on to the ground when unloading in to the silo. Then to add to the frustration, when cleaning up the grain, this unfortunate fella receives a sting by a bee. This farmer would like to stay anonymous but may share the last name as the journalist of this article.

Below: Annie Argent looking fantastic in her self titled 'condom suit' when unblocking the header from Scope barley.



Harvest Hiccups *(cont.)*



Above and above left: Ben Argent fixing the broken header parts.



Above: Broken header comb after hitting a stump that appears out of nowhere in the paddock.



Above: Just remember, it could always be worse!



Left: What a shot! Misha Clarke captures a harvest hiccup that is nearly guaranteed to occur every season - summer thunderstorms. Whilst they can definitely halt harvest, they also allow for some stunning images to be photographed.



LAKE GRACE HEALTH SERVICE



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

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

Health and Activity Programs

Chair Aerobics Every Tuesday 10.30am

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



SwimAbility

Hydrotherapy sessions
at Narrogin Leisure Centre
10th December (Christmas windup)!
Leaving 8.15am from Village Hall



Foot Clinic Tuesday 11th December

9.00 am—12 noon
Lakes Village Hall
NB: please supply your own
manicure set
No clinic in January



Christmas Activity Day Friday 14th December 10.00am—1.30pm

Lakes Village Hall
RSVP by 11th December for
catering



**Note: No community services or activities
are provided on public holidays**

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

**Occupational Therapist,
Speech Therapist,
Dietitian**

**All visiting Lake Grace
on 11th December**

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

Are you pregnant?

**Would you like to receive
more of your antenatal
and postnatal care closer
to home?**



The Community Midwifery
Service can work with your chosen doctor or
birth hospital to provide quality, convenient
antenatal and postnatal care to help you
have a healthy pregnancy and baby.

**Holly Brockway is visiting Lake Grace
on Wednesday 12th December**

The local community midwife can:

- Provide antenatal care in partnership with your doctor or birth hospital
- Provide pregnancy and childbirth education
- Help with options and booking arrangements at your chosen birthing hospital
- Provide postnatal care and breastfeeding support
- Liaise with your local Child Health Nurse regarding ongoing care for your baby
- Help with referrals to other health care providers, including social workers, dietitians, physiotherapists, specialist doctors, and the Patient Assisted Travel scheme.

**For appointments contact Holly at
Narrogin Primary Health
ph 9881 0385 or 0429 127 917**

e-mail = holly.brockway@health.wa.gov.au
(available Monday and Wednesday)

Child Health Clinic

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

ph: 9890 2246
(located in the Medical Centre)



Save the date:



Business Christmas Sponsored Drinks @

Lake Grace Sportsman's Club Friday 21st December.

All contributions welcomed and appreciated. For further information regarding please contact Manager, Secretary, President or committee member

Christmas Orders

If any members would like to order any drinks for the Christmas period please contact and correspond with Claire via mobile 0457207749 or email

lgsportsmansclub@bigpond.com Any bulk orders for ice are appreciated

Drumsticks and pineapple fritters (Friday's only) are now available for dessert on evenings the club has meals



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your liquids.

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David 9865 1129

Liam 0417 915 314



Get in to Your Garden

(<http://www.sgaonline.org.au/choosing-mulch-for-your-garden/>)

There are different reasons for using mulch in your garden, so it's important to choose the best mulch for your purposes. There are so many different mulches available with different appearances, prices and characteristics.

Why mulch?

Mulching performs a variety of functions in the garden:

- Reduces moisture loss from the soil surface, thus aiding plant growth, and reducing the need to water. It also lessens the chance of the soil surface drying out and cracking.

- If used correctly it suppresses weed growth, reducing competition for water and nutrients, and decreases the amount of 'weeding time' the gardener has to put into maintenance.

- Many types of mulch add nutrients to the soil when broken down, and improve soil structure.

- Mulching also reduces run-off and soil movement from garden beds.

- In winter it can help keep soil warmer so that plants grow a little more vigorously.

Wood Chips

It is best to obtain them graded in size from a garden centre. They break down slowly, but use nitrogen from the soil as they do so. This problem can be overcome by sprinkling some organic nitrogen-containing fertilizer

on the ground before spreading them. It can also be avoided by using it around native plants with low nutrient requirements.

Shredded Bark

This is also a byproduct of the timber industry – pine or hardwoods – and is supplied in different sizes. It is best used on general garden beds. Like wood chips, it also draws nitrogen from the soil as it breaks down.

Recycled Mulch

Obtained from kerbside recycling this mulch contains a mixture of sizes and also, occasionally, bits of glass or other materials. But, a cheap option for general use.

Straw

Straw from legumes like lucerne and peas are excellent because they are high in nitrogen, but they can be too expensive to use as a general mulch. They are best used on areas where the high nutrient content can be utilised best, such as the vegetable garden, and any remaining after the growth season can be dug in. A minor disadvantage is the presence of seeds which may grow – but at least they are easy to remove. Other types of straw are also available e.g. wheat, barley – they are cheaper but do not have high nitrogen.

Hay

Hay is cut and dried grass or legumes. Therefore, it contains more nutrients than straw

Continued page 32

IRONSTONE FABRICATIONS

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Mobile: 0427 654 042

Email: annette.argent@bigpond.com



Primaries Lake Grace

Christmas Trading Hours.

Monday 24th December 8am to 2pm

Tuesday 25th December CLOSED

Wednesday 26th December CLOSED

Thursday 27th December 8am to 5pm

Friday 28th December 8am to 5pm

Saturday 29th December Closed

New Year Trading Hours

Monday 31st 8am to 2pm

Tuesday 1st CLOSED

Wednesday Open as normal

The shop will be closed on Saturday mornings In January.



We would like to wish all our customers a
Merry Christmas and a Happy New Year.



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

Email: shire@lakegrace.wa.gov.au



CEO's Corner

AGRN: 743 Flood Event

With the exception of the causeway on Magenta Road all work has been completed, to reinstate our roads to the condition they were prior to the February 2017 flood event. Culvert cleaning works were finished last week. All audits have been finalized on all sectors.

The causeway on Magenta Road is proposed to be sealed in January 2018, when the shire's sealing program is being undertaken.

Shire of Lake Grace Digital Census Survey

It was very disappointing to see the draft results of the Digital Census Survey. A total of 40 surveys were completed, which included one from outside the Shire of Lake Grace. Of these 57.5% were Business responses and 42.5% home responses, a total response of 8.3%. To indicate a justifiable demand statement, the target response to achieve this is a minimum of 20%.

2018 ALGA National Local Roads and Transport Congress

On 20 – 22 November 2018, Shire President Cr Jeanette De Landgraft and I attended the 2018 ALGA National Local Roads and Transport Congress held in Alice Springs.

The theme of this year's Congress was Connecting Transport Networks Now and to support this a number of different sessions were held focusing on: Implementing the National Freight and Supply Chain Strategy, Land Transport Marketing Reform, Technology is Changing How We Travel, Realizing Regional and Industrial Benefits from Inland Rail, The Challenge of Delivering Integrated Transport and Land-use Planning, Sustaining our Regional Airports and Stepping up Safety on our Local Roads.

Throughout the event we were also given presentations from a number of guest speakers, which were both interesting and informative.

Seniors Day 2018 – Wednesday 14 November 2018

The annual Shire of Lake Grace Seniors Day was held on Wednesday 14 November at Walkers Hill Vineyard. There was a great turn out for this year's Seniors Day with 37 seniors in attendance, who were treated to poetry readings, live music from some of our local musicians and a delicious lunch. Funding for this event was provided by COTA for Older Australians and the Department of Communities.

Thank you to everyone that was involved in organising

this event, to Tania and Jared Bray at Walkers Hill Vineyard for hosting and of course to our seniors for all that you do for our community.

'Come Fly a Kite' Events

On Saturday 17 and Sunday 18 November, the Shire hosted 'Come Fly a Kite' events in Lake Grace and Newdegate, in partnership with Kite Kinetics. 'Come Fly a Kite' is a kite building and flying workshop for all ages and the theme for the kites was Australian Flora and Fauna.

Funding for these events came from the Department of Communities Youth Engagement Grants Program and the events provided a fantastic opportunity for the community to come together for a day of family fun. Thank you to Lake Grace P&C Canberra Camp, Newdegate P&C and Michael and Jan from Kite Kinetics, for putting together two great events.

Council

Ordinary Council Meeting – 28 November 2018

The items of business discussed at this meeting included:

- Water Corporation – Transfer of Newdegate Railway Dam & Catchment
- Unbudgeted Expenditure – Provision of Telecommunications Services to Lot 107 Bennett Street Units
- Development Application – Existing Transport Depot on Lots 279, 280 & 281 (Nos. 11, 13 & 15) Mason Street, Lake Grace
- Schedule of Council Meeting Dates 2019
- Shire of Lake Grace Policy Manual Review 2018
- Christmas and New Year 2018/19 Trading Hours
- Local Government Elections – October 2019
- Appointment of Authorised Persons
- Roe Regional Environmental Health Services Scheme Renewal of Memorandum of Understanding – Common Seal
- Shows on the Go 'Erth's Dinosaur Zoo' – Funding Request
- Bushfire Advisory Committee – Appointment of Bush Fire Control Officer
- Purchase of E-Flares Safety Strobe Lights – Unbudgeted Expenditure
- 2019 Australia Day Citizen Awards
- Appointment of Gravel Pushing & Stockpiling Services Tender (RFT 2018-03)
- Appointment of Maintenance Grading Services Tender (RFT 2018-02)

Continued over ..

Shire of Lake Grace Community News *Cont.*

CEO Corner *Cont.*

- WANDRRA AGRN: 743 Contractor Administration

The date of the next Ordinary Council Meeting is Wednesday 19 December 2018 at 1.00pm.

Road Works

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

- Griffin Reward Road SLK 0.80-3.80 – rolling, clearing of drains and gravel sheeting
- Lake Grace Tip - clean up
- Newdegate North Road SLK 10.85-22.37 – resealing and clean up blue metal dump
- North Lake Grace / Karlgarin Road SLK 9.6-11.6 – surveying, moving of machinery, rolling, shoulders, carting of water and gravel sheeting
- Lake Biddy Road SLK 12.67-12.95 – clearing of trees and gravel sheeting
- Newdegate-Pingrup Road – surveying, clean up of blue metal dump, back slopes, carting of gravel and clearing verges
- Newdegate Tip – pad and carting of gravel
- Carting of gravel to Dunham Road
- Carting of water to Dunham Road
- General yard duties and plant maintenance

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

- Burngup North Road
- West Kuender Road
- Dunham Road
- Burns Road

Additional Works

- Gravel Sheetting - Dunham Road
- Rural Roads Signs & Guideposts – installation of wave sign on Kulin Lake Grace Rd and Jam Patch sign
- North Lake Grace / Karlgarin Road SLK 9.6-11.6 - assisting in construction work

The Lake King and Varley Maintenance Grader has carried out single cut grading on Norseman Road.

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

- Biddy-Camm Road
- Haig Road
- Shalders Road
- Oakey Road

Parks and Gardens

The Town Maintenance Crew have carried out the following work:

- Lake Grace Recreation Ground – adjusting of sprinklers, whipper snipping, spraying, removal of dead plants/branches, blowing of pavilion, mowing, cleaning and sanding at ovals, unblocking of drains

Lake Grace Swimming Pool – clean up around the front of the pool, gardening inside pool area, installation of new retic system, mulching of front garden, mowing, raking, blowing, weeding and spraying of ants

- Lake Grace Parks & Gardens - repair to water pipe Stubbs Street
- Lake Grace Medical Centre Garden – cleaning, removal of dead heads on roses, tidying of car park and fixing of hole in car park, unblocking of drains, mowing, raking and cleaning of verge entry
- Town Street Maintenance -removal of tree branch at Clark Avenue alley way, filling of hole in the verge on Griffin Street, pruning of tree branches, mowing and slashing of grass around town site and clearing of drain grates
- Lake Grace Railway Building – watering, weeding and de-heading of roses
- 6 Blackbutt Way, Lake Grace – general garden maintenance
- 6 Banksia Place, Lake Grace – general garden maintenance and fixing and replacing of watering system components
- RSL Hall Garden - clean up and hedging

Building & Maintenance

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

- Lake Grace AIM – ongoing monitoring of building cracks
- Lake Grace Shire Office – work on patio roof framing and replacement and repairing of lights
- Lake Grace Recreation Ground – set up of basketball rings
- 10b Gumtree Drive, Lake Grace – removal of carpets
- 6 Banksia, Lake Grace - bathroom upgrade
- Lake King Hall – toilet /drainage issues
- Varley Public Toilets – drainage issues
- Varley Christmas lights
- Lake King Christmas lights
- Newdegate Christmas lights

Denise Gobbart
Chief Executive Officer

Christmas Recycle Dates

Recycling over the holiday break for Lake Grace & Newdegate. See below for the recycling collection dates over January.



Lake Grace	Newdegate
10 December	17 December
24 December	31 December
7 January 2019	14 January 2019
21 January 2019	28 January 2019

Please Note: There is no kerbside recycling collection service in Lake King or Varley. For more information on Waste Management visit the Shire's website.

Shire of Lake Grace Community News *Cont.*

Harvest Road Safety

Council has agreed to place a speed restriction on gravel roads again this harvest. The following notice will be distributed.

80km Restrictions - Gravel Roads

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 2018 inclusive.

This is to assist with road safety and road preservation over the harvest period. Please be alert and considerate of other roads users.

Harvest brings more grain trucks on our gravel roads, take care, be aware of other roads users and road signs.

Don't drive in the dust from the vehicle in front, slow down, there is no way of knowing what else is in that dust cloud.

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



- Do not speed. Abide by traffic management signs where roadworks are taking place.
- Shire road works locations are subject to change for emergency repairs, be aware at all times.
- Don't drive in dust when travelling behind vehicles. Keep a safe distance and safe road position behind vehicle in front to ensure vehicles travelling in opposite direction can see you.
- Vehicles seen driving without caution will be reported.

Always be aware of what is behind you and ensure that any traffic will not collide with you if you slow down in a dust cloud.

Be cautious, considerate and aware at all times.

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/>

**The Shire of Lake Grace Office will be closed from Tuesday
25 December 2018
and re-open Tuesday 2 January 2019 at 8:30am**

Tuesday	25 December 2018Office Closed
Wednesday	26 December 2018Office Closed
Thursday	27 December 2018Office Closed
Friday	28 December 2018Office Closed
Monday	1 January 2019Office Closed

**Please Note:**

Licensing services will not be available during this time. Licensing renewals and transactions can be made by mail or via the internet at www.transport.wa.gov.au

For help or information call 13 11 56

Emergency Contacts

Shire Operations will close during the festival period from Tuesday 25 December 2018 until Tuesday 2 January 2019. A few staff will be on hand to manage watering of gardens etc and be on call to answer any emergency request.

0448 089 092 or 0417 621 708

Any request will be inspected and any major works required will be scheduled to be undertaken in the New Year.

Waste Pickup Days over Christmas and New Year will remain as normal.

Monday 24 December 2018

Monday 31 December 2018

**Christmas Lake Grace and Newdegate Tip Times
Lake Grace**

Will remain the same:

Monday 9am - 2pm

Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

Newdegate

Will be open on the usual days

Wednesday 9am - 1pm

Saturday 9am - 1pm



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 licence applications.

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

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

Driving Assessor

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

Friday - 4 January 2019 - to be confirmed

Friday - 8 February 2019 - to be confirmed

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

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

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

Building Surveyor

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

Tuesday 11 December 2018

Tuesday 8 January 2019

For an appointment contact Josiah on 0438 811 944.

Environmental Health Officer

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

Tip Open Hours

Lake Grace

Monday & Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm

Saturday 9am - 1pm

Lake King & Varley

Open Every Day

Waste & Recycle Pickup

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

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

Lake Grace	Newdegate
10 December	17 December
24 December	31 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.

Office Opening Hours

Lake Grace Public Library School Place Absolon St

Monday - Thursday 9am - 5pm

Closed for lunch 12.30 - 1pm

School Holidays

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

Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm

Closed for lunch 12noon - 1pm

Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd

Tuesday and Thursday 8.30am - 3.30pm

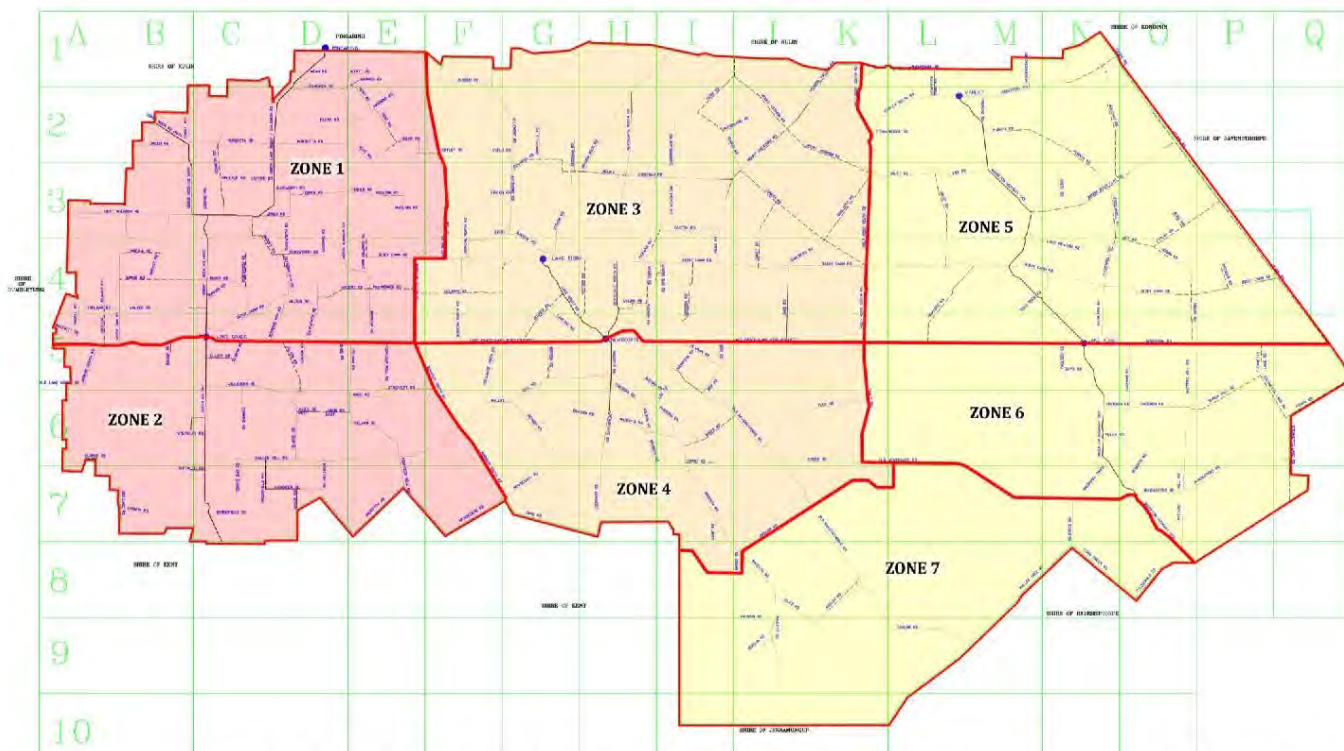
Everyone welcome



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

Bushfire Season

Shire of Lake Grace Fire Zone Map



Zone Maps are available to view on the Shire website www.lakegrace.wa.gov.au follow the quick link *Bushfire & Emergency Services*. Please ensure you know which zone your property is located.

Total Fire Ban Changes to Assist Farmers

Changes to Total Fire Ban regulations mean you can now harvest or move vehicles across paddocks during a Total Fire Ban (TFB) as long as;

- a Harvest and Vehicle Movement Ban has not been put in place by the Shire of Lake Grace.
- you have a firefighting vehicle on site, with a minimum 400 litres of water.

Shire of Lake Grace will be responsible for placing Harvest and Vehicle Movement. This will happen when local weather conditions result in the Grassland Fire Danger Index (GFDI) reaching 32. Very high in the Grassland Fire Danger Rating.

Harvest Ban 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.

Prohibited Burning Times

**NO BURNING ALLOWED
FROM 1 NOVEMBER
TO 31 JANUARY**



Shire Messaging Service

To receive:

- Harvest Ban Notices
- Newdegate Pool or
- Lake Grace Pool

SMS messages, or if you no longer need them please let us know at the Shire on (08) 9890 2500.



Smoking Pot Not Equal to Medicinal Cannabis

Marijuana is natural so it's harmless to smoke, right? Wrong. Deadly nightshade is natural but I'm yet to see anyone rolling a joint of that. The active ingredient in aspirin comes from a plant but again, how many people have you seen smoking aspirin? The way in which herbs, drugs and medications are ingested has a varying effect on the health repercussions of the individual using it.

Medicinal marijuana is certainly making headlines lately for the benefits it provides in treating various illnesses. Parkinsons, Multiple Sclerosis, Alzheimer's Disease, epilepsy, cancer and arthritis are just some of the diseases that the use of cannabis based medicinal extracts are helping.

There are significant differences between pharmaceutical products derived from cannabis and the consumption of marijuana for the purposes of getting high. There are over 100 cannabinoids in the cannabis plant, including THC, the cannabinoid associated with the psychoactive effect associated with smoking or ingesting marijuana recreationally. The use of crude cannabis remains illegal in parts of Australia, while the pharmaceutical products derived from the cannabis plant frequently involve isolating useful cannabinoids and refining their production to minimise harm. These pharmaceutical products may contain various levels of the cannabinoids dependent on which medical condition they are being used for. The search for medical uses of

cannabinoids can be compared to the way that the opium poppy plant was researched and trialed to develop pharmaceutical products, such as morphine. (<https://www.health.qld.gov.au/news-alerts/news/medicinal-cannabis-what-is-it-and-is-it-different-to-marijuana>)

There is a misconception that marijuana use is harmless, and this isn't always the case. Some people even believe that it's good for them, but there are risks associated with the use of marijuana that need to be understood. Marijuana contains psychoactive chemicals, and anytime something is affecting your brain, even in the short-term, it can have lasting effects on mental health. When someone uses cannabis, certain compounds bind to receptors in the brain. With marijuana, there's a lot of variation in the makeup and potency of the drug, and since it's illegal in most places, there's very little regulation. When someone smokes marijuana, it quickly enters their bloodstream and then crosses the blood-brain barrier, and the person feels high. The high from marijuana can range from feeling very relaxed to feeling panicked or highly anxious. At higher amounts, the risk of having a negative experience is even higher, and people can have symptoms like paranoia and hallucinations. (<https://www.therecoveryvillage.com/marijuana-addiction/marijuana-mental-health-marijuana-affect-mental-health/#gref>)



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Smoking Pot Not Equal to Medicinal Cannabis (cont.)

There is an increasing amount of evidence showing there are some very real concerns to be aware of when looking at marijuana and mental health, particularly in younger people, long-term users and people who have a predisposition for mental health disorders. This doesn't necessarily mean that marijuana can cause mental health problems, but it does mean that it could heighten some symptoms of mental health disorders. If you're someone with a genetic predisposition for mental health disorders, in particular, the ones below, it's really important to be cautious with the use of marijuana.

Depression: Many people feel that marijuana and mental health conditions go hand-in-hand, particularly depression and this may be true for some people. While some people use marijuana as a way to self-medicate and eases symptoms of depression, it may actually make it worse. Also, young people who use marijuana during adolescence have been shown to be more likely to develop depression later in their life.

Bipolar Disorder and Schizophrenia: What we do know is that it can highlight symptoms of these existing disorders, and young people who use large amounts of it may be more at risk for developing these mental health problems later in their life because of the changes to their neural pathways. There's also the risk of an acute cannabis psychosis, which can include

delusions and hallucinations, although this usually goes away within a few hours.

Anxiety: So many people rely on marijuana as a way to help them cope with anxiety, but it can make the symptoms worse. This is true when you're using it, but also when you withdraw from it. (<https://www.therecoveryvillage.com/marijuana-addiction/marijuana-mental-health-marijuana-affect-mental-health/#gref>)

When adolescents use marijuana, for example, the white matter of their brains can undergo changes that are similar to the brains of individuals with schizophrenia. Perhaps it's not surprising, then, that marijuana smoking in adolescence significantly increases the risk for eventually becoming psychotic and/or developing schizophrenia. This risk is even greater for people who had psychiatric symptoms before their first experience with marijuana and those with schizophrenia in their families. And furthermore, more and more data is confirming the fact that marijuana users are also at increased risk for developing anxiety and depression later in their lives, as well as having memory deficits.

Suppose someone wants to comfort himself by saying that he only smokes once in a while - in what I might

Continued page 29

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Symone : 0437 430 093

Email : jmckenzie80@bigpond.com

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<https://www.facebook.com/mckenzieruralcontracting/>



Lake Grace

Would like to wish everyone a very Merry Christmas and a Happy and Safe New Year.

The branch will close at 11am Friday 21st December and reopen Monday 7th January 2019



For any enquiries during this time please contact
Debbie Carruthers – 0419 124 197
Justin Wright – 0427 936 345

Puzzles & Stuff

Some words from the 22nd November edition of Boggle

Answers for the 22/11/2018 edition of Sudoku

Plausible
 Bullies
 Abseil
 Allies
 Labels
 Usable
 Abuse
 Aisle
 Bails
 Balls
 Basil
 Bells
 Blasé
 Blues
 Lapse
 Leaps
 Pales
 Pause
 Peals
 Pills
 Pleas
 Pulls
 Pulse
 Sepal

Sepia
 Spell
 Spiel
 Ails
 Ales
 Alps
 Apes
 Base
 Bias
 Isle
 Laps
 Lies
 Lips
 Lisp
 Peas
 Pies
 Plus
 Sale
 Seal
 Slab
 Slip

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

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

R	T	D
S	G	U
E	O	N

This week's Boggle (Every word must include the

Trivia Questions

- Which famous toy manufacturer is also the world's largest tyre manufacturer by units produced?
- In which Disney film do two cats sing "The Siamese Cat Song"?
- The expression "oy vey" comes from what language?
- "Arco iris" is the Spanish term for what natural phenomenon?
- What comic strip's final panel depicts a boy and a tiger sledding away?
- Foie gras is a french delicacy made from the liver of what animal?
- What 1985-1992 sitcom earned Emmy awards for its four stars, all women over the age of 50?
- The Hound of the Baskervilles is a crime novel featuring which fictional detective?
- What country is named for its location on the equator?
- In the classic board game Monopoly, how much does it cost to buy a railroad?

Answers to Trivia Questions (22/11)

- | | |
|-------------------|---------------------|
| 1. Britney Spears | 6. Russia |
| 2. Dog | 7. Earth |
| 3. Koala | 8. Pink |
| 4. Giraffes | 9. Crocodile Dundee |
| 5. 50% | 10. Australia |



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Smoking Pot Not Equal to Medicinal Cannabis (cont.)

call the “almost addicted” range—and that therefore he is not at any increased risk for developing psychiatric issues as a result of marijuana use? Data show that even using marijuana occasionally can carry with it an increased risk of psychiatric disorders. For example, a Swedish study found a 70-percent increased risk of becoming schizophrenic for those who’d used marijuana just five to 10 times over their lifetime. These same researchers found that those who’d used marijuana more than 50 times in their life had a more than 600-percent increased risk of schizophrenia. (<https://www.psychologytoday.com/au/blog/almost-addicted/201301/marijuana-is-all-natural-so-what-s-the-problem>)

In the Australian adult population, persons who used cannabis were more likely to screen positively for psychosis. Around one in 143 persons who were non-users screened positively, with the prevalence increasing as involvement with cannabis increased, such that one in 15 persons who met criteria for cannabis dependence also screened positively for psychosis. After controlling for demographics, neuroticism and other drug use, the relationship between dependent cannabis use and screening positively for psychosis relationship was still significant.

In the general population, many of those with cannabis use disorders will have other mental health problems, which is important given the increase in the numbers presenting to treatment agencies for help with their dependent cannabis use. Data from the Australian National Survey of Mental Health and Well-Being showed it was possible to calculate that in those who met criteria for cannabis dependence, two thirds (64%) with an affective disorder sought help, compared to one fifth (21%) of those without an affective disorder. Similarly, of those who met criteria for cannabis dependence and who also met criteria for an anxiety disorder, 80% sought help, compared to 16% of those without an anxiety disorder. This means that people coming to the attention of treatment services will be much more likely to have multiple problems; these need to be addressed in treatment. (<https://ndarc.med.unsw.edu.au/resource/cannabis-use-and-mental-health-among-australian-adults-findings-national-survey-mental>)

If you or someone you know needs help with addiction, you may find the following websites helpful: <https://addictionaustralia.org.au> or <http://marijuana-anonymous.com/>

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Inspection Programme Uncovers Safety Concerns in Pubs

Media Release - Worksafe

A proactive inspection programme undertaken by WorkSafe to look at safety in WA's pubs, taverns and bars has uncovered concerns with hazardous substances, manual tasks and emergency precautions.

The programme involved Inspectors visiting pubs, taverns and bars in Perth and regional areas of the State over a two-year period from July 2016 to June 2018.

The programme was prompted by a significant number of lost-time injuries in the sector, in particular serious and severe injuries, and the young age of affected workers.

Over the two years of the programme, a total of 188 workplaces were visited, resulting in the issue of 1262 Improvement Notices and 11 Prohibition Notices.

The largest number of notices – more than a quarter of the total (368 notices) – related to hazardous substances. They included notices for a lack of training records, risk assessment records and registers of hazardous substances.

The next most numerous notices (197 notices) related to manual tasks – including a lack of information, instruction and training in avoiding injury, and notices regarding manually lifting beer kegs.

A total of 135 notices were for breaches related to emergency precautions – including failure to develop and/or clearly display evacuation procedures and not providing first aid training and/or facilities.

WorkSafe Director Sally North said today the results of the programme were quite disappointing considering the number of young and itinerant workers in the sector.

"Pubs, clubs and bars are largely characterised by the high number of young workers and a high turnover of staff," Ms North said.

"A large proportion of workers in the sector are students and young people on overseas working visas.

"These workers can be particularly vulnerable to injury, and it is crucial they are given sufficient and relevant training, instruction and supervision in all tasks they will be required to carry out."

As part of the programme, Inspectors looked at WorkSafe priority areas including forklift safety, electricity, falls from height, hazardous substances and machinery guarding.

They also focused on more specific areas such as slips, trips and falls from oil, water and food on floors, manual tasks such as handling kegs and heavy bags of food, cuts from knives, cutlery and glass and burns from oil, liquids and hot surfaces.

Other areas of focus included violence and aggression, beverage gas safety, safe use and movement of vehicles, exposure to communicable diseases for at-risk workers and first aid for burn injuries.

"WorkSafe's continuing series of proactive inspection programmes has the primary goal of letting employers know how they can comply with workplace safety and health laws," Ms North said.

"This programme has given us a valuable insight into the current safety issues in the sector, and we will continue to monitor it closely.

"We firmly believe that raising the safety awareness of everyone in the workplace is the best way in which to lessen the risk of work-related injury and illness."

Further information on safety and health in the hospitality sector can be obtained by telephoning WorkSafe on 1300 307877 or on the website at www.worksafe.wa.gov.au.

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it under a tree.



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Neu-Tech Xmas Specials

Uniden Dash Cams (iGo CAM 60) - With the growing amount of road related incidences protect yourself and your drivers with a Uniden dash cam. These units have a 2.7" colour screen, good resolution, parking mode and GPS geotagging. These units are compact and plug + play making installs easy. Priced for Christmas @ \$199 inc. SD card not included. Other models available upon request.



Folding Solar Panels (TDR 15006) - Folding solar panels don't take up much room, can be free mounted on the ground in the sun so you can park in the shade and at 160W, provide plenty of recharge power. You can pay up to \$600 for these, for Xmas there are 2 only @ \$249 inc. Comes in carry bag.

Jump Start Packs (LV1981) - These jump packs are able to jump start engines up to 7ltrs, petrol or diesel. They have proven popular due to USB fittings for phone recharge, compact size and fast recharge time (recharges 12v or 240v ac.). Xmas special \$250 inc.

Narva Mini Lightbars (72272) - These lightbars are slimline, easy to mount due to light weight, low power usage and good light output. Improve your high beam vision now! Xmas special \$225 inc. (Number plate mount bracket extra).



LED Light Strips (TDR 08601) - Let's go camping! These kits come with lights, mounts, cabling, clamps and carry bag. They don't draw too much power and produce heaps of light. Comes with dimmer function in case you're losing at cards and need some help! Xmas special price \$179 inc.

Titan LED Spotlights / Lightbar (LV0181) LV9402C) - These LED lights have been very popular and reliable. Easy to fit, solid mounts and easy adjustment make them a great Xmas present. Spotlights are \$600/pair inc. Lightbars are \$375 inc.



Besides these Xmas specials we have a good range of the following products in store.

- ◇ Kenwood - car stereos and speakers
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- ◇ Thunder - range of fridges and camping/power accessories
- ◇ Lightforce - spotlights and shooting lights.
- ◇ Projecta - inverters (12v-240v) + bar charging equipment.

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Get in to Your Garden (cont.)

so will enrich the soil. It is, however, likely to contain more seeds than straw.

Leaves

Deciduous trees provide an annual source of cheap mulch. Leaves should be shredded, especially the larger ones, since they can form a mat when wet and not let water through. They can be useful in winter to provide an insulating layer, but break down fairly quickly.

Grass Clippings

These break down fast and add nutrients to the soil. If fresh, grass clippings should be applied in thin layers because they can start to rot when wet. Alternatively, they can be applied more thickly if they are first dried. There is a risk, though that that seeds from the grass (or weeds in it) start to germinate.

Compost

A thick layer of compost can be used as mulch. It breaks down faster than the above products, so would need to be replaced regularly. Compost is best used as a soil conditioner and many gardeners apply a layer of one of the above products on top of it.

Rocks and gravel

They look attractive and help keep soil warm. But they may absorb too much heat and damage plants – they are more suitable for drought-resistant Australian natives plants or cacti. Scoria is a reddish volcanic rock full of holes that allows water to go right through. It is

much lighter than pebbles and easier to handle. Take care though – over time, dust accumulates in the crevices of all rocks and gravel and creates opportunities for weed seed germination. This type of mulch is very difficult to remove should you decide to remodel the garden.

Others

Plastic sheeting or landscape fabrics, while suppressing weeds, don't add nutrients to the soil. Moreover, they are manufactured so have required energy use in their production. Plastic sheeting has the added disadvantage of hindering passage of water and air to the soil – landscape fabric is more permeable.

How to Apply Mulch

To ensure success, take these few steps before laying mulch down:

1. Remove weeds
2. Moisten the soil thoroughly.
3. If water is running off the surface, fork through some compost to aid with the water retention.
4. If you are planting into the soil, add some compost into the planting hole.
5. Apply large particle-sized mulch thickly (6 – 8cm deep), keeping the area directly around plants clear.
6. If you are using bark- or wood-based mulches, you might consider sprinkling some blood and bone over the soil. This extra nitrogen will compensate for any nitrogen being taken up by the gradual decomposition of the mulch.

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Tarin Rock Tennis Ladies Night

The Tarin Rock Tennis Club hosted a Ladies Night on Friday 30th November which was well attended. It was organised by Karissa Pelham and Kristie Stanton and involved about 30 people (women and children) gathering to play doubles tennis for the night and also collect products to donate to the women's appeal "Share the Dignity", a charity for homeless women.

"Share the Dignity" fights for domestic violence victims and provides toiletry products for women who are experiencing poverty and homelessness.

A note from Kristie Stanton, "Thanks to everyone who donated to our 'Share the Dignity' charity tonight. We made up eight awesome bags of women's toiletries and essentials to go

to women in need. Thank you all so much for your amazing generosity. Thank you to Sarah who will be taking the bags to Perth. A great effort for a small club with big hearts."

Below: A successful night of fundraising for the women's charity 'Share the Dignity.'



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What Will It Take? (cont.)

signs and road markings (white hold line). Roadwise had made recommendations to Main Roads for either rumble strips, solar powered signage similar to the school zones or to have STOP painted on the roadway. None of these suggestions were taken on board.

After receiving CCTV footage of a B Double truck travelling through the intersection without any sign of slowing down Lake Grace Roadwise decided drastic action was needed and have developed a Facebook page. Within 24 hours of the page being live and the said footage being uploaded the page had already achieved over 50 followers. The page isn't about 'naming and shaming' but is about creating awareness. If this publicity persuades our locals to stop then that is an added bonus.

In her line of work as a registered nurse, Kerrie Argent is fully aware of the damage that would have been done to her if the near miss had been an impact; she is therefore quite passionate (and in her words grumpy) about driver behaviour and how it has the potential to impact on others.

Following an ABC Great Southern radio interview with Kerrie; Dean Roberts, Media Manager for Main Roads issued a statement regarding the crossroads. He stated that "although aware that some residents have raised concerns about drivers failing to stop this was a police enforcement issue. MRWA had undertaken a safety audit of the site and undertaken a number of

improvements". Two of the recommendations that were carried out were simple maintenance and should have been carried out on a regular basis.

A more drastic suggestion from the community has been a roundabout. Although far more expensive than other suggestions it would force traffic to slow. Mr Roberts also said that if a roundabout was installed it would need to be a significant size to accommodate RAV 7 movements and would have a significant impact on adjacent properties. Roadwise understands that Mr Roberts hasn't actually asked adjacent property owners their thoughts regarding impact to their business.

Main Roads feel that this intersection has low traffic volume, around half a million vehicles a year (according to stats supplied by MRDWA), and that no further road improvements are envisaged at this time.

As an organisation Roadwise will continue campaigning for improvements, we do ask for the assistance of our community by asking all drivers to adhere to the signage.

If you are so desperate to give away \$300 (the current fine for not stopping at a stop sign), then our organisation would be willing to accept your donation. If \$300 or 3 demerit points isn't a deterrent then at least consider how an accident can impact on the motorist and their passengers; the families of the victims and the emergency services who have to pick up the pieces.

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Shire of Lake Grace

PUBLIC NOTICE

PROPOSED ANIMALS, ENVIRONMENT AND NUISANCE
AMENDMENT LOCAL LAW

Notice is given that the Shire of Lake Grace proposes to make an Animals, Environment and Nuisance Amendment Local Law 2018.

The purpose and effect of each of the Animals, Environment and Nuisance Amendment Local Law 2018 is as follows:

Purpose:

To amend the Animals, Environment and Nuisance Local Law 2016 adopted by the Council on 28 September 2016 and advertised in the Government Gazette on 20 December 2016 to correct errors identified by the Joint Standing Committee on Delegated Legislation.

Effect:

To delete clause 3.7(b) and clause 4.14(1) of the Shire of Lake Grace Animals, Environment and Nuisance Local Law 2016 to ensure an appropriate interpretation of the local law.

A copy of the proposed amendment local law may be inspected at or obtained from the Shire of Lake Grace, 1 Bishop Street, Lake Grace 6353 during business hours 8.30am to 4.00pm or via the website www.lakegrace.wa.gov.au.

Written submissions about the proposed local laws may be made to the Chief Executive Officer, Shire of Lake Grace PO Box 50 Lake Grace WA 6353 by Monday 21 January 2019

Denise Gobbart

Chief Executive Officer
Shire of Lake Grace
30 November 2018

Lake Grace Bowls Notes

Lynda Trawinski

November 24

Lake Grace hosted Kondinin the men were unable to fill a side so they forfeited and the ladies had a good hit out losing on both rinks. score 0-4 Aggregate 23-52.

December 1/12/2018

Lake Grace Ladies travelled to Kondinin losing on both rinks Score 0-4 Aggregate 23-52.

December 2/12/2018

Lake Grace men travelled to Kukerin losing on all four rinks Score 0-4 Aggregate 53-132.

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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.

Lake Grace Cricket Notes

George Chircop

Round 7 - Karlgarin V Lake Grace - 24/11/2018

This week's team was - Garry Leo, Matt Trevenen, Shaye Bowron, Kane Pinney, Jamie Eggers, Rob Enright, George Chircop, Kael Gray, Rohan Trevenen, Mitch O'Neill and Jackson Callope.

It was a magnificent day for cricket as we travelled to Karlgarin for the day's match. Kane won the toss and elected to bat first. Garry and Matt once again opened the batting and they were very watchful from the first ball as they tried to settle into their innings. It didn't take Garry long to open his shoulders and get the first boundaries.

Garry and Matt have really got us going every game this season and they did that again today as anything loose was hit to the boundary. These two guys really bat great together as they rotate the strike quickly and once settled, it's bad news for the other team. The score was moving along nicely and the guys were in the mood to get a big partnership going. Garry reached his 50 first but after that got out to a short ball which he edged to the keeper. He was out for 51, a great start with a 98 run partnership.

Next to the crease was Shaye and he didn't waste any time getting off the mark. Matt was settled, reached his half century and was looking dangerous. Shaye got a

nice boundary but didn't get any more runs as he was trapped in front for LBW and was out on 5 with the score 2/103.

Next in was Kane. With Matt and Kane out in the middle we knew that any score over 200 would be great. Kane didn't waste any time getting off the mark and so it began. After drinks break the boys started to really push the score up with Matt eyeing another century. Just seemed to push a little too hard and got caught for 72, but another great innings from Matt, the score was now 3/164.

Jamie was the next batsman to come to the crease and he was in the mood to get quick runs as there was plenty of fire power still to come. Kane got his half century then really stepped up the hitting as he and Jamie started building a partnership. As Jamie was looking the goods he edged one through to the keeper and he was out on 18.

Rob was next in and with only four overs left and the score 4/222 only needed to get off the strike and allow Kane to finish off the innings and he had a good chance of getting a century, Kane tried his best to hit boundary but it wasn't meant to be as we ended up 244 after 44 overs with Kane not out on 83 and Rob not out on 5. A great innings by the boys.

Karlgarin needed just under 6 an over if they were to win today's match. Opening bowlers today were Rob and Mitch, Rob bowled very tight and started with a maiden. It looked like Karlgarin decided to take on Mitch and try to unsettle the young fast bowler. Rob kept bowling nice and tight and the batsmen couldn't get their timing right. Mitch bowled very fast but anything loose gave them runs, but it didn't matter as our fielding was up for any challenge.

Kael was the next to be given the ball and he didn't disappoint, once again bowling very fast and straight, he is really becoming a force with the ball in hand as he seems to be more in control this season. With Rob bowling tight and Kael bowling quick it was just a matter of time before the wickets would start to fall.

Rob got his first wicket and the score was 1/50 after 10 overs. Jamie was given the ball and he also started right on target as the batsmen were very watchful of his spinners. Kael kept the pressure on. Jamie's 3rd over was a treat as he got his first wicket and the score was 2/81 off 17. Jamie and Kael kept bowling and didn't give up many runs and with the fielding tight it was starting to go our way. After the drinks break Kane decided to change it up and give Rohan and Shaye a bowl as maybe a change of pace would give us the upper hand.

Rohan and Shaye gave Karlgarin nothing and the pressure was building. The boys in the field really felt it and the talk started to get louder. Rohan got a wicket in his first over, thanks to a brilliant one handed catch by Kane on the boundary. Shaye bowling out of his skin got into the action in his 4th over where he picked up two wickets, Rohan got another wicket but the best was coming.

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Lake Grace Cricket Notes (cont.)

Shaye's next over was just breathtaking, this is how it went; 1 run, wicket, dot ball, wicket, dot ball, wicket and in a matter of an over it was 9/148. George was given the ball but he couldn't get the last wicket. Next Jackson was given the ball and his second ball was edged straight into the safe hands of Garry the wicket keeper. Karlgarin all out for 156 off 33 overs, another great win by the boys by 88 runs.

It was truly a great team effort today with three great innings by Garry, Matt and Kane. Also great tight bowling by everyone but a special mention to Shaye 5/13 off 5 overs what a great effort from a true champ.

It goes to show that if you bat out the 44 overs and make over 200 runs then bowl tight and field well you shouldn't lose too many games. Keep it going boys as it has been a great start to the season.

Batting Figures

Kane- Not Out 83
Matt - 72
Garry - 51

Bowling Figures

Shaye - 5/13 off 5 overs
Rohan - 2/13 off 4 overs
Jamie - 1/33 off 5 overs
Rob - 1/31 off 7 overs
Jackson - 1/0 off 2 balls

Newdegate V Lake Grace -01/12/2018

20/20 Match

This week's team was - Matt Trevenen, Garry Leo, Shaye Bowron, Jamie Eggers, Benny Tomkins, Leighton Smith, Reid Stubberfield, Mark Livall, George Chircop, Troy Gamble and Mitchell Smith.

Today's match was a 20/20 and with a lot of players unavailable to play we had to call in a few guys to help out. Shaye was captain for the day and he won the toss and elected to bat.

Matt and Garry opened the batting as usual and it didn't take Garry long to get his eye in. Matt saw that Garry was in a mood so he rotated the strike. As Matt and Garry got going Matt got caught and he was out on 7 so Shaye was in early. It wasn't a bad thing as Shaye was in very nice touch in the nets so this could be the day for a big score. Garry kept on his merry way hitting anything loose to the boundary. Shaye got off the mark with a double but couldn't go on with it and got caught on 2. Score being 2/25 after 4 overs, the run rate was what we wanted however losing early wickets wasn't our plan.

Jamie was next to come to the crease he got off the

Continued page 38

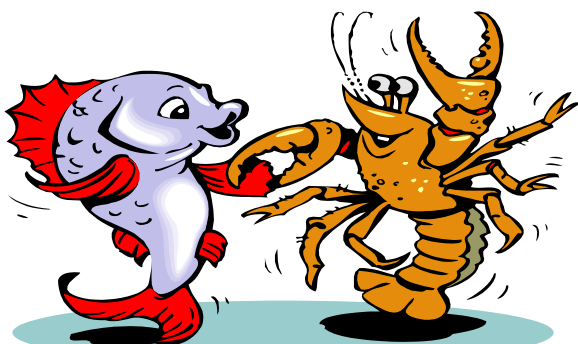
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Lake Grace Cricket Notes (cont.)

mark with a single. Garry was really going well as he just kept hitting everything to the boundary but he was unlucky to be caught out on 24, a nice quick fire innings to get us going.

Next in was Benny playing his first game of the season. Jamie hit a great 4 but the next ball went skywards and he was out for 5. Next was Leighton to go out and bat, with the score on 4/38 we needed some runs and he didn't waste any time getting off the mark. With Benny and Leighton out in the middle, the score started to tick over as they rotated the strike.

Benny started to settle in and with Leighton giving him great support the partnership began to grow. As the score reached 58 Leighton got a peach of a ball and got bowled on 7. Now the score was 5/58 off 11 overs, with 9 overs left. We really needed someone to stay out in the middle as Benny was starting to take control of the match, Reid was next in and he got off the mark quickly so Benny kept the strike.

All we needed was to bat out the 20 overs and get a score around 100 and anything could happen. Reid tried to get something happening but got caught behind on 3. The score was not looking that flash, 6/79 with four overs and 4 batsmen left. Mark was next and he didn't trouble the score and was bowled for a duck. George was next and he was facing the hat trick ball and bang got bowled also for a golden duck (god damn

typical).

Next was Troy and with Benny stuck at the other end Troy got off the mark but it was the last bowl of the over so Benny was not on strike. A new over and Troy got bowled for 1, next was the last batsman, Mitchell, he also got bowled for a golden. Final score of 80 with Benny was not out for 24.

Newdegate only needed 81 at just over 4 an over. We needed to be tight in the field and get early wickets if we had any chance of winning. Mark opened the bowling, he started exactly how we wanted great line and length. Next was Benny to bowl but he couldn't get into his rhythm as he was having problems with his run up and went for 17. So with Newdegate off to a good start with 26 off the first two overs. Mark's second over was a gem as he only gave up 1 run.

Jamie was thrust into the attack early as maybe his spin could get us some early wickets or slow the run rate down. He really troubled the batsmen as they didn't know what to do and had to be very watchful. Marks third over got him and the team the first wicket and by the end of his over they were 1/34. Jamie's next over was even better than his first only giving them 1 run.

Shaye took a chance and gave George the ball which was different as it was early in the innings, but it seem to unsettle Newdy as George really bowled nice and there was a couple of good chances to get wickets. Jamie bowled again but it seemed now the batsmen had settled and got a few runs off his three overs. Another over by George but he couldn't get any wickets, even though he was bowling well it seemed Newdegate wasn't going to give their wickets away.

Next was Shaye who was coming off his best bowling figures last week, maybe he could do it again for us and what do you know he got the dangerous Wollaston out thanks to a sharp catch by Garry behind the stumps (Nice One Garry). Leighton was given the ball as he bowls nice 'leggy's' so maybe he could snare some wickets. Now with Shaye and Leighton both bowling well the runs were still coming but we just couldn't get any more wickets. Newdy got the target in the 14th over and won the match by 8 wickets.

Once again the curse of the 20/20 match struck us again as we couldn't get the job done but it doesn't matter as next week's another challenge. The team would like to thank all the guys who filled in today as without them we wouldn't have got to have a game. To the Captain Shaye, sorry we couldn't get the win for you as you did a tremendous job leading us, very much appreciated.

Batting Figures

Benny- 24 Not Out
Garry- 24

Bowling Figures

Mark - 1/12 off 3 overs
Shaye - 1/12 off 3 overs

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Lindsey Scott U/13 Junior Cricket Association

Derek Stanton

Sunday 2nd December the Lakes Junior cricket team hosted Wagin in Lake Grace for our third game of the season. Captain for today's match was Judd McKenzie who won the toss and elected to bowl first.

The boys bowled a very good opening spell and after 11 overs, Lakes had the visitors 6 for 28.

Wagin had a couple of boys who then decided to stay around and pushed the score along to 107 from 27 overs.

Bowling figures for Lakes

- Harry Burns 2/20
- Lucas Robinson 1/11
- Hayden Leo 2/12
- Josh Graham 1/5
- Linkin Eaton 2/6
- Alby Stanton 1/8

The boys fielded very well today and held onto their catches - Snowy Nield took 4 catches, Harry Burns took 2, Josh Grahame and Hayden Leo also held their catches.

Something to work on for future games though, Wagin's top score for the day was the sundries we gave them, 43 in total. (And for the game against Narrogin it was the second highest score for them with 41 sundries out of the score of 148)....

So, with a run chase of about 3-4 runs per over, the boys had a chance and were keen to chalk up their first win for the season.

After the first 10 overs, we were on 44 , after 20 overs we were on 84. We needed 24 runs from the last 10 overs, with 6 wickets in hand.

Wagin had different plans and bowled a very tight line and length and thus not allowing our batsman many loose balls. The last over we needed nine runs to win, we got very close and only lost by 4 runs.

Another great game played in good spirits again.

Batting figures

- H. Burns 6
- L. Robinson 29 no

- H. Leo 6 no
- A. Nield 19 no
- J. Graham 4 no
- J. McKenzie 12
- L. Eaton 2
- G. Naisbitt 0
- S. Doney 5 no
- R. Gooding 1
- A. Stanton 0

Thank you again to everyone who helped out - scoring, umpiring, driving kids to the game, in the kitchen, shredding chicken on a Friday night, supporting - the little dudes appreciate it.

Thank you also to the Shire and George for getting the oval ready for us.

And lastly, thank you to Sarah Allen who has taken on the "behind the scenes" role of being the data input person. A job that Missy was still doing from her new home in Busselton until we found someone to take on this vital role. Thank you Sarah!

Our next game is this weekend on the 16th, another home game against Williams.

Canvas Capers

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Bevan Taylor

P: 0427 649 027

E: bevantaylor69@gmail.com

ABN: 90 048 355 279



Caffe Arjo



Will be closing 23rd December
and reopening 27th December.

*The staff at Caffe Arjo wish everyone
a very happy and safe Christmas.*

PUBLIC NOTICES

Sally Dickinson

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

First Aid Kits

Are now available for purchase at
 CCL Hardware Lake Grace.

Lake Grace Op Shop

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

Lake Grace Lions Club

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

Community Bus Bookings

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

CWA Bookings

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

Cancer Support Coordinator

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

Community Midwife

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

Holyoake Community Alcohol and Drug Service

May Griffiths Counsellor/Diversion Officer
 Ph: 08 9881 1999

Holyoake's counselling service isn't just for the
 addict but is also for family and friends who are
 needing support. Funding is currently for one
 day in our area but due to lack of use in recent
 months we may lose this facility.

Crisis Care Numbers

Doctor's Surgery -9865 1208	Electricity Faults - 13 13 51
Hospital - 9890 2222	Water Faults - 13 13 75
Ambulance/Fire/Police - 000	Directory Assistance - 1223
55 Central Men's Refuge 9272 1333	Family Helpline 1800 643 000 / 9223 1100
Sally Dickinson 0427 192 155 <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 https://relationshipsaustralia.org.au 1300 364 277

Stay On Your Feet

Free Seniors Program

Tuesday
 10:00 AM

At the Shire Hall



Community Clubs and Associations

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

CHURCH TIMES

Lake Grace Catholic Church

Sunday 9th December 8am
 Sunday 16th December 6pm

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

Anglican Church of Lake Grace

Sunday 9th December No Service
 Sunday 16th December 9am
Christmas 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	
Ross Chappell	0428 654 058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Roz Lloyd	9871 1534	9871 1676
Allan Marshall	9865 3022	9865 3012
Murray Stanton	9865 1329	9865 1223
Peter Stoffberg	0447 281 181 9865 2550	
Mikaela Spurr	0438 926 196	

COMMUNITY CALENDAR

December

Fri 7 Op Shop open 9:30am - 1pm
Fish & Chips @ Sportsman's Club
Driving Assessor in Lake Grace

Sat 8 Rubbish tip open
Craft @ CWA
Steak Tea @ Sportsman's Club
Bowls (Ladies) - Newdegate v Lake Grace
Bowls (Mens) - BYE
Cricket - Hyden v Lake Grace
Social Tennis @ 3pm

Sun 9 Rubbish tip open

Mon 10 Rubbish Collection
Recycling Collection
Rubbish tip open
Swimability in Narrogin

Tue 11 Pilates Classes @ 6pm
CWA Meeting - 1:30pm
Op Shop open 1 - 4pm
Men's Shed (morning)
SOYF Exercise 10am @ Shire Hall
Chair Aerobics 10:30am @ Village Hall
Lego Club @ Library 3:30pm - last one
Foot Clinic
Occupational Therapist in Lake Grace
Dietician in Lake Grace
Speech Therapist in Lake Grace
Building Surveyor in LG

Wed 12 Rubbish tip open
EOY LGDHS School Concert

Thur 13 Pilates Classes @ 6am and 9am
Bowls Training @ 5:30pm
Last day of school for students
Late Night Shopping

Fri 14 Op Shop open 9:30am - 1pm
Fish & Chips @ Sportsman's Club
HACC Christmas Party

Sat 15 Rubbish tip open
Craft @ CWA
Steak Teas @ the Sportsman's Club
Cricket - Lake Grace v Newdegate

Sat 15 Bowls - Kondinin v Lake Grace
Social Tennis @ 3pm

Sun 16 Rubbish tip open
Bowls - Club Singles (Men's & Ladies)

Mon 17 Rubbish Collection
Rubbish tip open
LLN Deadline

Tue 18 Pilates Classes @ 6pm
Op Shop open 1 - 4pm
Men's Shed (morning)
SOYF Exercise 10am @ Shire Hall
Chair Aerobics 10:30am @ Village Hall

Wed 19 Rubbish tip open
Shire Council meeting

Thur 20 Playgroup 9:30 - 11:30am
Pilates Classes @ 6am and 9am
LLN published
Bowls Training @ 5:30pm

Coming Events

21st December - Business sponsored Christmas Drinks

22nd December - Bowls (Prostate Cancer Day)

2019

4th January - Driving Assessor in LG

8th January - Building Surveyor in LG

8th February - Driving Assessor in LG

25th February - Rural Minds (Varley)

26th February - Rural Minds (Lake Grace)

27th February - Rural Minds (Newdegate)

1st March - Advocare Information session in LG

5th & 6th March - Forklift Workshop

21st & 22nd March - ASIST Workshop (Lake Grace)

3rd & 4th April - ASIST Workshop (Newdegate)

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

Sudoku

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

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