

LAKE GRACE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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4th February 2016

\$1.20 inc GST

Vol 22 Issue 2

Contributors Recognised With Australia Day Awards

Suzanne Reeves



Paula Carruthers (nominee), Emily Younger (winner U25), Debby Clarke (representing Art Group for Community Group/Event), Tania Spencer (nominee) and Fr Joseph Sousa (representing Citizenship Award Winner Fr Gayan Thamel).

Well done to the nominees and recipients of the 2015 Citizenship awards that were presented once again at the Australia Day breakfast held at the swimming pool.

The awards appear to be a humbling experience that

can make some individuals cringe when they realise the spotlight is on them, but upon a quiet moment of reflection they appreciate that others recognise their contributions and consider them worthy of a nomination. It is an honour for anyone or any group to be nominated

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CRC Opening Hours 9:00am - 5pm

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

Deadlines & Editions

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

Next Deadline
Monday 15th February

Next Edition
Thursday 18th February



Thanks

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

Dick Phillips Elsie Bishop
Gwen Oliver

Thank you also to our many contributors of articles.

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345 copies printed and sold each fortnight

Editorial

- ☺ Congratulations to our Chairperson Paula Carruthers for being nominated for the Citizenship Award; a very hardworking and worthy nominee!
- ☺ We really need your help in updating the Lake Grace telephone book, thank you to those who have got back to us with their changes. We are completely out of phone books so the sooner we can do it the better. If you know of something that needs altering, adding or withdrawing then please let us know. There's a lot of people in our town who we don't seem to have listed in the book; makes it very hard to get hold of you (hopefully that's not your grand plan).
- ☺ Just a reminder for anyone who has new employees or if they are new to town themselves that we have the Welcome Package available (minus the phone book at this stage). Drop in to pick one up, it's a valuable source of information.
- ☺ We are taking registrations for our volunteering workshops coming up on the 23rd and 24th February. This is an ideal opportunity for groups and organisations to get some pointers on volunteer management, how to attract younger volunteers and retain those that you have. We will be sending letters out to all of the sporting and civic groups that we have on our list and would appreciate it if at least one representative can come from each group. The workshops are FREE but I do need confirmed numbers to assist with catering.
- ☺ Now don't get this confused with the workshops above but Caroline Robinson will be facilitating two 'Roles of Your Committee & Updating Your Constitution' on the 29th February (Newdegate in the afternoon and Lake Grace in the evening). This is quite pertinent considering the changes that have recently been passed in relation to the Incorporations Act.
- ☺ But wait there's more!! As part of our governance funding we will also be holding social media / website workshops for non profit groups. The dates have not been set for these.
- ☺ The date for the litter pick for the entries into town has been set, it will be held on Sunday 3rd April. Rubbish bags have been ordered and we will look at having a catered lunch to follow. We have team leaders for the north, west and south....we just need someone for the east. You do need a ute and need to be able to pick up the rubbish bags as they are filled. If you would be interested in doing this I would love to hear from you.

Suzanne Reeves

This Friday the Sportsman's Club Committee is putting on

FISH & CHIPS

Come along and support your club.

Menu:

- ♦ Fish & Chips
- ♦ Salt & Pepper Squid
- ♦ Fish Fingers for the kids



All meals served with chips and salad.

Revheads Hit the Grass

Suzanne Reeves

It's always disappointing to see your hard work being undone by the adrenaline of youth so there were some serious mutterings from Peter Kain when he discovered the circle work that had been carried out on the football oval.

PK had been putting in many hours over the last few months in a bid to improve the surface of the ovals in time for winter sports. The recent rainfall had been the icing on the cake with the ovals being a lush entry statement to Lake Grace.

The areas that have been grubbed up will require filling with sand and reseeding. Now over the initial disappointment on discovering the damage PK feels that within a month there will be no sign of the damage. He feels that the damage the perpetrator has brought onto themselves will be much longer lasting and would love to see them come forward, own up to what he/she did and offer to help fix the damage.

It's not the first time the ovals have been damaged and it's hard to understand why it happens. We can only put it down to youth, peer pressure and a moment when the brain clicks out of gear and a degree of stupidity takes over.

Photo: PK with a portion of the damaged oval.



When you are facing depression
 You get the impression
 That the recent recession
 Only adds to repression
 Of the mood to secession
 In the state of expression
 With the perception
 Of deception
 In the process of incision
 We need revision
 So to give our decision
 Without being neurotic
 Never apathetic
 To be a republic

- Anon -

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What's Happening?

- Sincere sympathy to Karen and Eibhlis Newman after the recent shock passing of Steve. Steve, Karen and Eibhlis were residents of Lake Grace a number of years ago, our thoughts are with you at this sad time.
- Our thoughts go out to Jeanette Bray; Jarred, Tania, Connor & Sara Bray on the loss of their husband, father and grandfather, Clem Bray. Clem passed away Monday 1st February, his funeral will be held in Albany at midday on Wednesday 10th February.
- Congratulations to Caitlyn Trawinski and Zachariah Mihailovic who got engaged on the 29th December. All the best for a long and happy future.
- It's the beginning of a new school year; hope it's an enjoyable one for all concerned and a big welcome to any new staff.
- Congratulations to those who were nominated and this year's recipients of the Australia Day awards. Job well done!



Happy Birthday

4th February	Cheryl Chappell
	Misha Clarke
5th February	Jai Clifford
6th February	Joe Trevenen
7th February	Rommy Dorai Raj
	Marcus Argent
8th February	Anna Strevett
	Adam Hunt
	James Morgan
9th February	Derek Stanton
	Joyce Gilson
10th February	Georgia Garard
	Katara Chappell
12th February	Holly Watkinson
13th February	Lucas Robinson
15th February	Michaela Stoffberg
	Fiona Palmer
17th February	Nicole Argent
	Heath Lewis
	Amy Jones

Anniversaries



6th February - Greg & Kerrie Argent
 14th February - Chris & Amanda Trevenen
 17th February - Neil & Elsie Bishop (60)

The P&C committee on behalf of all school families would like to thank Mrs Ashley Mottershead for her dedication and hard work during her time at LGDHS, and wish her every success in her new role as Principal of Ocean Road Primary School, Dawesville.



Phone Book Update

We're currently out of phone books and would like to update before printing. The blue (current) phone book was revamped in May 2012 so we need your help. You've moved...you're new to town...you would like your mobile included.... Please contact the Lake Grace CRC on 9865 1470 and update your details or alternatively email us on lakegracecrc@westnet.com.au Please get your information to us by Friday 12th February for inclusion.



Lake Grace Weather

- Terry Gladish

February Extremes

Highest Monthly Rainfall	214.3	1955
Lowest Monthly Rainfall	0	2007
Highest Number of Rain days	12	1915
Lowest Number of Rain days	0	2007
Highest Daily Rainfall	96	17/02/1955



Date	Min	Max	Rain
20/1	16.6	25.3	8.8
21/1	15.0	21.9	0.8
22/1	12.8	26.9	
23/1	14.4	32.3	
24/1	16.4	29.5	7.0
25/1	17.5	24.8	4.8
26/1	18.1	28.7	4.4
27/1	16.1	26.8	
28/1	12.9	27.7	
29/1	14.8	30.8	
30/1	16.3	32.7	
31/1	20.1	26.1	1.2
1/2	9.1	21.8	0.4
2/2	9.4	24.2	
3/2	11.0		



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FASHION FOR THE SALT OF THE EARTH

Feet with Flair



Will be at Sand 'N' Salt on
Thursday 11th February from 10am-4pm

Denise is clearing stock!

Sand 'N' Salt will also be having a
stock clearance on the day!

**HOT
DEAL**



Welcome to Our New Community Paramedic

Suzanne Reeves

The Lake Grace region has been serviced by a community paramedic for over two years now and the Lake Grace Sub Centre recently welcomed Donelle Carver into their fold.

Donelle has been a paramedic for ten years and Lake Grace isn't her first stint as a community paramedic; having performed the role in Kununurra in 2012.

Drawn to the challenge of being a paramedic, Donelle is discovering there are vast differences between being a part of a busy depot in the metropolitan area to providing support to half a dozen sub centres in the Wheatbelt.

The key function of the community paramedic is training and compliance; however they're welcomed with open arms when a call-out arises.

Part of the challenge of being a paramedic is the uncertainty of not knowing what job will come in next. Donelle thrives on this and the feeling that she can make a positive difference in someone's life, no matter how big or small.

Previously working in a busy depot north of Perth Donelle is finding it is more relaxed working in the country even though the challenges are still there.

Contrasting with the metro areas is the forward planning that is needed to arrange an ambulance and the dedication by volunteers to commit to constantly provide that service for the community. The distances travelled to provide emergency care also contrast sharply with the quick turnaround in the metropolitan area.

Donelle's family have remained in Perth where her husband is a Perth Metropolitan train driver and her children are both studying.

Originally a hairdresser from Manly, Sydney Donelle laid down the scissors in 2000 to join St John Ambulance WA to become a non emergency Patient Transport Officer. Enjoying the career change she then ventured off to University in 2014 to complete a Bachelor of Science.

If you haven't yet met Donelle hopefully your first introduction won't be in an emergency situation.



Is time running away from you, while you fill your days with meaningless tasks?

Want to learn how to de-clutter your life, work and mind?

Author Victoria Yuen will be here to help you and your family.

Where? Lake Grace CRC

When? 21st of Feb. 5 - 8pm

What? A chat about how to de-clutter your homes and minds, then move onto unwinding your beautiful body through restorative Yoga with large cushions and blankets, then I'll guide you through an amazing guided meditation.

How? ONLY 12 PLACES AVAILABLE. Book at victoria@victoriasplaceonline.com.au

What Is It??



Question of the fortnight.

Does anyone know what this is and what it does???

If you do drop into the CRC or alternatively email us.

Volunteering Workshops

Attracting and Retaining Younger Volunteers

Tuesday 23 February 2016 - 5.30pm – 7.30pm (finger food supplied between two sessions)

Do you find it hard to engage volunteers of different age groups, especially the younger ones? What makes them tick? Take a fascinating two hour look into the generations and learn how to attract, retain and work with them all. This workshop is useful for your home life too!

Volunteer Rights and Responsibilities

Tuesday 23rd February 2016 - 7.30pm – 8.00pm (finger food supplied between two sessions)

There are a limited number of volunteers in the region so you need to make the volunteer experience a good one so they will stay. This is a great little session that gets you thinking about what volunteers expect from the organisation, and what the organisation expects of volunteers. Meeting volunteer expectations is critical in volunteer retention and if you have the right things in place it will help you attract great volunteers also!

Key Issues of Volunteer Management

Wednesday 24 February 2016 – 9.00am – 12.30pm (morning tea supplied)

This fast-paced workshop covers the key principles for effective volunteer management, such as:

- ☺ What motivates people to volunteer, to stay or leave your organisation
- ☺ Job Descriptions, recruiting, selecting, retaining, rewarding, dismissing volunteers
- ☺ Developing a recruitment message to attract the best volunteers

Your good volunteers won't want to leave when you have systems and structures in place for them!

Workshops facilitated by Gilda Davies from Volunteering WA

To book in ring the Lake Grace CRC on 9865 1470, email them on

lakegracecrc@westnet.com.au or drop in to the centre. We would love to have two representatives from every club and organisation that relies on volunteers.



What Makes a Volunteer?

Suzanne Reeves

They say if you want something done ask a busy person. Seems a little hard on the busy person who could morph into a hamster on their wheel if the responsibilities keep piling up.

However there is a grain of truth in this as a person by their very busyness is inclined to have a resume of hard work on their side and are able to make tasks look simple and straightforward.

But rather than turn our star volunteers into rodents wouldn't it be better to engage more people to assist and thus spread the load. Sounds simple doesn't it!

A club or organisation is like a workplace; what the members don't get in pay they need to receive in respect and recognition. Like a workplace they will need training and they will need the hierarchy to listen to their suggestions and act on any grievances if they arise.

Although the financial returns for a volunteer are dismal the other benefits can be fantastic; meeting different people, learning new skills, a feeling of belonging and making a difference within the organisation and those that it touches.

Some volunteering is a natural progression. You take up a sport or a hobby then you should be prepared to take up some of the roles that need to be fulfilled for the club to run smoothly. You have children and before you know it you're plunged into Playgroup, P&C and junior sports. Depending on your interests you may get involved in civic minded groups such as the Church, Lions or the local Development Association. Some groups involve a lot of work for the volunteers while others are more about providing support and guidance.

It is vital for the President or Chairperson of any group to understand their volunteers; their strengths and weaknesses and the positions they would be best suited to. This may come down to family and work demands, inherent skills and confidence.

Don't assume that the local gardener would embrace the role of greenkeeper at the golf club, they are probably quite over dealing with grass and may prefer to try their hand as the bar manager.

Not everyone would be comfortable in an executive role, they may be more at ease organising catering or a cake stall.

I recall a fellow parent saying that she would be loath to be the Treasurer as I was at the time for the Pre-primary P&C, however when we held our annual stall she asked for extra ticket books for the raffle. While some parents struggled to sell their book of 10 (or simply bought the lot themselves) this lady would ask those fronting the bar at the Lake Grace Hotel how many tickets they would like to buy. She sold dozens!

On the flip side I landed the job of roasting the chickens when the Pre primary were catering for the Senior Citizens luncheon. I've never had a problem cooking a chook before but I spent the 24 hours following that luncheon listening out for the sound of ambulance sirens. I was quite sure I'd poisoned someone.

Some volunteering goes above and beyond what the average person would be willing to take on. Emergency services such as the Ambulance and Fire Brigade are two examples of this.

So why do people volunteer? Citizen of the year for 2014, Vynka Lay, believes that while some of her volunteering has a direct benefit to her and her family; it boils down to Act, Belong, Commit. You see something that needs doing so you act; you have a feeling of belonging when being a part of a group and by committing to the cause you have an opportunity to make a difference in your community.

Lake Grace Community Resource Centre has funding to run workshops in conjunction with Volunteering WA (see left page). This is an ideal opportunity for members of your group or organisation to receive further training on how to attract, retain and manage volunteers. Come along!



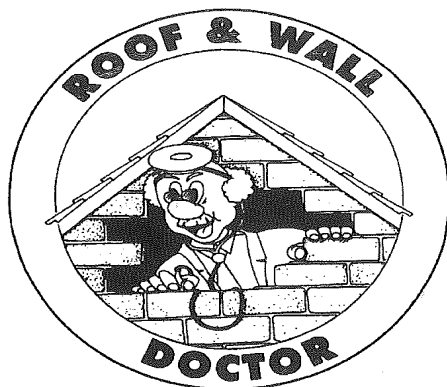
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As Seen on GWN & Channel 7 "Home in WA"



Lake Grace DHS News

Greetings all. I'm Ian Bailey, I've been appointed principal at Lake Grace District High School. I am thrilled about this as I am committed to the students, educators, and community right here. I did a stint at Brookton DHS last year, and when I drove back into Lake Grace it felt like coming home.

Our previous principal, Ashley Mottershead, discovered that she had won a job at a large school near Mandurah the day after school had finished. We were both disappointed that we hadn't been able to talk to the community about this at our end of school concert. I'd like to thank Ashley for her work here, which has left the school in great shape to meet the needs of Lake Grace students, and to wish her every success.

Your school staff have been working collaboratively here at school for the last few days, but I know they are looking forward to our students returning tomorrow (as I write this). A school never really feels alive over the holidays. It needs the sounds of excited learners and educators to resuscitate it for the term.

An area of success last year was some great engagement between the community and the school. A good example of this would be Tania Spencer working with students on art installations around the school. If

you are coming past feel free to wander in and have a look around at them. We've got some more plans along those lines, but if you are a community group with some ideas about working with students, and we can accommodate you in our program, I'd love to hear from you. My contact details are below.

I've heard some concerns about the future of the trees at the front of the school. Here's the situation and what I'm doing about it. Some of the tree roots have buckled the paths underneath them and a person has been injured as a result. There is a further concern about the danger of some of the trees dropping branches. A student was killed by a branch falling from a gum tree in a NSW school two years ago, so schools are perhaps hyper-vigilant about this at the moment.

I'm meeting with the Senior Project Officer from Building Management and Works on Wednesday and will be discussing with him what his assessment of the risks are, and if the trees need to be inspected by someone with more specific qualifications. I am interested in input from the community on this, a good way to be involved is to join the P&C and come along to their meetings, where no doubt we'll be discussing this in depth. Once I have a clearer idea of what the options are I'll be discussing them with the community before any action is taken.

Although the school likes to please the community, please be clear that in the end it will be my decision. If I need to get trees chopped down or trimmed to keep your children safe, that is exactly what I'll do.

Cheers,

Ian Bailey

ian.bailey@education.wa.edu.au

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Lake Grace Community
Resource Centre has a
new email address

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Australia Day Breakfast 2016

Arthur Slarke & Suzanne Reeves

Lions of Lake Grace once again put on the Australia Day breakfast. Fortunately fine weather prevailed; this being good news for pool staff and Lions alike as the morning forecast was for the probability of thunderstorms dampening our parade.

The traditional breakfast was provided; bacon, eggs, sausages, tomatoes and toast along with fresh fruit platters. A conveyer belt of BBQ's, frypans and toasters ensure a steady supply of food. Tea, coffee and orange juice was also on supply.

Serving of the breakfast started at 7:30am and went through until 8:45. At this point the MC, Ross Chappell, called for everyone's attention in order to commence the official part of the morning's programme.

Ross thanked the Lions on the community's behalf for putting on an enjoyable breakfast once again before welcoming Lions President, Arthur Slarke to the stand.

Arthur thanked his fellow Lions and partners for their willing effort to make this annual event work so well. Mr Slarke pointed out that although there has been some



Ross Bowron (far right) keeps a watchful eye on proceedings while Brian Kimber and Darren Spencer are in charge of the tongs.

significant disasters happen within our State, the Lions had elected that all donations raised during the morning would be kept local. Funds would be donated the Lake Grace P&C Association, directed in particular toward the fundraising being carried out currently for school

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Australia Day Breakfast 2016 (cont.)

camps. The Lions would like to see as many students as possible enjoy an experience of a life time by being able to afford these trips away.

Representing the Shire, Deputy President Cr Jeanette De Landgraft was called forward to perform the Australian Citizenship Ceremony. Congratulations to Nicola Kuchling who has now become a fully fledged Australian.

Following on from this, Cr De Landgraft presented the Citizenship Awards and nominations to those who were put forward this year. Congratulations to Fr Gayan Thamel, Paula Carruthers, Tania Spencer and Emily Younger; as well as the Lake Grace Artists Group for their nominations.

During the morning attendees were kept busy with word puzzles and the opportunity to be creative and pen a poem!

Much to the Lions delight a new permanent flag pole has been erected and Nicola Kuchling had the task of raising the flag.

Right: New Australian Nicola Kuchling raises the flag while Lions President Arthur Slarke looks on.



How many people does it take to serve up breakfast for a hungry 212? Just the local Lions and their partners: Allan Duckworth, Margaret Duckworth, John de Vree, Neville Moulden, Wally Perry, Phil Clarke, Chris Harvey, Nick Maalouf, Maurice Nolan (behind), Margaret Clarke, Glenda Slarke, Darren Spencer, Christine Kimber, Brian Kimber, Laure-Ann Maalouf, Maureen Moulden and Grant Medlen.

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Mark Norval Art Exhibition

Alison Dines

Mark Norval is a Kimberley artist who has an affiliation with Lake Grace, being the brother of Narelle Bird who lived here for many years. Recently I had the pleasure of attending the opening of his 2016 Art Exhibition at Caves House in Yallingup.

Mark has lived and worked in the Kimberley's for over 35 years. He first discovered the region when posted to Derby as a fledgling Art Teacher back in the 1970's. From then on he has found it to be a source of inspiration and stimulation.

As a teacher, artist, performer and enthusiastic supporter of Aboriginal art, Mark has freely and generously given his energy, talent and drive to assist the Aboriginal population to further their art and to establish themselves as an independent community. He has organised and co-ordinated many successful exhibitions of the art of his Aboriginal students in both Perth and Sydney. Mark was also instrumental in bringing Donny Woolagoodja's

Mowamjum Wandjiina to the Opening Ceremony of the Sydney Olympics, a breathtaking moment and one of the highlights of that famous ceremony.

Mark's own work has been exhibited widely throughout the Kimberley's as well as in Australian cities and overseas. His love for Northern West Australia is endemic in his paintings. Spontaneous, bold compositions coupled with vibrant colours provide glimpses into the stories of the Derby community and beyond.

Following a self-imposed break, Mark has continued to paint from his Studio Gallery in Derby and last week was Mark's first public exhibition in over a decade. It celebrated a lifetime of successful painting, bringing to the general public the vibrancy and uniqueness of the far north. To attend the exhibition was an uplifting experience of a kaleidoscope of colour and energy which is so typical of Mark's work.

Left: Mark at work in his studio
Below: One of Mark's finished pieces.



LAKE GRACE DISTRICT HIGH SCHOOL P&C ASSOCIATION

SCHOOL - PARENTS - COMMUNITY - SCHOOL - PARENTS - COMMUNITY - SCHOOL

As the new school year begins, the Committee of the Lake Grace District High School Parents and Citizens Association would like to warmly invite parents, carers and interested community members to become involved in P&C activities.

It is now widely accepted that children learn more effectively when there is a close relationship between the home and school; when parents and educators work together and share in making important decisions. Schools are changing. Today, the community expects schools to take on new roles and responsibilities. If they are to succeed, schools need the support of committed parents and community. By becoming involved in your P&C, you help to bring the community and its school closer together, reducing the risks of confusion, unfounded criticism and unreal expectations.

In the past there may have been the perception that the P&C was only there to fundraise, however P&C Associations provide many other functions, including the following:

- To **encourage** parents to participate in developing the school's educational policy.
- To **develop** parent participation and involvement in the school.
- To act as the **forum** for parents to discuss issues pertaining to the school and its community and for gathering opinions.
- To **promote** and **support** communication and cooperation within the school community.
- To bring **educational matters** to the attention of the wider community.
- To have **representation** on the School Board and the local District Council of P&C Associations.

To **provide** extra resources, facilities and amenities for the benefit of government school students.

It is important for those involved to also be aware of the limitation of the P&C Association. The P&C cannot:

- Intervene in the management of the school.
- Intervene in the education instruction of students.
- Exercise authority over teaching staff or other persons employed at the school.

The School Board has different functions again, broadly it is involved in setting the long term future for the school and maintaining oversight (not

management) of the school's operation (including endorsing and reviewing the School Budget and Annual Report, contributing to the Delivery and Performance Agreement and the Business Plan, assisting with the formation of Codes of Conduct, and reviewing the performance of the school). Both P&C and School Board work to help the school achieve the best outcomes for ALL students of the school.

P&C Meeting Information

P&C Meetings are generally held on the **third Monday of the month** (during school terms), unless otherwise advertised. General Meetings are held at 7.30pm in the Padley Room at the school (between the office and the staff room).

The AGM is the first meeting of the year, begins earlier and is followed by a general meeting (see below). Financial members (membership fee is \$1) receive the agenda for the upcoming meeting, along with the minutes for the previous meeting, via email. The Secretary calls for agenda items around ten days prior to the meeting. Supporting documents and reports are supplied with the agenda items enabling consideration prior to the meeting. Agenda items are dealt with in order, other items will be added in "Other Business" at the discretion of the chairperson, and time permitting.

The committee endeavors to cover the agenda items within an hour. Attendees at meetings are requested to become familiar with the "P&C Meeting Code of Conduct", and work together within these guidelines as a positive and effective team.

If you have any queries or would like to become a P&C financial member, please do not hesitate to contact the President, Vynka Lay on 0429 651 072. I look forward to seeing the dedicated P&C team for the first meeting of the year, and we would love to welcome some new faces!

Lake Grace District High School P&C

AGM

Monday 15th February

7.00pm

Followed by General Meeting

Padley Room, LGDHS

LAKE GRACE HOSPITAL – Multi Purpose Service

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

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

HACC & MPS Activity Programs:

Foot Clinic

Tuesday 9th February 2016

9.00—12 noon

All seniors welcome

(please provide your own manicure set)



Chair Aerobics

Every Tuesday @ 10.45am

At the Lakes Village Hall

Exercises for people with limited mobility

Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

10th February—Pamper/puzzles

17th February—Games

24th February—Movies

All welcome to join in

Bus Outing

Friday 12th February 2016 (approx.
9.30am to 11.30am) Call the hospital to
book

4th Friday Activity

Friday 26th February 2016

Activities / Games / Trivia

“Home Made Musical
Instruments”

10.00 am—1.30pm

Lakes Village Hall

RSVP for catering by 23rd February



Call 9890 2222 during office hours

to get further information about HACC
and Hospital services

Hospital Upgrade progress:

- The administration staff are happy to be reinstated in the front office
- The nurses are now in the small office while their office is being re-furbished
- Work on the Emergency Department area will be starting soon
- The ward area is almost completed (just a few finishing touches required)

Non-emergency and outpatient services:

If you require an X-ray, blood tests or dressings, it is always a **good idea to ring first to try and arrange a suitable time.**

The staff will endeavour to attend to you straight away but this is not always possible, as nurses may be occupied in the Emergency Department or with inpatients. This can take considerable time depending on the situation.

Please always use the **intercom** on arrival to speak with the nursing staff.

NB: Emergency presentations
will take precedence .

Thank you for your cooperation!

Visiting Health Professionals

Call Primary Health Narrogin 9881 0385 to make appointments for:

- **Physiotherapist (attending fortnightly)**
- **Community Midwife, Sandy Slee (visiting monthly)**



Contact Elizabeth Trevenen, Child Health Nurse.
Clinics are held at Lake Grace and Newdegate.

Appointments are required
ph: **9890 2246**

What Do You Do When Someone Close to You is Struggling But Won't Seek Help?

Brenden and the Team - The Regional Men's Health Initiative

I was speaking with a bloke not long ago, "Joe", who was feeling really frustrated trying to help a mate who was more or less avoiding his attempts at support and refusing to seek help, even though he was obviously in some emotional distress. As is often the case Joe felt powerless in this situation and asked how he might better approach things.

So what do we do when someone close to us, often a friend or family member won't seek help? How do we manage the sense of obligation we may feel or the emotions that come with this?

It's important firstly to try and understand the reasons why some people are less likely to seek help when it is needed. We need to recognise that often when people are in the middle of a tough situation simply making a decision to admit something is wrong can be a difficult and daunting thing. It can take time for some people to become comfortable enough with their situation to then contemplate the idea of accessing help. For others, negotiating feelings of embarrassment and shame can be quite overwhelming.

I take my hat off to Joe because, like him, we all need to recognise our role as primary carers, that is, everyday people in the community actively supporting and looking out for our mates.

Whilst our intentions can be coming from a good place, trying to force someone to change or get help could actually put more of a strain on your relationship. Alternatively, simply avoiding them can foster stronger feelings of isolation and possibly result in the person becoming even more resistant. This can prove difficult when the time comes and they are ready to reach out but may no longer feel comfortable with the idea of approaching you.

As difficult as these situations can seem, it is really important to be there for people who are going through a tough time. You can do this just by letting them know you are available to listen when they need it and help when they do decide to reach out. In the meantime you could take the opportunity to do a bit of research into what specialised local support options might be available, if required, such as a counsellor, financial/legal support or the GP, so you can be prepared and direct them when they do reach out. We also need to remind ourselves that the ability to "listen effectively" is one of the most important skills we can possess. Being a good listener can have a big impact on improving our relationships and helping others.

At the end of the day it's also important to look after yourself! Setting clear boundaries is healthy and is all about understanding our limits. If you are starting to feel overwhelmed, talking to someone yourself can provide a good outlet and perhaps some insights into ways to manage the situation.

Most of the time, giving someone the space they need to arrive at seeking help is a good thing. However, if you do have concerns that someone is at imminent risk or danger to themselves or others due to their situation, then it is important that you act on this and seek professional help immediately. In these circumstances you may be worried about going against a person's wishes, but in reality I think most of us would rather deal with an angry response than a situation where the person we care about is seriously hurt or in trouble.

Lawn Mowing & Gardening Services

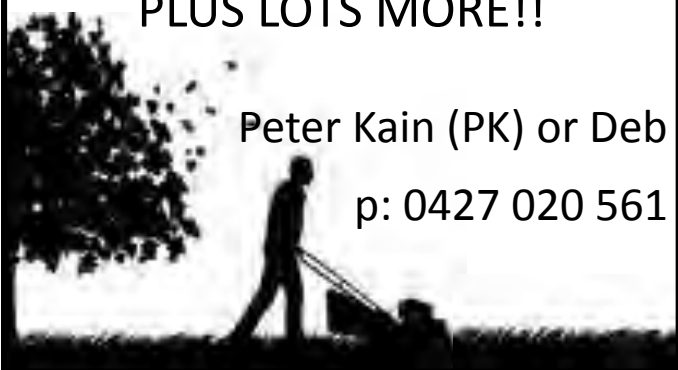
e: pksgardening1@gmail.com

- Mowing
- Reticulation
- Garden design
- Soil testing
- Pruning
- General garden maintenance

PLUS LOTS MORE!!

Peter Kain (PK) or Deb

p: 0427 020 561



P&C Camp Fund Receives a \$500 Boost

Suzanne Reeves

There's a bunch of happy campers at the Lake Grace P&C following the receipt of \$500 from the Lions Club for their Camp Fund. The funds were raised from donations by the general public at the recent Australia Day breakfast.

Although the fund was only set up in the latter part of 2015, the P&C committee have been thrilled that not only parents, but the wider community has been enthusiastic in its support of the concept.

With PCAP (Priority Country Areas Program) funding no longer available to help lower the cost of camps and excursion for country students, the P&C Camp Fund has been developed to assist those families who require financial assistance to meet the cost of camps and excursions, and to reduce the overall camp fees of all students. The aim is to give every student the opportunity to attend camps and excursions, some of which will be life changing experiences. It is also recognised that giving local students (and in particular secondary students) the opportunity to attend camps and excursions is greatly valued by the school community, and is of significant value in retaining students locally.

Parents & Citizens President Vynka Lay said "On behalf of the LGDHS P&C Committee and all school families, I would like to thank the Lake Grace Lions Club (and everyone who made donations at the Australia Day Breakfast) for their very generous contribution to the P&C Camp Fund - it is very much appreciated by the school community."



Walter Perry, P&C President Vynka Lay, Lions President Arthur Slarke and P&C Treasurer Delys Giles.

For Sale

2013 Coromal Lifestyle 635 Caravan.

\$ 58,000. Very Good Condition.

Owners Selling to upgrade.

Annex, Four Water Tanks,
Diesel Heater, Washing Machine,
Shower ,Toilet, Full Fridge.

Please Contact Tim 0427 712 057
or 9871 2057.



OPEN
most days

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

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

Phone: 0447 651 418

Commemorating 100 Years of ANZAC

Allan Zweck

Each of the soldiers listed on the Lake Grace Honour Roll will be featured in the Lakes Link News, as close as possible to 100 years from their enlistment. It is now 100 years and 6 days since Charles Boulton signed up.

BOULTON- CHARLES PERRIN; Born in 1888 at Cheltenham, Gloucestershire, England, he left his family and came to Australia. He gave his occupation as a farm hand, though he had acquired his own CP location south of Lake Grace in 1914. He was 5 feet 6½ inches tall (179cms), and weighed 138 lbs (63kgs), with grey eyes, brown hair, and fresh complexion. At the age of 28 years, he enlisted in the Australian Imperial Force on the 29th of January 1916. Charlie, as he became known, trained at Blackboy Hill, where he was appointed to the 17/16th Reinforcements Battalion.

On the 17th of April Corporal Boulton embarked the Aeneas at Fremantle, for the war zone, and soon after arrival was admitted to Hospital with mild Neurasthenia, (a nervous debility), at Tel El Kebir, Abbassia. He also contracted influenza, and was transferred to a Hospital Train when his illness worsened to bronchitis. On resumption of duties he transferred to the 14th Battalion.

On the 6th of August 1916, he embarked the Megantic at Alexandria to join the British Expeditionary Force, reverting back to Private on joining the 4th Training Battalion of England. Shortly after, he rejoined the 16th Battalion, and 6 months later he was appointed Lance Corporal, followed by promotion to Corporal while still in service in France.

Later, on October the 19th he was wounded in action in Belgium, and was hospitalized at Etaples. He was able to rejoin his unit after a 6 weeks absence, on the 2nd of December, 1917. The following February, he moved to the 13th Training Battalion at Codford in the United Kingdom, where he was attached for duty with a Perm Cadre of the same unit – A small group within a group ready to assemble quickly for a special task!

Two months later he was in Command at a Rocketry School Sidworth for a week, before transferring to the 12th Training Battalion, where he was again attached for duty with Perm Cadre of that Battalion.

He attended the 19th Rifle Course at the Australian School of Rocketry Sidworth, and qualified as 1st Class with a fair working knowledge of the Lewis Gun. In the following August, from England, he proceeded overseas to France again, rejoining his former 16th Battalion and on the 12th of October he was promoted to Sergeant. On the 30th of October, Sergeant Boulton was awarded a Military Medal for gallantry, ability and devotion to duty in an action on the 18th of September 1918.

His citation reads;

This Non-Commissioned Officer is brought to notice for most conspicuous gallantry, ability and

devotion to duty in an attack on LE VERGUIER on 18th September 1918. A few hours before ZERO this Non-Commissioned Officer made a personal reconnaissance of the Company Sector, and cut gaps in the enemy wire in rear of his Advanced posts. During the subsequent advance he guided Platoons through these gaps with great skill and judgment. His disregard for personal safety and general example to the men throughout the whole operation was an inspiration to all ranks and he is confidently recommended for high distinction.

Soon after this award, the war was over, an armistice being signed on 11/11/1918, however, it was twelve months before Sergeant Boulton was discharged from Service; though, on the 13th of March 1919, he was granted leave in the United Kingdom, to assist with farming operations, where his duties consisted of harvesting oats, wheat and barley and the care of feeding cattle, sheep and pigs. He lived at his father's home, Casey House, Withington, where it seems the work he carried out was on his father's property.

On 4th of November 1919, in London, he was discharged, the unit having been demobilised. As well as the Military Medal, Sergeant Boulton also received the British War Medal and the Victory Medal. He embarked the Ceramic on 12/3/1920, being an Ex AIF person, for his return to Australia. He was of the Church of England faith.

On return to Australia Sergeant Boulton married Winifred, they had no children. They farmed on his new land property south of Lake Grace for a time, until about 1928. While at the war he was ever mindful of his property, having written to Charles Clarke requesting him to let his neighbours know of his intention to clear his land on his return, and he hoped, "they will all do their best to prevent any fire going through it".

During his time in the area, it seems he was able to have some of his land cleared and developed by contract with an old International Titan tractor, which was left on the property for many years after he disposed of his farm. (The Titan tractor is now housed at Whiteman Park, near the Tractor Museum).

He was the first of the Boulton brothers to reside here, several following him from England in the 1920s. It is believed Charles sold his farm about 1928, which was then taken over by Alice and Bill Carruthers. Mr & Mrs Boulton moved to Tammin, and toward the end of their life we find Charles lived in retirement at Tammin, having been actively farming in that area for some years since leaving Lake Grace. He had a Clearing Sale on their property "Compton Casey" in March 1957. On the 18th of August 1965, at the age of 78 years, Charles Perrin Boulton died. He was buried next to his wife in the Tammin Cemetery, who had predeceased him in 1953.

Insurance Tips

Justin Wright & Kerry Hitchins

After a busy harvest and a Merry Christmas, the Cleggs dispersed to various holiday destinations. Mike and his family chose Perth to recharge their batteries.

Holidays do not always go as planned and while in Perth, Loren had taken the boys shopping for much needed new clothes. They parked in the undercover parking area at Galleria Shopping Centre and took the precaution of popping anything of value into the boot of the car - this included 2 iPads and 2 mobile phones.

A few hours later they returned to the car to find a side window smashed and the boot had been accessed through the rear of the car. Loren called the police (fortunately, she still had her phone) and after receiving a police report number, contacted Justin.

Some of the missing items needed replacing urgently (a teenager without a phone is not a pretty sight!), and as Loren had the receipts for the phones, Justin advised Loren to purchase the phones, then send in both sets of receipts and she would be reimbursed. Mike & Loren decided to hold off on replacing the iPads until they knew what the boys' school needs for 2016 would be. Mike & Loren then have the option of purchasing the new equipment as they did with the phones, or having

Elders Insurance pay the supplier direct.

Most insurance policies are replacement policies - ie, they will replace what has been lost - but it is the insured person's responsibility to keep records of what they own. Keeping receipts is the most obvious way of establishing ownership and it is good practice to staple your receipt on the inside cover of the instruction book. Then pop that in the drawer with all the other instructions and it will be easy to find in case of theft.

In this digital world it is easy and a good idea to take copies of receipts, photos of valuables such as jewellery and store them away from home. That way should a fire occur, you will still have a record of your insured items.

There are several other ways of establishing ownership of goods and we'll look at those in the next Insurance Tips.

In the meantime, if you have any questions, please contact Justin or Kerry on 9865 3500.



HAVE YOU THOUGHT OF BECOMING AN AMBO?

Lake Grace St John Ambulance Sub Centre

Invites you to an
OPEN TRAINING NIGHT

Thursday 3 March 2016

6:00pm

Training:

- Light tea is supplied
- Why become an officer & how
- Ambulance Officers Obligations
- How the Sub Centre Operates
- Hands on Training



RSVP Essential for catering purposes:

Contact Ross Chappell 0428 654 058

From the Archives...February

2001 - Fifteen years ago...

In celebration of the new millennium a time capsule was buried within the grounds of the new Medical Centre.

Plaque was placed on the plinth wall at the RSL.

Over 200 people attended the much anticipated opening of the new Elders Lake Grace premises. Shire President Colin Connolly did the honours.

The Stationmasters House Action Group were actively working toward restoring the Station Masters house with the view of using it as a tourist centre and an outlet for local produce.

Brenden Desmond represented Zone 2 Swimming at the State Pennants at Challenge Stadium in the 100 and 50 metre freestyle events. In the 50 metres Brenden clocked 32 seconds (3rd place) and in the open 100 metre returned a personal best time of 1 minute 16 seconds.

2006 - Ten years ago...

Black Friday floods are still dominating conversation as access from the western side of town is by boat only. Although the floods caused a lot of damage to roads, railway and business people saw the upside as they made the most of the lake by pulling out their boats, jet skis and kayaks.

Peter, Anke and Michaela Stoffberg become Australian citizens, Denica was born in Australia so beat the rest of her family to the punch!

Ross Bowron receives the Australia Day Citizenship award with Mark Burbridge receiving the Citizenship Award for a person under 25 years.

Debby Clarke takes part in the Queens baton relay which is part of the Commonwealth Games activities.

Work begins on the upgrade to the Shire offices.

Public presentations held by Shire CEO Chris Jackson to explain Stage One of the Lake Grace Sorting Precinct Upgrade.



Darren Spencer and Terry Willcocks

2011 - Five years ago...

Lake Grace prepares to celebrate it's centenary.

As part of Living Communities a Business Expo was held at the Lake Grace Shire Hall.

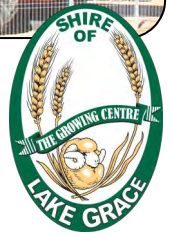
Fiona Palmer launches her second book, 'Heart of Gold'.

Lawrence Steele is one of six representing WA in the 60-65 years division of the Australian Tennis Seniors Championships held in New South Wales



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

Email: shire@lakegrace.wa.gov.au



CEO's Corner

Australia Day Celebrations & Citizenship Ceremonies

This year's Australia Day saw celebrations being held throughout the Shire along with two new citizens taking their pledges to become Australian Citizens, Nicola Kuchling of Lake Grace and Cornelia Van Graan of Newdegate.

Deputy Shire President, Cr Jeanette De Landgraft officiated in the absence of the Shire President. Cr De Landgraft kicked off her busy day's schedule with breakfast in Lake Grace. It was pleasing to see a crowd of 200 people in attendance at the Lion's Breakfast held at the Lake Grace Swimming Pool. Following breakfast Cr De Landgraft conducted the citizenship ceremony for Nicola which was immediately followed by the Premier's Australia Day Awards presentations conducted by Cr Debby Clarke.

After the early start in Lake Grace, Cr De Landgraft then headed to Newdegate to officiate at the citizenship ceremony for Cornelia Van Graan. The Newdegate breakfast held at Pioneer Park was attended by a good crowd of locals. The Newdegate Australia Day Awards were presented by Cr Len Armstrong.

Next stop was at the Lake King Tavern to meet and greet with locals enjoying their Australia Day lunch. It was pleasing to see so many young people in attendance. Then it was a quick dash to the Varley Recreation Centre a late lunch with the Varley Community. Cr De Landgraft presented the Premier's Active Australia Day Citizenship Award to former councillor Dean Sinclair who had been nominated by the community for his service to the Varley community.

Congratulations to the Shire's newest Australian citizens, Nicola Kuchling and Cornelia Van Graan and thanks to all those involved in organising the Australia Day events and putting forward nominees for the various awards.

Extreme Weather Events

Following last week's storms, a number of roads were blocked with fallen trees and branches. On behalf of the community I wish to thank all those locals that assisted in clearing the debris, particularly in the Newdegate area where some locals had returned from holiday and assisted the local police in making the road trafficable and safe.

Caltrop in the Lake Grace townsite

Following recent rains, the Lake Grace townsite has experienced an outbreak of caltrop. The community is keen to eradicate as much of this menace weed as possible. You can assist by:

1. Spraying and/or removing any caltrop on your property or verge, please **do not** put it into your rubbish bin as this will contaminate our waste facility and the neighbouring farm lands.
2. To dispose of any removed caltrop plants please place them into a marked and sealed plastic bag and either keep them until winter when they can be safely burned or take them to the Shire Depot where there is a special caltrop bin facility.
3. The Shire in conjunction with the CRC is looking for volunteers to form a 'Caltrop Army' – if you would like to be involved please contact Suzanne Reeves at the Lake Grace CRC on 9865 1470.

Lake Grace townsite residents will shortly receive an information flyer in their mailboxes, this will include a map of the townsite showing where current caltrop infestations are happening.

Neville Hale

Chief Executive Officer

Ordinary Council Meeting

The next Ordinary Council Meeting will be held:

3:00 pm Wednesday

24 February 2016

Location: Council Chambers

1 Bishop St Lake Grace

Members of the public welcome.

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



Shire of Lake Grace Community News

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

Office Opening Hours

Monday - Tuesday - Wednesday - Friday

8.30am - 4.30pm

Thursday 8.30am- 4.00pm

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

Licensing Opening Hours

Monday, Tuesday and Wednesday 8.30am - 4.15pm

Thursday and Friday 8.30am - 4.00pm

Tip Opening Hours

Lake Grace

Monday & Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm

Saturday 9am - 1pm

Lake King & Varley

Open Every Day

Waste & Recycling Pick up Dates

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

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

Lake Grace	Newdegate
8 February	15 February
22 February	29 February

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

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



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

Driving Assessor

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

Friday - 4 March 2016 to be confirmed

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

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

Building Surveyor

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

Tuesday 9 February 2016

Tuesday 23 February 2016

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

Harvest Ban Hotline

Useful telephone numbers:

- For emergencies dial 000
- Total Fire Ban information 1800 709 355
- Shire of Lake Grace Harvest Ban Information 9487 7191

Please contact the Shire Office on 9890 2500 if you wish to be notified of harvest bans using SMS.

Reporting Fires

All fires started mechanically (rock strike, hot bearing etc) or naturally (lightning strike) and any other fire, including suspicious fires, must be reported to the Chief Fire Control Officer Brad Watson 0427 906 441 or the Deputy Chief Fire Control Officer in your area and the Shire so that a Fire Report can be completed and lodged with the Department of Fire and Emergency Services.

These reports add to the combined statistics for the Shire so that when applications are made for more equipment e.g. a fire appliance for Dunn Rock, these statistics can be used as evidence to back up the application. No matter how small or easily the fire is extinguished, please report it.



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



Australia Day 2016



Congratulations to Cornelia Van Graan and Nicola Kuchling who became Australian Citizens on Australia Day.

Left: Cornelia Van Graan with her husband Herman and their children with Deputy President Cr. Jeanette De Landgraaff at Newdegate

Right: Nicola Kuchling with Deputy President Cr. Jeanette De Landgraaff at Lake Grace



2016 Premier's Australia Day Active Citizenship Award Recipients



Left: Brittnee Knill, Newdegate Young Citizen, with Peter Ness Newdegate Citizen of the Year. Peter accepted the Community Group award for the Newdegate Railway Station Relocation and Restoration Project.



Above: Paula Carruthers, Lake Grace Citizen Acknowledgement.

Emily Younger, Young Citizen of the Year.

Cr. Deb Clarke representing Lake Grace Artists Group – High Tea, for the Community Event.

Tania Spencer Citizen Acknowledgement.

Fr. Joseph Sousa accepted on behalf of Fr. Gayan Thamel Lake Grace Citizen of the Year as he was unable to attend due to prior commitments.

Left: Cr. Jeanette De Landgraaff presented Dean Sinclair with Varley Citizen of the Year.





Shire of Lake Grace Community News

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

Lake Grace Swimming Pool

**LIFEGUARDS ARE
NOW TARGETING
SCREEN TIME**

**IS YOUR CHILD
YOUR FOCUS?**



Swim the Bight

Good news on the Swim the bight, we are well past the halfway mark and our total distance so far stands at 640 km with 520 km still to go to beat Nibbles the Shark, to the Bight.

We also have a new leader board in the pool foyer called the 'Nibbles "Superfish" 25km Club'. There's only one way to join and that is to swim 500 laps of the Lake Grace Swimming Pool and you too can be a "Superfish".

Pre Season Sports Training

Are you ready - Have you thought about it yet??

Get started at the LG pool. We have heaps of H2O fitness equipment for your use, and its low impact on your body and you can still get your heart rate up for a great workout. Give it a go at Lake Grace Swimming Pool.

Australia Day at the Pool 2016

With the group of keen chefs ready for a big cook up, the barbies were lit and the bacon was sizzling by 7am.

Between 7 - 11am, 219 people (plus a few prams) came through the pool gate to join in the annual Australia Day breakfast proudly hosted by the Lake Grace Lions Club.

Following the awards ceremony it was time for the kids to have some fun in the water making the most use of

the inflatables both small and larger.

The morning which had been forecast to be a stormy and overcast turned out to be very pleasant and balmy, very appropriate for the occasion.

Many thanks to the Lions Club for their workmanship and generosity for the event. Donations collected on the day will go to the Lake Grace District High School Parents and Citizens Association.



Can you clear that vegetation? What's changed?

The Eucalypt Woodlands of the WA Wheatbelt are now listed as 'critically endangered' under the *Environment Protection and Biodiversity Conservation Act 1999* (EPBC Act)

Are you wondering what this listing could mean for you and your property?

Do you have questions or concerns you'd like answered?

Join the Australian Government's Department of the Environment community consultation sessions throughout the Wheatbelt, covering:

- what the new listing means for local farmers
- community consultation on the EPBC Act
- protected matters in the region.

Sessions held at:

Kondinin

Wednesday 10 February 2016, 12.30 – 2pm
Kondinin Country Club, 11 Gordon Street.
Contact the Shire of Kondinin on 08 9889 1006.

Narrogin

Thursday 11 February 2016, 3 – 4pm
DAFWA building, 10 Doney Street.
Contact South West Catchments Council on 08 9724 2400.



Royalties for Regions Supports Local Visitor Centres

Media Release

The Nationals WA have delivered on a key election commitment to increase funding and support for regional visitor centres with \$4.2 million Regional Visitor Centre Sustainability Grants.

Member for Wagin Terry Waldron MLA welcomed the funding announcement, made recently by Minister for Regional Development Terry Redman MLA and acting Minister for Tourism Helen Morton MLC.

"A total of \$1.1 million will be put towards supporting 39 regional visitor centres in the first year of the grants program, funded by Royalties for Regions and Tourism WA," Mr Waldron said.

"Visitor centres play a vital role in helping our local, national and international visitors access the best sights, experiences, and accommodation – ensuring they have an unforgettable holiday experience."

Mr Waldron said The Nationals WA, in Government, recognised the vital role of tourism as an economic driver, and said the Regional Visitor Centre Sustainability Grants was a great initiative, made possible by Royalties for Regions.

"We want to make sure that visitor centres have the support they need to showcase their region," he said.

"Who better to help visitors to regional WA than the people who already love living and working in regional tourism?"

Successful visitor centres in the Wagin electorate include: Boddington Visitors Centre and Kojonup Visitors Centre.

Accredited Visitor Centres and local government authorities are eligible for grants between \$10,000 and \$100,000, while non-accredited centres working towards accreditation will receive grants up to \$40,000.

"Research shows that tourists who access visitor centres tend to stay longer and invest more money in

regional areas. Regional WA is home to some of Australia's most iconic tourist attractions, including the world-renowned Bremer Canyon Killer Whale experience, located in the Wagin electorate," he said.

Minister for Regional Development, Terry Redman MLA, said the tourism sector was an important growth area for regional WA.

"Improving visitor experiences means more jobs and opportunities for local communities," Mr Redman said.

"Royalties for Regions will be investing \$4.2 million in regional visitor centres over the next three years, with round two to be launched this March."

For a full list of successful recipients from this round of the Royalties for Regions funded Regional Visitor Centre Sustainability Grants visit www.tourism.wa.gov.au/otherfunding

Royalties for Regions is also delivering the \$60 million Regional Events Program, to attract and develop major events and increase visitation to regional WA.

PUBLIC NOTICE CHANGE OF PURPOSE OF RESERVE ACCOUNTS

Local Government Act 1995



The Shire of Lake Grace proposes to use \$160,000.00 from the Newdegate Hall Reserve Fund containing \$236,541.72 as at 31 December 2015 for another purpose, namely the Newdegate Independent Living Units and Lesser Hall Project.

The Shire of Lake Grace proposes to use \$30,000.00 from the Housing Reserve Fund containing \$30,393.99 as at 31 December 2015 for another purpose, namely the Newdegate Independent Living Units and Lesser Hall Project.

The objects of, and reasons for the change are to address the funding shortfall identified to complete the Newdegate Independent Living Units and Lesser Hall Project.

The report presented to Council 21 December 2015 identified an estimated funding shortfall of \$160,688.00.

One month's notice of this intention is given as required by the Local Government Act 1995.

Neville Hale

Chief Executive Officer

15 January 2016

PLEASE NOTE:

The Anglicare charity
box
is still available for
donations of clothing.

Contributors Recognised With Australia Day Awards (cont.)

for these awards and it's always better if there is more than one nomination.

Upon conversation with others I have realised that as a community we need to be more proactive with our nominations and to not sit back and expect 'someone else' to do it, or assume that the very hardworking individual who has been slogging away at your club (and probably others) for the last 20 years would have been nominated before!

The Lakes Link has now got in their diary to produce an article (and perhaps an email out to local clubs and organisations) mid year that will perhaps nudge us all to put our thinking caps on. Clubs and groups need a couple of months notice by the time they put it on the agenda and then discuss at their next meeting.

Once again well done to the nominees and award recipients. There has been some humour seen in the irony that Paula Carruthers wrote Fr Gayan Thamel's nomination; pipped at the post by her own excellence. And to Fr Joseph Sousa who by default had the task of receiving Gayan's award, there's definitely an opportunity for you to do stand up comedy as a sideline!

Lake Grace Active Citizenship of the Year 2015

Mrs Paula Carruthers

nominated by John O'Neill

Paula has made outstanding noteworthy contributions to many organisations to this community of Lake Grace in 2015 and many previous years. Paula's nomination has been heavily supported and endorsed by Lake Grace/ Pingrup Football Club, Lake Grace Development Association and all the organisations listed.

Paula's commitment to many organisations in the district of Lake Grace is a big reason our community enjoys such wonderful facilities and pleasures which make Lake Grace an attractive and safe environment to live, work and socialise.

Below are listed community groups that Paula has made noteworthy contributions to during 2015 and over the past 20 years:

- Lake Grace Community Resource Centre – Chairperson – current
- Lake Grace Development Association – Secretary – current
- Lake Grace/Pingrup Football Club – Secretary since 2013 – current
- Great Southern Colts Carnival – Secretary, cooking breakfast, washing jumpers and anything else that needs doing to make it a success - active for the past 17 years – current
- Lake Grace Ambulance – Volunteer since 2012 – still currently active

- Lake Grace Community Cropping – along with husband Greg and son Justin volunteers her help and machinery to sow the crop for our communities benefit – current
- President of LCD since 2013 – current
- Committee of North Lake Grace Jam Patch rejuvenation 2015 – current
- Lake Grace P&C committee alongside Greg who was President
- Lake Grace Swimming Club – coaching and committee, accredited coach and life member
- Lake Grace Gym Club – accredited coach for 15 years
- Winner of Sports contributor of Lake Grace District
- Lake Grace/Pingrup Junior Football committee
- Secretary of the District Hospital Board

As you can see by the above Paula is a worthy, deserved and well overdue nomination for the Premiers Australia Day Active Citizenship Award of the many hours she has given to our wonderful community not only during 2015 but for many years previously.

Mrs Tania Spencer

nominated by Ashley Mottershead

Tania has worked tirelessly promoting and supporting the Visual Arts for students at Lake Grace District High School this year.

Tania has promoted opportunities for students to work with artists from across the state. Tania has led a Visual Art Program for year 7/8 students leading to art works displayed around the school. She has actively built the capacity of young people to engage with the arts.

Fr. Gayan Thamel

nominated by Lake Grace Development Association

Father Gayan Thamel, in addition to his vocational services as our local Catholic priest, has provided excellent community support by making himself available as a volunteer and assisting in the ongoing wellbeing of all who are in need of his support.

Gayan is a volunteer with the Lake Grace St John Ambulance, as a Level 2 Volunteer Ambulance Officer. He is a valued and experienced team member providing excellent service to our community in this role. He has been with the Lake Grace Sub-Centre for approximately five (5) years, attending many emergency calls as well as being available to assist with many events on standby and other community liaison activities.

Gayan has had occasion to provide emotional support to fellow ambulance volunteers, for which his expertise in this support role was much appreciated. He also

Contributors Recognised With Australia Day Awards (cont.)

attended the Boddington fires when extras were called upon.

Gayan takes the time to gain insight and knowledge about our community, for example working closely with local ex-servicemen to formulate the ANZAC Day commemorations, adding relevance to the occasion.

As an advocate of YouthCare, Gayan has assisted with support for the youth in our community.

Gayan is a warm and caring individual who has provided excellent service to the Lake Grace Community.

Lake Grace Active Citizenship Award for a person under 25 years

Miss Emily Younger

nominated by the Lake Grace Development Association.

Emily conducted dance classes for boys and girls ages 3 – 12 'Em's Dance'. They were held in the Lake Grace Shire Hall on a Thursday for a gold coin donation or less (or nothing at all) to cover some costs. This included the dance lessons, costumes and props.

With a large number of children wanting to dance there was a need for three groups to cater for different ages and levels, all this led to greater fitness and flexibility.

At the end of every lesson a dancer was given an award and everyone a sweet to replace energy used. All the children were enthusiastic and eager to learn and have mastered a lot of different dance techniques and are keen to learn more.

Emily enlisted a couple of her friends and mother to help with the large number of dancers. All of this accumulated into a concert at the end of the term in which each child performed and joined Emily in the last dance. Children, parents and the general public enjoyed watching the concert.

Emily saw a need for dance in the community and then went about conducting classes voluntarily in her own time. The children learnt to dance and loved it.

All of this from a lovely young lady of fifteen (15).

Miss Emily Younger

nominated by Simone Fairbrother.

Emily Younger moved back to the Lake Grace community in 2014 after living away. She was enrolled in schools in much larger communities where she had the access to regularly attend dance lessons and as such progressed as a skilled dancer. Once back in Lake Grace she was unable to continue with this extra-curricular activity due to the lack of a dance school. Rather than allowing her talents go to waste, Emily decided to offer her time and dedication towards starting up dance classes after school for the youth of Lake Grace. The response was overwhelming with Emily needing to run three (3) classes each week to cater for the sixty (60) interested children ranging from

the ages of three (3) to fifteen (15). After a period of sixteen (16) weeks Emily coordinated and show cased her dancers with a concert held for the community. Emily advertised the event, organised and made all the costumes, booked and set up the concert hall and held a performance that was by all accounts comparable to a professional dance school.

Emily has not only provided an extra service within the community after school but has done this with a level of professionalism and dedication often unseen in teenagers. The children of Lake Grace have been given the opportunity to learn dance skills, commitment and performance etiquette.

Emily's contribution has been recognised at the Lake Grace District High School, where she attends as supporting and developing the Arts Learning Area and taking on a leadership role within the community. Her dance class was also opened up to nearby communities such as Pingrup who drove in to town to participate.

Miss Emily Younger

nominated by Mrs Ashley Mottershead

Emily has run dance workshops for children aged five (5) onwards. The classes were run over a six (6) month period with children from Lake Grace, Kukerin, Newdegate and Pingrup attending.

The workshops culminated in a dance concert in November with parents, community members and students enjoying the event.

Emily has actively brought the community together, leading an area of the Arts she is passionate about.

Lake Grace Active Citizenship Award for a Community Group or Event

Lake Grace Artists Group – High Tea

nominated by the Lake Grace Development Association.

The Lake Grace Artists Group hosted a 'High Tea' on Sunday 12 July 2015. The purpose of this event was to raise funds for the re-painting of the Women's Pioneer Mural on the eastern wall of the Lakeway Shopping Centre Building.

The High Tea was attended by fifty six (56) people, who were treated to a delicious array of food prepared by members of the Artists Group who then waited on their guests, providing cups of tea or coffee in fine china cups. There was a display of retro handbags, several raffles and a pianist to provide a lovely ambience for the day.

A total of \$1,800 was raised from the door sales, raffles and donations which is a wonderful start towards raising the necessary funds for the mural.

The High Tea was a novel idea and the members of the Lake Grace Artists Group excelled in the delivery of this successful event.

Continued next page

Contributors Recognised With Australia Day Awards (cont.)

An article of the 'High Tea on Stubbs' was also published in the Lakes Link including photos from the day.

The members of the Lake Grace Artists Group have provided an excellent event, from which funds raised will go towards maintaining the Women's Pioneer mural, recognising the role of women in the Lake Grace community.

Artist Group members Cheryl Chappell, Tania Spencer, Phyllis Dunham, Annie Slarke and Debby Clarke with their award.



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Bits & Pieces

Had the good fortune since the last edition of Lakes Links to spend a week in the Albany regions of WA. What a place, camping on the Kalgan River and seeing some of the best which is on offer in the Great Southern.

From the day we left home travelling down through the Chester Pass Road and seeing the spectacular Stirling Ranges, the cattle farming country and through the glorious trees of the Porongurup's before reaching our destination of the Kalgan River. Canoeing up the Kalgan and out into Oyster Harbour; a day trip across to Denmark for a drive around Mount Shadforth with a couple of visits to Albany town filled our week in without much trouble.

The view from Mount Clarence of the spectacular King George Sound with the islands glistening in the aqua blue ocean surrounded by spectacular white beaches holds its own with any such scenery we have seen on our South Pacific cruise.

But with any uplifting experience there is also the down side...mine was waking up Monday morning and realising today was deadline day for articles in the LL. Not being able to call on the Ghostbusters to help, the next best thing was the computer. Checking the emails I came across an inspirational story I wish to share with you.

The Folded Napkin - A Truck Stop Story

If this doesn't light your fire, your wood is wet!

I try not to be biased, but I had my doubts about hiring Stevie. His Placement Counsellor assured me that he would be a good, reliable busboy. But I had never had a mentally handicapped employee and wasn't sure I wanted one. I wasn't sure how my customers would react to Stevie.

He was short, a little dumpy with the smooth facial features and thick tongued speech of Down's Syndrome. I wasn't worried about most of my trucker customers because truckers don't generally care who buses tables as long as the meatloaf platter is good and the pies are homemade.

The ones who concerned me were the mouthy college kids travelling to school, the yuppie snobs who secretly polish their silverware with their napkins for fear of catching some dreaded 'truck stop germ'; the pairs of white-shirted business men on expense accounts who think every truck stop waitress wants to be flirted with. I knew those people would be uncomfortable around Stevie so I closely watched him for the first few weeks....

I shouldn't have worried. After the first week, Stevie had my staff wrapped around his stubby little finger, and within a month my truck regulars had adopted him as their official truck stop mascot.

After that, I really didn't care what the rest of the customers thought of him. He was like a 21-year-old in blue jeans and Nikes, eager to laugh and eager to

please, but fierce in his attention to duties. Every salt and pepper shaker was exactly in its place, not a breadcrumb or coffee spill was visible when Stevie got done with the table.

Our only problem was persuading him to wait to clean a table until after the customers were finished. He would hover in the background, shifting his weight from one foot to the other, scanning the dining room until a table was empty. Then he would scurry to the empty table and carefully bus dishes and glasses onto his cart and meticulously wipe the table up with a practiced flourish of his rag.

If he thought a customer was watching, his brow would pucker with added concentration. He took pride in doing his job exactly right, and you had to love how hard he tried to please each and every person he met.

Over time, we learned that he lived with his mother, a widow who was disabled after repeated surgeries for cancer. They lived on their Social Security benefits in public housing two miles from the truck stop. Their social worker, who stopped to check on him every so often, admitted they had fallen between the cracks. Money was tight, and what I paid him was probably the difference between them being able to live together and Stevie being sent to a group home. That's why the restaurant was a gloomy place that morning last August, the first morning in three years that Stevie missed work.

He was at the Mayo Clinic in Rochester getting a new valve or something put in his heart. His social worker said that people with Downs Syndrome often have heart problems at an early age so this wasn't unexpected, and there was a good chance he would come through the surgery in good shape and be back at work in a few months.

A ripple of excitement ran through the staff later that morning when word came that he was out of surgery, in recovery, and doing fine.

Frannie, the head waitress, let out a war hoop and did a little dance in the aisle when she heard the good news.

Bell Ringer, one of our regular trucker customers, stared at the sight of this 50-year-old grandmother of four doing a victory shimmy beside his table.

Frannie blushed, smoothed her apron and shot Bell Ringer a withering look. He grinned. 'OK, Frannie, what was that all about?' he asked.... 'We just got word that Stevie is out of surgery and going to be okay.' 'I was wondering where he was. I had a new joke to tell him. What was the surgery about?'

Frannie quickly told Bell Ringer and the other two drivers sitting at his booth about Stevie's surgery then sighed: 'Yeah, I'm glad he is going to be OK,' she said, "but I don't know how he and his Mum are going to handle all the bills. From what I hear, they're barely getting by as it is.' Bell Ringer nodded thoughtfully, and Frannie hurried off to wait on the rest of her tables.

Continued page 34

Puzzles & Stuff

Some words from the 21/01/2016 edition of Boggle

Abandoned Dona
 Abandon Naan
 Banded Odea
 Banned
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 Anode
 Baaed
 Beano
 Donna
 Abed
 Aeon
 Anna
 Anoa
 Anon
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 Dada
 Dado
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 Dean

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

Answers to 21/01/2016 Sudoku

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

T	R	T
H	A	L
O	E	B

This week's Boggle



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Wongan Hills – 10 Feb 2016, Wongan Hills CRC | **Narembreen** – 24 Feb 2016, Narembreen Rec Centre
Northam – 9 Mar 2016, Bridgeley Centre | **Brookton** – 12 Mar 2016, Brookton WB Eva Pavillion

Time: 10am - 12pm, with lunch & refreshments. Registration from 9.30am.

www.wheatbeltnrm.org.au/bushcare

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tjones@wheatbeltnrm.org.au



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



Australian Cancer Drug Licensed In \$730m Deal

Media Release - CSIRO

A promising new cancer drug, developed in Australia by the Cancer Therapeutics CRC (CTx), has been licensed to US pharmaceutical company Merck in a deal worth \$730 million.

The drug, which was developed with support from the UK-based Wellcome Trust and Cancer Research Technology (CRT), has potential clinical applications in both cancer and hemoglobinopathies (non-cancer blood disorders).

According to Dr Tom Peat from CSIRO, one of the key research partners in CTx, the drug is designed to inhibit the protein PRMT5, which is associated with a range of cancers, including mantle cell lymphoma, lung cancer, breast cancer and colorectal cancer.

"Patients who have these types of cancers often have high levels of this protein, which is unfortunately also linked to poor survival rates," Dr Peat said.

"Using our recombinant protein production facilities, we were able to produce samples of these proteins, crystallise them for structure based drug design and support the consortium's pre-commercial investigations and trials.

"Access to high quality protein is absolutely critical in structural biology approaches to drug discovery, and CSIRO is pleased to be able to contribute this key capability.

"The CTx consortium was able to develop a drug that binds to this protein, allowing it to target the cancerous cells.

"We're thrilled to be part of this development, which has the potential to make a real difference for patients here in Australia and around the globe."

Under the terms of the license, Merck US will now further develop the drug, taking it to clinical trials, with a view to worldwide commercialisation.

"This is a great result for Australian science and further demonstrates what can be achieved when science and commercialisation capabilities unite," CTx chief executive Dr Warwick Tong said.

In addition to applications for cancer, PRMT5 inhibitors switch on important genes in the development of blood, which could provide disease-modifying treatment options for patients with blood disorders like sickle cell disease and beta thalassemia.

The deal provides potentially significant financial returns, which will be shared between CRT, CTx and the Wellcome Trust, with the majority being returned to CTx and its Australian research partners including CSIRO, Monash University, Peter MacCallum Cancer Centre and the Walter and Eliza Hall Institute.

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Bits & Pieces (cont.)

Since I hadn't had time to round up a busboy to replace Stevie and really didn't want to replace him, the girls were busing their own tables that day until we decided what to do.

After the morning rush, Frannie walked into my office. She had a couple of paper napkins in her hand and a funny look on her face.

'What's up?' I asked.

'I didn't get that table where Bell Ringer and his friends were sitting cleared off after they left, and Pony Pete and Tony Tipper were sitting there when I got back to clean it off,' she said. 'This was folded and tucked under a coffee cup.'

She handed the napkin to me, and three \$20 bills fell onto my desk when I opened it. On the outside, in big, bold letters, was printed 'Something for Stevie'.

'Pony Pete asked me what that was all about,' she said, 'so told him about Stevie and his mum and everything, and Pete looked at Tony and Tony looked at Pete, and they ended up giving me this.' She handed me another paper napkin that had 'Something for Stevie' scrawled on its outside. Two \$50 bills were tucked within its folds. Frannie looked at me with wet, shiny eyes, shook her head and said: 'Truckers!!'

That was three months ago. Today is Thanksgiving,

the first day Stevie is supposed to be back at work.

His placement workers said he's been counting the days until the doctor said he could work, and it didn't matter at all that it was a holiday. He called ten times in the past week, making sure we knew he was coming, fearful that we had forgotten him or that his job was in jeopardy.

I arranged to have his mother bring him to work. I then met them in the parking lot and invited them both to celebrate his day back.

Stevie was thinner and paler, but couldn't stop grinning as he pushed through the doors and headed for the back room where his apron and busing cart were waiting.

'Hold up there, Stevie, not so fast,' I said. I took him and his mother by their arms. 'Work can wait for a minute. To celebrate you coming back, breakfast for you and your mother is on me!' I led them toward a large corner booth at the rear of the room.

I could feel and hear the rest of the staff following behind as we marched through the dining room. Glancing over my shoulder, I saw booth after booth of grinning truckers empty and join the procession. We stopped in front of the big table. Its surface was covered with coffee cups, saucers and dinner plates, all sitting slightly crooked on dozens of folded paper napkins 'First thing you had to do Stevie is clean up this mess,' I said. I tried to sound stern.

Stevie looked at me, and then at his mother, then pulled on one of the napkins. It has 'Something for Stevie' printed on the outside. As he picked it up, two \$10 bills fell onto the table.

Stevie stared at the money, then at all the napkins peeking from beneath the tableware, each with his name printed or scrawled on it. I turned to his mother. 'There's more than \$10,000 in cash and cheques on that table, all from truckers and trucking companies that heard about your problems. Happy Thanksgiving.'

Well it got really noisy about that time, with everybody hollering and shouting and there were a few tears as well.

But you know what's funny? While everybody else was busy shaking hands hugging each other, Stevie, with a big, big smile on his face, was busy clearing all the cups and dishes from the table...

Best worker I ever hired. Plant a seed and watch it grow...

If you shed a tear, hug yourself, because you are a compassionate person.

There is a couple of things I take from this story..

1. There are still a lot of nice people in this world.
2. There is nothing wrong with the world, it is just some of the people living in it.



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New Round Opening for Sporting Club Equipment Grants

Media Release

Regional sporting clubs will receive \$500 for new equipment for the summer season through the latest round of the Community Sporting Club Equipment Subsidy Scheme.

Member for Wagin Terry Waldron MLA welcomed the announcement that 123 regional clubs would receive a total of \$61,500 to help increase and upgrade shared sporting equipment for club members.

"Better equipment for regional sporting clubs facilitates greater participation in sport," Mr Waldron said.

"This means there are increased opportunities for people to get active and enjoy the health and social benefits of being involved in local sport and recreation clubs."

Subsidies for regional clubs are funded through Royalties for Regions.

Clubs set to benefit from subsidy in the Wagin electorate this round include:

- Gnowangerup Ladies Hockey Club
- Gnowangerup, Mt Barker and Narpanup golf clubs
- Katanning and Gnowangerup netball clubs
- Katanning Gymnastics Club
- Kojonup Polo and Polocrosse Club

- Kojonup Bowling Club
- Mt Barker Sporting Shooters (SSAA)
- Riding for the Disabled Association of Western Australia Plantagenet Group
- Tambellup Cricket Club
- Tambellup Junior Football Club

"Every sporting club in Western Australia has the chance to receive this subsidy and I encourage every club to find out if they are eligible, so they can upgrade their equipment," Acting Sport and Recreation Minister Colin Holt said, last Friday.

"More quality equipment at clubs can help the formation of extra teams, which means more people can get active and play sport in their communities."

To date 1375 clubs across Western Australia have received a total of \$793,500 through the Community Sporting Club Equipment Scheme.

The next round opens for applications in mid-March 2016, for a month.

For more information on the Community Sporting Club Equipment Subsidy Scheme and a full list of successful recipients visit www.dsr.wa.gov.au/funding/clubs/club-equipment-subsidy

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Warning About Websites as Scam Investigation Continues

Media Release

Consumer Protection is urging online shoppers not to place orders with directonlinedeals.com.au as well as onsalemarketdeals.com while WA ScamNet investigates the websites.

On Monday 25 January 2016 Acting Commissioner for Consumer Protection David Hillyard warned Western Australians about onsalemarketdeals.com and he is now advising that directonlinedeals.com.au should also be avoided.

"This investigation began on Friday 23 January 2016 when a Fremantle couple lodged a complaint with Consumer Protection about a \$503 barbecue from onsalemarketdeals.com that hadn't been delivered. They had been unable to contact the site about their purchase, which was two weeks earlier. At the time of purchase, the site had recommended direct bank transfer as the best payment method but this later rang alarm bells for them," Mr Hillyard said.

Investigations revealed a number of issues with onsalemarketdeals.com, which claims to sell appliances, barbecues, exercise equipment, furniture, jetskis, outboard motors, prams and strollers, tools and more. These problems include:

- the site was recently registered (late December 2015) and has no established reputation;
- the ABN used belongs to a company in Queensland, which appears to be unconnected;
- the site claims to be shipping from Victoria but gives an address in South Australia;
- the site uses a mobile number belonging to a NSW resident who claims to have no knowledge of or connection with the site;
- the site has elements which are consistent with it being fake, such as slightly pixelated manufacturer logos and significant price reductions with free shipping included; and
- a search of consumer review websites reveals claims of payment but non-receipt of goods by a number of customers.

"Attempts to shut this website down have so far proved unsuccessful due to the domain name being registered in the United States. We have now found an almost identical website, which appears to be run by the same



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Warning About Websites as Scam Investigation Continues (cont.)

suspected scammers. That website is directonlinedeals.com.au and was registered on the same date and in the same place as onsalemarketdeals.com. It also uses an ABN that is registered by someone who has confirmed in writing to WA ScamNet that he has no association with the site," the Acting Commissioner said.

"Although our investigation is yet to conclude, we have decided that early warnings are appropriate to prevent consumer detriment."

WA ScamNet advises online shoppers to:

- only purchase from well-established reputable online retailers;
- be wary of online retailers who accept bank transfers as their only method of payment;
- use secure online payment systems (look for a padlock and <https://> in the web address when entering financial information) and consider the benefits of a third party payment system such as Paypal or using a credit card for a potential chargeback option if you do not receive what you paid for;
- be wary of websites selling goods well below market prices; and
- do an internet search of website/business names, before you make a purchase, to get comments and reviews from other consumers who have used the same site.

Litterpick

Sunday 3rd April

All four entrance roads into Lake Grace

Need volunteers to register at the Lake Grace CRC if they are willing to give up a couple of hours of their Sunday morning.



JOB OPPORTUNITY

GNOWANGERUP FAMILY SUPPORT ASSOCIATION INC.

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9.30 – 10.20AM				FOREVER FIT	
5.15 – 6.00PM		SHRED		AQUA AEROBICS	
6.00 – 6.50PM	BBT !				** Classes vary between 45-60 Minutes **

AXIS

AXIS creates stability from the axis, or the middle of your body, which is the basis of all movement, then layers on mobility, strength and finally, power. Move like never before, beginning from the core, and reach farther than you thought possible. Combine POWER TO THE CORE & FUNCTIONAL TRAINING techniques for the perfect 50 minute workout session.

FAST FIXED

Quick paced work outs that will fix your physique fast. Tone your entire body while blasting fat at the same time. Includes cardio strength movements & boxing for fitness skills.

Suitable for moderate – experienced fitness levels

FOREVER FIT

Nothing is impossible in this class, working to your ability, experience a variety of exercises and functional movements suitable to your everyday needs. Enjoy exercising in a fun & social environment.

AQUA AEROBICS

A fun and low impact way to build muscle endurance and strength without the stress on the joints, not to mention the added cardio benefits. A great way to elevate your heart rate and burn calories – the total body workout that feels like play. Pool entry separate to class fee
Suitable for all ages, beginners to experienced fitness levels. **Must be comfortable in water.

Classes are suitable for all fitness levels unless otherwise noted..

RIP
RIP is a functional barbell workout that incorporates functional orthopaedic strength training.
Suitable for all fitness levels 15years +

TRANSFORM

Uniting yoga and sport in a refreshing and unique journey. Engage your mind and BODY using sun salutations, plyometric hops and lunges, balance and strength poses, twisting and lengthening positions, and more. Get ready for a mind/ body experience unlike any you've seen before. It's time to create a new path in your fitness journey. It's time to TRANSFORM YOURSELF!

BBT - BANISH, BOOT, TONE

Something for everyone a fun packed class with a combination of low/hi impact moves to challenge your fitness, tone your muscles and improve your coordination. Suitable for anyone wanting to 'move & groove' through their workout.

SHRED

A 50 minute circuit workout to blast your heart rate with challenging intervals to turn up the burn and peel off the kg's. Whether you are just getting started or keen to increase your fitness level this 5 week program will ignite your fitness & kick start any weight loss & fitness goals you have.

FIRST ROUND Begins Tuesday 2/2, full payment up front or RAW membership/pass.

Vanessa - 0442 552 658

Letisha - 0427 649 030

Keeping to the **KISS** principle –

At **RAW FITNESS ACADEMIA** we go by the **KISS** principle -

Keep It Simple Sexy. We are committed to providing a simple but effective fitness program for you. Our goal is to offer a variety of simple classes that cover a broad range of training techniques, options and opportunities to a wide range of skill, fitness levels and all ages for both men and women.

We are very passionate about providing our members with the best training and weight loss advice possible in the most comfortable & fun environment. Whether it's the social contact you come for, or that last little kilo to move, we are dedicated to helping you achieve your personal health and fitness goals.

TOGETHER WE WILL ACHIEVE GREAT RESULTS THROUGH SIMPLE FITNESS.

YOUR INVESTMENT IN YOUR HEALTH & FITNESS Current RAW prices

CASUAL CLASS

Adult	-	\$14 per class
Senior / Pension	-	\$9 per class
Child (15 & under)	-	\$10 per class

Adult x 15 passes	-\$135
Senior/Pension x 10 passes	-\$75
Child x 10 passes	-\$80

RAW FITNESS ACADEMIA
is located at the Lake Grace Lesser Hall.
Bennett Street, Lake Grace

SMALL GROUP TRAINING...Are you looking for something a little bit different but classes aren't your thing?? You have some friends you want to train with but need some help getting started??

WHY NOT try a small group PT training session with a qualified fitness trainer. Get your friends together and have a chat to Vanessa and Letisha, see how RAW can help you and your friends get motivated, get started or just get moving. Chat with us today.

FITNESS IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE...IT'S ABOUT BEING BETTER THAN YOU USED TO BE

Author unknown



Solutions

Massage & Wellbeing

Providing a professional, personal approach to health, fitness and healing.

Services available:

Whole Body Massage
Relaxation & Deep Tissue
Balinese Massage
Hot/Cold Stone Massage
Common Injury
Area Specific
Body Scrubs & Body Treatments
Foot reflexology

For enquiries & appointments please phone
Letisha on 0427 649 030

RESOLVE . REVIVE . RESTORE

50 Years of Decimal Currency Commemorated by Australia Post

Media Release

Australia Post marks the 50th anniversary of decimal currency in Australia with a new stamp.

The circulation of new currency, beginning on 14 February 1966, signified the successful completion of one of the most challenging reforms Australia had ever seen.

Demanding intense manufacturing and preparation, the replacement of pounds, shillings and pence required huge mobilisation across private and public sectors, with readjustments to transactions, advertising, postage and banking as well as intense education campaigns.

"Not only did the general public have to be educated on the changes," said Australia Post Philatelic Manager Michael Zsolt, "but retailers and bank staff had to be trained to make conversions, update their signage and help customers"

Involving the input of some of Australia's most brilliant minds, renowned Sydney-based designer Gordon Andrews (1914–2001) created the boldly coloured banknotes that depict a diverse and inclusive Australia.

"The bank notes were ground-breaking for a number of reasons. First, they featured Aboriginal culture, architecture, the arts, science, industry and native fauna. Second, the \$5 note featured a woman other than the Queen for the first time ever – Caroline Chisholm," Mr Zsolt said.

Gold and silversmith Stuart Devlin (1931–) designed Australia's new coins, sculpting depictions of Australian fauna across the 1c, 2c, 5c, 10c, and 20c coins, and the Australian Coat of Arms on the 50c coin.

Celebrating the effort and success of the introduction of decimal currency, Australia Post commissioned Melbourne-based Melinda Coombes of Coombes Whitechurch Design to create a new design for the \$1 stamp.

"The stamp illustrates the change that our currency underwent with the layering of a pre-decimal £1 note with the decimal \$1 note and \$1 coin – the \$1 coin replacing the note in 1984", said Mr Zsolt.

The products in the stamp issue are a:

- ☐ first day cover
- ☐ sheetlet pack
- ☐ sheetlet of 10 x \$1 stamps
- ☐ prestige booklet
- ☐ two postal and numismatic covers, and
- ☐ maxicard

The Decimal Currency 1966–2016 stamp issue is available from 9 February 2016 at participating Post Offices, via mail order on 1800 331 794 and online at auspost.com.au/stamps while stocks last.

Katanning Vet Clinic

Phone: 08 9821 1471

Fax: 08 9821 1473

A/H Emergencies: 0427 017 462

3/114 Clive Street

PO Box 841

Katanning WA
6317



www.kojonupvethospital.com.au

kvc@kojonupvethospital.com.au



Find us on:
facebook®

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 Club (Inc.) News and Notes

Reid Stubberfield

Saturday the 30th of January 2016 saw the Lake Grace Cricket Club turning pink in support of the McGrath foundation's annual Pink Stumps Day. Pink Stumps Day is a fundraising day hosted by clubs (mainly cricket) around the country which raises valuable funds to help place McGrath Foundation Breast Care Nurses in communities.

With the generous support of the community on Saturday we were able to raise \$1698 through donations, a raffle and a very well supported steak tea at the Sportsman's Club. On behalf of the Cricket Club

I would like to thank Walkers Hill Vineyard, Outback TV, Across the Lake Wines, Lake Grace Plaza and the Lake Grace Sportsman's Club for contributing towards the raffle and supporting the day. I would also like to thank everyone who donated in any way shape or form on Saturday and it was staggering the amount of people who had commented on how breast cancer had affected their families in some way.

If anybody missed us on Saturday donations are still welcomed and can be made via the following link <http://pinkstumpsday2016.gofundraise.com.au/page/lakegracecc2016>

The winners of the raffle were

1st prize Brent Duckworth
2nd prize Chad Stanton
3rd prize Kal Joyce

Saturday also saw LGCC hosting Newdegate in our first game since December. Newdegate won the toss and opted to bat. However they ran into a great bowling display by K.Gray and B.Reynolds and were soon 4/42 after 15 overs.

The bowlers refused to give anything away letting Newdegate score just 21 more runs in the next ten overs before they were all dismissed for 63.

It was a great team effort by everyone in the field with K.Gray the pick of the bowlers with 4/25 and T.Gamble putting his hand up for catch of the year.

The LGCC run chase got off to a rough start with A.Gray dismissed before facing a ball. M.Trevenen (55no) and T.King (12) settled in and got us close to the required score before Trent was dismissed. This saw the return of S.Bowron(0) from long term injury but he didn't quite have his eye in yet. The score was reached in the 14th over with LGCC 4/76.

Once again I would like to thank everyone for supporting us on Saturday and a big thank you to the players and their partners for getting behind the day and making it a success.

Newdegate 10/63 from 25.3 overs

M.Guelfi	c B.Reynolds	b K.Gray	18
H.Garlick	lbw	b K.Gray	0
J.Offer		b K.Gray	3
T.Newton	c T.Gamble	b B.Reynolds	2
D.Rintoul	lbw	b K.Gray	23
B.Tomkins		b W.Millar	9
D. O'Nions		b W.Millar	0
M.Ashton	c M.Trevenen	b K.Pinney	1
J.Richardson	not out		1
S.Guelfi	c M.Trevenen	b T.King	1
C.Westlake		b W.Millar	0
		Sundries	5

LGCC Bowling B.Reynolds 1/15(7) K.Gray 4/25(8)
D.Pelham 0/12(2) W.Millar 3/6(3.3) T.King 1/1(1)
K.Pinney 1/0(3) T.Gamble 0/1(1)

Lake Grace 4/76 from 14 overs

M.Trevenen	not out	55
A.Gray	run out	0
T.King	c M.Guelfi b H.Garlick	12
S.Bowron		b S.Guelfi 0
T.Gamble		b C.Westlake 5
K.Pinney	not out	0
	Sundries	4

Newdegate Bowling H.Garlick 1/19(5)
B.Tomkins 0/30(4) S.Guelfi 1/22(3) C.Westlake 1/5(2)



Lake Grace Visitor Centre AGM

Wednesday 17th February 2016
4pm at the Lake Grace CRC

Followed by a general meeting.

- Are you interested in tourism?
- Do you want to help promote Lake Grace & the Shire?
- Not sure what we have to offer visitors to our towns.

The LG Visitor Centre Committee are looking for enthusiastic & motivated people to join us in supporting the Visitor Centre Co-ordinators & Volunteer's in promoting & marketing our Shire. Come along to our meeting and find out more. Everyone welcome.

PUBLIC NOTICES

Gopher Maintenance

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

Pre Season Football Training

Starts on the 27th of January at the swimming pool at 5:15pm

Anyone and every one is welcome, you just need to bring a water bottle, bathers, towel and money for entry to the pool.

Training will be on Monday and Wednesday after the 27th.

Sally Dickinson

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

Kulin School Centenary

12th March 2016

REGISTRATIONS NOW OPEN!

Contact the Kulin Community Resource Centre for a centenary registration form, available by email, online or in person
RSVP February 1st 2016 9880 1021
crccounter@kulin.wa.gov.au
www.kulin.wa.gov.au

Christian Gospel Services

An invitation is extended to you to attend a series of

Christian Gospel Services

Now being held at the

Lakes Village Hall
Each Friday 7:30pm—8:30pm

Kulin CWA Hall
Each Sunday 4pm—5pm

The purpose of these services is to present Jesus Christ as the Saviour and Redeemer who is able to bring joy, peace and salvation to all who come to Him.

These services are for all the family. No collection.

C Telford and J Murdock
0434 592 323

CWA AGM

Tuesday 9th February at the CWA Rooms
5:15pm start

Community Midwife

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

For Sale

On site van 25'. Large fully furnished annexe and self contained. 1km from Wanneroo Shopping Centre. \$38,000.
Phone 0409 828 077.

CHURCH TIMES

Anglican Church of Lake Grace

Sunday 7th February

Lake Grace 9am

Sunday 14th February

Lake Grace 9am

Enquiries: Father Dave 0427 545 560
Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 7th February

Ravensthorpe	8:30am
Varley	11am
Lake Grace	6pm

Sunday 14th February

Lake Grace	8am
Kukerin	10am

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

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Camera Club	Kerrie Argent	0447 791 399	kerriearg@hotmail.com
Craft Group	Meet at the CWA Building Saturdays from midday onwards		
CWA	Irene McGlinn	08 9865 1148	irenemcglinn@bigpond.com
Early Learning Centre (Daycare)	Chloe De Frenne	08 9865 2568	lakegraceelc@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Amy Jones	0400 206 321	lakegraceplaygroup@mail.com
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Amy Jones	0400 206 321	amjones@email.com
Summer Sport			
Lake Grace Bowling Club	Claire Pelham	0457 207 749	richie21claire@yahoo.com
Lake Grace Cricket Club	Shaye Bowron	0428 652 556	shayebowron97@gmail.com
Lake Grace Swimming Club	Anke Stoffberg	0439 903 411	stoffberg@westnet.com.au
Lake Grace Tennis Club	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Tarin Rock Tennis Club	Kevin Naisbitt	0427 649 043	jenakora@bigpond.com

Crisis Care Numbers

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

Justices of the Peace

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

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Andrew Walker (<i>President</i>)	9865 1241	
Jeanette de Landgraft (<i>Vice</i>)	9838 9062	9838 9041
Len Armstrong	9871 1334	9871 1317
Ross Chappell	9865 4058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Steve Hunt	9865 1650 0427 651 585	
Allan Marshall	9865 3022	9865 3012
Murray Stanton	9865 1329	9865 1223
Roz Lloyd	9871 1534	9871 1676

COMMUNITY CALENDAR

February

Fri 5 Driving Assessor in Lake Grace
Fish & Chips @ the Sportsman's Club

Sat 6 Craft Group at CWA 12 noon onwards
Rubbish tip open
Opera in the Park
Pennant Bowls - LG v Karlgarin
Cricket - Karlgarin/Pingaring v Lake Grace
Steak Night @ the Club (Tennis catering)

Sun 7 Rubbish tip open
Tennis Toolibin v Lake Grace
Bowls - Fours Championships

Mon 8 Rubbish Collection & rubbish tip open
Recycling Collection

Tue 9 Men's Shed 9.30am-12 noon
Chair Aerobics 10:45am at Village Hall
SOYF Seniors Program-10am @ Shire Hall
Weight Watchers @ Village Hall
CWA AGM - 5:15pm
Building Surveyor in Lake Grace
Foot Clinic

Wed 10 Rubbish tip open
HACC Activity & Morning Tea 10-11:30am
Pre Season Football Training
GS Chiropractic in Lake Grace
Bushcare Workshop - Wongan Hills

Thur 11 Bowls Training
Cricket Training

Fri 12 HACC Bus Outing
Fish & Chips @ the Sportsman's Club

Sat 13 Rubbish tip open
Craft Group at CWA 12 noon onwards
Steak Night @ the Club (Tennis catering)
Pennant Bowls - LG v Kukerin
Cricket - Newdegate v Lake Grace

Sun 14 Rubbish tip open

Mon 15 Rubbish Collection & rubbish tip open
Lakes Link News Deadline
Pre Season Football Training
LGDHS P&C AGM

Tue 16 Men's Shed 9.30am-12 noon
Chair Aerobics 10:45am at Village Hall
SOYF Seniors Program-10am @ Shire Hall
Weight Watchers @ Village Hall

Wed 17 Rubbish tip open
HACC Activity & Morning Tea 10-11:30am
Pre Season Football Training
Visitor Centre AGM 4pm at CRC
Corporate Bowls

Thur 18 Cricket Training
Bowls Training
Lakes Link News Published

Coming Events

21st February - Back to Basics Workshop
23rd February - Attracting & Retaining Younger Volunteers
23rd February - Volunteer Rights & Responsibilities
23rd February - Building surveyor in Lake Grace
24th February - Key Issues of Volunteer Management
24th February - Shire Council Meeting
24th February - GS Chiropractic in Lake Grace
24th February - Bushcare Workshop Narembene
26th February - HACC Activity Day
29th February - Roles of the Committee / Updating Your Constitution
3rd March - St John Ambulance Open Training Night
4th March - Driving Assessor in Lake Grace TBC
9th March - Bushcare Workshop - Northam
12th March - Bushcare Workshop - Brookton
3rd April - Litter pick

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

Sudoku

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

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