

LAKE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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29th March 2018

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Vol 24 Issue 6

Mid-Week Champions Bring Home the Win

Sarah Allen



Above: Rochelle Walker, Anna Taylor, Lisa Pearce, Sharon Robinson, Kristie Stanton and Michelle Cameron celebrate their victory!

After four close attempts, the Tarin Rock Women's pennant team have claimed the mid-week tennis premiership for 2018.

Until now, it's been an elusive title for this team of women from Newdegate, Tarin Rock and Lake Grace who play on Wednesday each week. For four out of the past five years, these ladies have fought their way to the finals in the Katanning Mid-Week Pennant competition, only to have it slip away on grand final day.

That all changed last week when they took home the Premiership plaque after facing Dumbleyung on their home turf.

Captain Sharon Robinson said the team had made it to the grand final in 2013, 2014, 2016 and 2107, but hadn't been able to win. "But this year, with a home-ground advantage and our brand new courts, we had a feeling we could do it," she said.

The day was rainy and humid and both teams fought hard the entire time, but the Tarin Rock team

Continued on page 9

CONTENTS

Page 1, 9	Mid Week Champions	Page 21-24	Shire News
Page 3	Editorial	Page 25	LGDHS Swimming
Page 4	About Town	Page 27	Fox Shoot
Page 6-7	Welding Workshop	Page 29-30	ICPA
Page 8	Gardening Jobs for Autumn	Page 31	Smoke Alarms
Page 10	Weather	Page 32	Library News
Page 11	Seniors Activity Day	Page 33	Getting to Know
Page 12	Men's Health	Page 36	Recipe
Page 13	Police News	Page 37	Driver Reviver
Page 15	Lake Grace Artist Group	Page 38	Public Notices
Page 17	Hospital	Page 40	Calendar
Page 19	Dementia		

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Conditions do apply.

CRC Opening Hours

9:00am - 5pm

Closed from 5pm Thursday 29th March to 9am Tuesday 3rd April

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 9th April

Next Edition
Thursday 12th April



Thanks

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

Elsie Bishop

Dick Phillips

Gwen Oliver

Thank you also to our many contributors of articles.

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310 copies printed and sold each fortnight

Editorial

- It's Easter already! How quickly this year is passing by. Please stay safe on the roads if you are travelling this long weekend. Thankyou to everyone who has volunteered to help out on Driver Reviver over the coming weekend. Fatigue is one of the biggest killers on the roads and a short stop for a coffee and a small packet of biscuits can go a long way in helping to prevent tiredness.
- Do you have an article, notes or photos you would like to see in the Lakes Link? Is there an event on that you think would make a great addition to the paper? Send them in - this is a **community** paper and we love to receive contributions from everyone. However, due to the limited size of our paper and the set up of our colour pages and printer, it is first in best dressed. Please don't leave articles and photos to the last minute as we hate seeing you miss out!
- As a carry on from the above point - does anyone have any funny or interesting photos?? I would love to start up a section in the paper with photos that show the lighter side of life. Or perhaps something that has caught your attention. Email them to us at lakegracecrc@westnet.com.au or come on in to the CRC and we can upload the photo for you. Make sure you have permission to publish from everyone who is pictured though.
- A belated thankyou to Michelle Slarke for stepping in to help me out the other week in the office when things became very busy! Much appreciated.
- Welcome back to Suzanne - I can't believe I actually kept the CRC building running smoothly while she was away, with the awesome help of Danielle! There may have been moments of panic on the inside but on the outside I think I managed to keep it together! Thankyou to everyone who has been mentioning how much they appreciate and need the CRC.

Rosie Timperley



DRUGS IN THE WORKPLACE

What are your rights and responsibilities as an employer? What protections can you put in place?

**Wednesday 11th April
10am at the CRC**

Facilitated by Lake Grace LDAG and the Lake Grace CRC this workshop will host representatives from:

- ◇ Worksafe - discussing OSH responsibilities
- ◇ WA Police - legal responsibilities
- ◇ Local Business - what's happening?
- ◇ Holyoake - counselling and support

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What's Happening?

- We express our sympathy to the Carruthers family on the passing of Kevin Carruthers. Our thoughts are with you at this time.
- Congratulations to Garry Leo and Max Peters who were recently married in Thailand.
- Congratulations to past residents Rysha and Dirk Masters on the arrival of their son Huxley on Monday 26th March.

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

Drugs In the Workplace - Wednesday 11th April.
10am

What are your rights and responsibilities as an employer? What protections can you put in place?

Facilitated by Lake Grace LDAG and the Lake Grace CRC this workshop will host representatives from:

- ◇ Worksafe - discussing OSH responsibilities
- ◇ WA Police - legal responsibilities
- ◇ Local Business - what's happening?
- ◇ Holyoake - counselling and support

Albany Legal Centre - Monday 16th April.
9:30am. TBC. More information to follow.

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

Happy Birthday



29th March	Edd Duckworth Michael O'Neill Joshua Cameron Blake Palmer
31st March	Kim Slarke Michelle Slarke Kay Holmes Kelly Callope Greg Meston Di Desmond Janine Watson Kathleen Naisbitt Denise Sabourne Madison Chircop
1st April	Luke Trawinski Trish Cameron Alex van Vliet Steve Pelham Lois Dickens Ella Ward
2nd April	Chris Trevenen (jnr) Kristian Chatfield
3rd April	Taj Carruthers
4th April	Lindsay Willock
5th April	Tayah Holmes
7th April	Natalie Gambuti
8th April	Graham Milton
9th April	Devon Stubberfield
10th April	Cody Giles
11th April	
12th April	

Anniversaries



3rd April	Danielle & Jason Robertson
4th April	Lois & Lawrie Dickens
7th April	Renae & Brett Willcocks

A Big Thank You to

*the Lake Grace Volunteer Fire
Brigade and our wonderful
neighbours who came to our assistance
to extinguish an unexplained fire on
our property.*

Greg and Paula Carruthers

Lake Grace Pingrup

netball Club



Thank you to Gary & Helen Prater for their generous donation for the new match/training balls.

We all appreciate it so much.

Thank you again, all at the LGPNC.

The Negative Effects of Facebook

<https://www.linkedin.com/pulse/negative-effects-facebook-addiction-social-isolation-depression-aung>

author:Thar Htet Aung

Facebook is great for communication, networking and planning events. It is a social media platform that was designed to connect people and clearly it achieves this in a number of ways. However, Facebook's utility and popularity often masks its more psychologically damaging aspects, of which there seems to be three: addiction, social isolation and depression.

The fact that I feel a compulsion to check Facebook constantly and have trouble going one day without it suggests that I probably have a Facebook habit. I'm sure it's the same for millions of other Facebook users. For a minority, the situation is a lot worse. Some people do not just feel compelled to use Facebook, but their Facebook use has become so out of control that it interferes with work, studies, relationships and normal social functioning. This is the point when a habit turns into an addiction or a pathological disorder.

A habit is not without negative effects as well. Feeling a compulsion to use Facebook, becoming restless without it and being unable to cut down on how often you use it can stop you from doing more fulfilling activities. There was a point when I intentionally limited myself to use Facebook once a day, only to check for messages from friends or for updates on future events. I maintained it for a while, but it was a conscious effort. Now I've found myself getting back into the habit of scrolling down the News Feed, wasting my time looking into other people's lives and gaining nothing positive from it. This time could be better spent.

Another negative effect of Facebook, which in a way stems from the problem of habitual use and addiction, is social isolation. The irony of Facebook is that it is a force for greater isolation and loneliness, as well as greater connectivity. Sure, Facebook can allow us to communicate with old friends, classmates and people from all over the world, but the nature of interaction on Facebook is conducive to more social isolation. Instead of face-to-face interaction with people we know well, we are content with cyber-interaction with people we don't know that well.

Even if we are interacting with close friends and family on Facebook, this is still no substitute for real life social interactions; the kind which our mind is geared towards. The problem with habitual or addictive Facebook use is that many people do come to accept this as a substitute. The more time we spend on the artificial social world of Facebook, the more isolated we will become. We are a social species and we depend on hearing another's voice and seeing each other's facial expressions and body language for proper human interaction. Facebook and other social media platforms just don't meet these requirements.

Furthermore, as future generations begin to use Facebook at a younger age, social skills which are picked up from face-to-face interaction will become harder to develop. Could social media therefore be partly to blame for the rise in cases of social anxiety? That said, similar worries were voiced about the

telephone. I think that social media definitely can (and does) make a lot of us more socially isolated, but this does not mean that it cannot be used responsibly and in a beneficial way. Facebook can be useful because it can create and maintain 'social capital' (networks of relationships) and actually contribute to psychological well-being in this way.

The most obvious way in which Facebook socially isolates us is the way in which we obsessively go on Facebook on our smartphones. In social situations, even with our closest friends and family members, we almost instinctively reach for our smartphone to check the latest updates on Facebook. Our attention is then glued to this screen, feeding us this cyber-reality and everything else around us becomes non-existent. I'm no exception to this. But I still recognise how unnatural and depressing it is when a group of people are sitting in a room or at a restaurant or at an event, and all are silently peering into the lives of people they barely know. Conversation and social skills are being eroded by social media and smartphones. This increase in social isolation is psychologically harmful to us – being the social species that we are – and it can result in us becoming more depressed.

Facebook can give us instant gratification through self-disclosure and checking notifications, but the social isolation that results can make us depressed in the long-term. There is some evidence that links Facebook use to low life satisfaction. A study by Ethan Kross et al. (2013) published in PLS One found that the more that people used Facebook, the worse their subjective well-being was. Interacting with other people directly (face-to-face or by phone) was not linked to these negative subjective feelings. Another study by researchers from two German universities suggests that Facebook-related depression is caused by envy. The authors argue that Facebook is an engine for creating envy on an unprecedented scale.

What's Happening at the Newdegate CRC...

Pilates – Every Thursday 9am for a 9:15am start. Everyone welcome to join the 45 minute class to build strength and tone muscles.

RhymeTime – Wednesday 4th April @ 9:30am Our monthly boogie and sing-a-long.

Regional Mens Health Visit – Thursday 5th April @ 8pm Free dinner and mental health chat after football training.

Albany Legal Visit – Friday 20th April @ 9am A free opportunity to discuss any pending legal matters.

Lincolns Employment Workshop – Wednesday 2nd May @ 10am To book in call Newdegate CRC on 9871 1791.

Gardening Jobs for Autumn

The jobs below are autumn garden tasks that will keep your garden flourishing through the cooler months.

Propagate from cuttings. Take 10cm cuttings from hardwood herbs such as rosemary and bay or natives such as banksias, grevillea and coastal rosemary. Remove the lower leaves, dip cuttings into hormone powder and pot in small containers of premium potting mix. Keep just moist and shelter from strong wind and sun.

Trim hedges before the onset of winter to keep them compact and bushy from ground level. Always try to keep the bottom of your hedges slightly wider than the top to enable the sun to penetrate the lower levels.

Dead head your flowering shrubs to promote a final flush of colour before winter.

Check your lawn and make sure any weeds you have sprayed are dying. Repeat the treatment if necessary. Aerate the lawn with a garden fork and scatter lime lightly over it. This sweetens the soil after many years of lawn food application. Rejuvenate tired lawns with an autumn feeding to ready them for the onset of cool winter weather.

Check for borer damage on all deciduous trees, paying attention to the trunk at soil level. It's easier to check when trees are dormant and bare.

Don't try to cultivate soil beneath large trees; you will only damage the roots. Make planting holes between the roots instead and insert small plants with tiny root systems that establish themselves readily. Bromeliads thrive under trees.

Transfer the leaves that fall on your garden and lawn to the compost bin on a regular basis, otherwise they will smother your plants and grass.

Don't rush to prune spent seed heads. They provide a wealth of food for birds that visit the

garden. Many garden annuals will self-sow if left, preparing for a delightful display in spring.

If you have cymbidium orchids, they should be placed in full sunshine to encourage good flower spikes during winter and spring.

Divide evergreen perennials. Lift them from the soil, divide at the root and re-plant into well-conditioned soil.

Plant your spring flowering bulbs. If you haven't already done so get planting your daffodils, jonquils, freesias, ranunculus, anemone, crocus and hyacinth bulbs. Tulips will need four to five weeks in the crisper section of your refrigerator, to plant out in early May.

Vegetables to plant in April

From seed – Beans, beetroot, broccoli, brussels sprouts, cabbage, carrot, cauliflower, garlic, kale, onion, peas, silverbeet, spinach, turnip.

Information sourced from www.homelife.com.au, www.scottsaustralia.com.au, www.gardenate.com and a little bit of personal knowledge.

For all your driveways, farm tracks, shed/silo pads.



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Happy Easter



Welding Workshop at Lake Grace Engineering

Arthur Slarke

Sparks flew as the crackle and splutter of the torch hit steel at Ernie's on Saturday 10th March '18 when 32 aspiring amateurs took hold of a welding handpiece, many for the first time. There was both excitement and apprehension in the air. Having that first brave attempt was tinged with the thought of not wanting to 'mess up'.

Triers soon found there was nothing to be concerned about as the in house instructors lead by Dejan Pravdic, showed their ability to pass on their knowledge in the welding game.

The starting material was the more difficult light weight metal, before moving onto the heavier steel where welding with more amps meant a thicker bead could be laid without the likely hood of blowing a hole in the metal.

Apart from the welding options, the Plasma Cutter held a fascination for some with one enthusiast cutting out a street number for a recently installed house in town.



Above: Glenda Slarke with the plasma cutter being instructed by Cooper Earnshaw



Above: Grant Cronin, Imogen Taylor, Bevan Taylor (obscured), Ross Murray and Jack Carruthers watching Cody Earnshaw demonstrate the technique.

This welding workshop had been long awaited. Testament to the fact was the very good turnout of numbers attending. The tuition being for just half a day (which was enough to begin with) suggests there'd be strong support for workshops of this type in the future.

There's no doubt the morning was enjoyed by all. For those wanting to learn, they learned new things. As for the instructors, a quote from Dejan the workshop co-ordinator is worth passing on: Dejan's message was: "We also had a great day. Boys really enjoyed showing welding tips and tricks to our customers and neighbours!"

A couple of the young operators must have had some satisfaction in knowing they were trying to teach a few people among the group(s) who had in fact, taught them at school just a few years ago.

The morning concluded with an enjoyable cool down and sausage sizzle at the Mens Shed for lunch.

Welding Workshop at Lake Grace Engineering (Cont)



Above: Grant Cronin, Imogen Taylor, Bevan Taylor, Ross Murray, Jack Carruthers, Tania Spencer and Wally Perry listening intently to Cody Earnshaw as he instructs.

Acknowledgments must go to the following for making the day possible:

Sponsors came from a number of sources. These include: Tools for Rural Health & Wellbeing Project, Department of Local Government and Communities,

Shires of Dumbleyung, Lake Grace & West Arthur and the CRC of West Arthur.

The co-operation of Lake Grace Engineering is very much appreciated for allowing the workshop to be conducted in their premises, with instruction provided by their own staff. The Lake Grace Mens Shed, led by Phil Clarke is to be congratulated for facilitating the day. The co-ordination of activity by LG Shire staff also made for a successful day. Very well done by all concerned!



Left: Debrah Clarke, Michelle Slarke, Lindsay Slarke, Kelly Gooch and Kerry Slarke watching on as Glenda Slarke inspects her work.

Mid-Week Champions (Cont.)

ended up with a convincing win over Dumbleyung: 6 sets 63 games to 3 sets 49 games. The team consisted of Lisa Pearce, Sharon Robinson, Michelle Cameron, Anna Taylor, Kristie Stanton and Rochelle Walker. Sharon gave special thanks to team member Karissa Pelham, who was unable to be there on the day, but kept the team motivated from afar; and to number-one-supporter Sarah Allen who provided the cheer-squad throughout the play.

Tarin Rock Mid-Week team first entered the Wednesday competition in 2012. Prior to this, the nearest team for members to join was Kukerin. Sharon said it was exciting to be able to round up a team from the far east. Over the years we have played Wagin, Katanning, Pingelly, Narrogin, Dumbleyung and Kukerin. "We love our Wednesday tennis and as our husbands know, Summer is all about mid-week tennis!" she said. "We haven't really got youth on our side, but we manage to get the strapping tape where it needs to go and we keep the physio and chiro's in business!"

"We have a lot of fun playing tennis and always look forward to finishing with a gourmet lunch afterwards."

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 publicly accessible AED
- Lake Grace Swimming Pool**
 Bishop St
 Closed as of 30th March 2018
 publicly accessible AED
- St John Ambulance sub centre**
 Stubbs St
 Contact 000 in case of emergency

Lake Grace Weather



Date	Min	Max	Rain
14/03	22.1	28.2	
15/03	19.1	29.6	1.0
16/03	15.1	25.2	
17/03	11.9	22.5	
18/03	7.4	24.8	
19/03	12.6	27.7	
20/03	14.7	29.9	
21/03	18.1	33.6	
22/03	20.8	35.7	
23/03	17.5	24.6	
24/03	13.8	19.2	
25/03	13.2	21.3	
26/03	15.4	30.9	
27/03	13.9	22.1	
28/03	9.1		

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What's Happening at the Pingrup CRC...

LPA & Biosecurity Information Workshop – Thursday April 5th, 1pm – 4pm. This free workshop will be held at the Nyabing Pavilion.

Governance Training for Community Groups – This workshop will cover Governance planning, financial management and managing priorities for Community Groups. Cost - \$200 per person. Friday April 6th, 9:30am – 3pm. Venue – Pingrup CRC.

Photography Workshop – June 24th, 11am – 3pm.

Yoga Classes with Tara Cook – Every Tuesday in May, 9:30 – 11am. Nyabing Pavilion.

If you are interested in any of the above please phone the Pingrup Community Resource Centre on 9820 1101.

Seniors Activity Day

Danielle Robertson

On the fourth Friday of each month our senior residents gather at the Lakes Village hall for a few hours of companionship and various activities.

This month it was a craft day spent creating Easter baskets and the like.

These sessions are facilitated through HACC and today presented by the fabulous Tooey Altham. They are a fantastic opportunity for our older community members to keep both physically and mentally active and stimulated.

Any queries about Activity Days can be directed to the hospital on 9890 2222.



Above: Dot Kennedy, Mary Naisbitt and Fay Ormerod



Above: Jeanette Seaman and Betty Naisbitt



Above: Shirley Altham, Dorothy Reid and Marg Bushby

Below: Keturah 'Tooey' Altham entertains the seniors.



Below: Gregson Meston watches on as Tooey impersonates the Easter Bunny.



Social Media and Maintaining the Balance

At Regional Men's Health we are always promoting social wellbeing and connectedness through appropriate communication and social networks because we are all social creatures at heart. However, in some ways social media is taking over as the predominant form of social connection, especially with younger blokes. This isn't totally a bad thing, there's a lot to be said for being able to open a group chat with your mates and stay engaged even if you're working or studying a long way from home. Social media is a form of social activity and can be very helpful, especially in maintaining friendships and as a convenient way to organize real world activities. So social media isn't this other world as it sometimes gets characterized but can be a simple extension of already existing social groups and dynamics.

Therefore, we must be vigilant and mindful of living in the here and now and staying connected to others. This is particularly important for blokes and must be maintained through the age-old channels of community. That can be the local sporting club, either participating or watching with a friend or simply having a drink/cuppa with our neighbour and dropping in on our mates.

These are some ways to stay present in the physical world that avoid the issues that the use of social media can raise, especially if we are young. These issues unfortunately are in most cases the result of deliberate programming and design by the creators of the tech companies. That's because Facebook, Twitter, Instagram and Snapchat amongst others make their money based on advertising; it's their goal to maximise the attention that you give to their platforms. Knowing that people are more engaged by negative emotion; things that cause us to feel outrage, anxiety, tribalism and envy are often highlighted or even manufactured to reflect the worst aspects of our nature to monopolise our attention.

It's well-known that on social media we get shunted into our own echo chambers, socially and politically. We are also taught to value internet points that can be withheld from us, we're shown the highlight reel of other people's lives which we compare to our own day to day. As the saying goes "comparison is the enemy of happiness" and young people especially are inundated with examples of lives that seem better than their own, with political information that outrages them and then the deliberate delaying of likes and positive attention on their own posts. It's no surprise that social media can be a place where young people feel more isolated and less social.

So, what does this mean for blokes that are rightfully worried by this technology and how it affects us? Well the answer is not to abandon it, instead we must understand its limitations and its consequences while using it to its best purpose. That means instead of looking at people's holiday pictures for hours, taking pictures of every meal or reading the latest Donald Trump controversy, use it to remember birthdays, organise a barbecue with your friends, to keep track of what music festivals are coming up and other simple activities that bring you closer to people, not feeling further away.

Jaxon and the Team

The Regional Men's Health Initiative
delivered by Wheatbelt Men's Health (Inc.)

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Email: Lake.Grace.Police.Station@police.wa.gov.au

Personnel: Sgt Dave Ellis, SC Tara Spencer, S/C Cameron Hobson

G'day all,

March has been a pretty busy month for us here at the station.

So, first cab off the rank is Newdegate. There have been a series of incidents in and around the Newdegate Hotel in the past 3 weeks, involving drunken behaviour that has resulted in some criminal damages in the wider area. One investigation is ongoing that I can't comment on, however we apprehended one person who had way too much to drink and decided to damage CBH workers cars and their building. The man involved was compelled to pay all the costs involved and he is no longer employed by his company. Because of the stupid behaviour of some we have been able to deal with behaviour in and around the pub and we have issued a number of fines to 5 persons involved to the tune of \$4300 – an expensive night out by all accounts. They will also receive state wide barring notices for 6 months meaning no entering pubs, licensed events or clubs till spring time. There is a new CCTV system in the process of being installed and we will be able to investigate and act upon things that happen at the front of the pub as well as inside.

For our part we continue to patrol to Newdegate during the evening and on weekends while things have been the way they have at the pub. I am pleased to report things have dramatically improved and the managers at the pub are working well with us.

Next is Lake Grace. Last Thursday night a number of residents heard and saw a vehicle driving at speed through the streets for a period of at least an hour (by most accounts) Some complained of loud music and the manner of driving was a concern. Thank you to those that took the time to tell us in person at the station and while we were out and about on our day off. The driver of the vehicle attended the Police Station and admitted to at least 2 identifiable traffic offences. The driver has been processed for the offences and while some may rightly suspect alcohol was involved there is no way to prove drink driving if a driver isn't stopped and required to provide a breath test at the time.

Without sounding like a broken record, I cannot stress enough the importance of calling Police whether it is 000 or 131 444 or the station number. Given the concern some expressed on social media it is surprising that no one called Police that night and during the 1 to 2 hours of alleged driving behaviour no one got their smart phone camera out in time?! We rely on you to help us and if you don't it is extremely hard to successfully prove cases in court without the help of the public. We need witnesses to prove pretty much every offence on the

statute books, and we simply can't charge people without witnesses or evidence.

It isn't a state secret that we are down to 2 officers at the moment while Tara recovers from her operation, but we are working hard and at all hours to keep the community safe. A little understanding and a little less judgement about what we try to do here wouldn't go amiss. The Shire of Lake Grace is one of the safest places to live in the whole of WA and I am proud of the service we have given people this past 2 and a half years.

As always we can be contacted at the station on 9890 2000 and in the case of an emergency dial 000 as per normal. If you get Albany Station a message can be left for us with them – please be patient!

Till next time

Sergeant David Ellis

Lake Grace Sportsman's Club Easter Weekend



Thursday 29th March: Fish & Chips or Burgers & Chips

Good Friday 30th March: Closed

Saturday 31st March: No meals but open as per usual

Easter Sunday 1st April: Open as per usual

Easter Monday 2nd April: Closed

Winter Sports Update

It is nearly time to for all the OFA **football, netball and hockey** season to start! The first game for our OFA teams will be on **Saturday 14th April at Boxwood Hills.**

The **Jumper Presentation night** will be held the Thursday night prior to this first game on 12th April (see advert). Training will be held earlier that night. All the winter sports teams are invited to attend and team officials will give an update on their teams for 2018.

A **Busy Bee** will be held on the morning of **Saturday 7th April** starting 8.00am for a pre-season clean up around the grounds.

Supporters are also welcome to come along and watch training sessions (Tuesday and Thursday evenings for Football and Netball; Wednesday night for Hockey).

Thursday training night teas courtesy of the 'Greg & Greg Bar & Grill' will again be available after training in the footy shed.

Looking forward to a great season, see you there!



Lake Grace-Pingrup Winter Sports Clubs

Jumper Presentation Night

Thursday 12th April 2018

7.30pm

Lake Grace Sportsman's Club

**Past and present players of all winter sports,
families and supporters all welcome!**

Steak tea will be available

Players to please bring a salad to share

Contact John O'Neill for more details

0487 651 227

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Bookings by appointment

Lake Grace Artist Group - Art News

Kerrie Argent

We still have a number of places left for our workshop 'Old Doors' and 'Openings' with Dale Rollerson on the 21st/22nd April.

Dale will be demonstrating different techniques to layer a variety of materials to make small works. She will also have samples for people to try out, and a small shop if you like particular elements/materials you've used during the workshop. There is something for everyone, whether you like working with textiles or paper or natural fibres or all of these materials.

Pattern making using stencils, paints, hand and machine sewing, as well as finding new ways to embellish your work. Whatever is your interest there will be something in Dale's workshop that will appeal.

The Lake Grace Artists' Group aims to make workshops accessible to all. Our members will usually receive a discount at our workshops. Membership is \$30 a year.

Please let Jeanne Melville know if you are interested in Dale's workshop. jeannemelville56@hotmail.com

Our Annual exhibition this year is Botanica, an exhibition of our wonderful Australian flora, looking at the amazing native flora. Artists are encouraged to create work in either a traditional or contemporary view. The work can be any shape, size or colour as long as it fits in our front door.

Paintings, drawings, sculpture, basket making, textiles, photography multi media, mix media. All works need to be in the Lake Grace Regional Artspace by the end of August. If you are interested in being part of this exhibition please pick up an entry form at the ArtSpace or Lake Grace post office, or email kerriearg@hotmail.com for a form.

For further information please contact Kerrie Argent 0447 791 399 or Tania Spencer 9865 1399.

Lake Grace has been included in a state wide creative event called Creative Grid, and Tania has been involved with these exciting plans. Part of this is to create an exhibition of work that looks at one of our archival collections, Last week we visited the AIM

Hospital for a guided tour by Helen Bennett and Michelle Slarke ..thanks Ladies.

Our next visits will hopefully be the Ainsworth building in Newdegate and Bevan and Vynka Lay's museum. If any one has knowledge of any other archival collections in the Lake Grace Shire could they let us know. After visiting these amazing places we will then decide which collection we will focus on.

This exhibition is planned for 2019. But we have to start planning now, so if any other artists out there would like to be part of this process and exhibition please let us know so you can come along with us on our arranged visits to these exciting places. Our exhibition will be part of a state wide event with many other galleries and communities being part of the overall plan.

CONGRATULATIONS go to Judy Stewart who won a couple of prizes at this years Woolorama. Judy won the Open section, highly commended in the oil painting section and 1st prize in the small painting section, well done Judy.

Taryn Blight had her beautiful Rusted quilts displayed at the Woolorama this year, they looked beautiful Taryn.

Tania Spencer would have now deinstalled her beautiful sculpture at SXS Cottesloe 2018.

Kerrie Argent has deinstalled her work in Albany Reservoir, this Exhibition will be installed at ArtGeo in Busselton, Opening on 16th April 2019.

West Australian Fibre Textile Association is bringing Altered State exhibition to Lake Grace in October this year for a ten day visit.

Meeting days are the 3rd Tuesday of the month so if you would like to call in and have a chat or see what we are up to please do.

Below: Judy Stewart's painting 'Land of Beauty' which was highly commended at the Wagin Woolorama.





SAY FAREWELL TO THE KIMBERS

**Great contributors to our
community over many years!**

Swimming, Junior & Senior Football, Netball, Lions Club, GSFC Colts
Carnival, DAFWA, Westpac and Elders to name just a few.

DATE: 6pm, Wednesday 11th April, 2018

Venue: Walkers Hill Vineyard

Menu: Cheese platters, Burgers, Hot Beef and Gravy Rolls

Cost: \$15.00 per head

**Please RSVP by 2nd April 2018 for catering purposes as this is
very important.**

RSVP: Text or call Lyn on: 0409 351 373

Or email: Lynette.carruthers@dpird.wa.gov.au



LAKE GRACE HOSPITAL



providing 24 hour Emergency Health Care Services

and Community Care Services to Lake Grace and the surrounding district

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

HACC & MPS Activity Programs

Chair Aerobics

Every Tuesday @ 10.30am

At the Lakes Village Hall

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



Wednesday Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am

For morning tea and an activity

4th April—Sing-a-long

11th April—Bingo

18th April—Pamper and Movies

25th April—Anzac Day



Foot Clinic 10th April

9.00am—12 noon

Lakes Village Hall

All seniors welcome

NB: please supply your own manicure set



SwimAbility

Hydrotherapy sessions at Narrogin Leisure Centre

Monday 9th April

Leaving 8.30am from Village Hall

Call the hospital to book



“Make Your Home Safer”

The “Move Improve Remove - Make Your Home Safer” campaign is running from Thursday 1 February through Monday 30 April 2018.

Make Your Home Safer looks at the importance of making simple and often low cost changes both inside and outside the house to help prevent slips, trips and falls. With around half of all falls happening in and around the home, it is important to make your home safer.

See the home safety checklist available at www.stayonyourfeet.com.au

“Build Your Balance”

Older adults are urged to participate in exercise that aims to improve their balance and therefore reduce their risk of having a slip, trip or fall.

Activities that improve an older adult’s balance and posture, and strengthens muscles and bones, can also improve overall fitness and general wellbeing.

Falls are preventable, and by keeping a healthy mind through activities and social groups, building your balance along with strengthening your legs, removing trip hazards from your home, people can avoid falls and stay independent.

Other than the huge emotional and physical cost of a fall, which can be very painful and affect a persons independence, there is also a very significant financial cost to the community – falls cost about \$2.2 billion per year in WA alone.



Child Health Clinic



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

Physiotherapist

visiting Lake Grace every three weeks



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

(also for Occupational therapists, speech therapists and dietitians who come to Lake Grace on a needs basis)

ANZAC OPEN INVITATION

You are warmly invited to join us

on Friday 13/4/18

An interview with Corporal Ben Roberts-Smith who received a Victoria Cross for his bravery in action in Afghanistan, will be viewed on a large TV screen during this 2018 Commemoration.

Our focus for our young people this year is the mateship, loyalty and courage our young Lake Grace men and women have demonstrated, in voluntarily stepping up to protect others, and that these qualities are still evident in many of our Australian Defence Force men and women today.

Morning tea, voluntarily cooked by our Secondary students and their families will be provided in the staffroom for all community members following the Commemoration.

9:45 am in the Lake Grace District High School undercover area.

Introducing the new face of Summit in your local area.



Mark has worked in the agricultural industry for over 20 years and has great understanding of local farming practices.

Talk to Mark about your fertilizer requirements.

Mark Stephens

0427 766 517

mstephens@summitfertz.com.au

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Lake Grace
Wagin

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Dementia Experts Visit Lake Grace

Rosie Timperley

Althea Gordon and Heather Bates, Community Development Coordinator and Respite Services Coordinator respectively, delivered an interesting talk at the CRC about dementia awareness. Receiving a diagnosis of dementia can be very hard to adjust to but with Alzheimer's WA, they can make the journey that little bit more comforting. Supporting families for over 35 years, they provide various services and support programs. There can be confusion that surrounds just what dementia actually is. During her vibrant talk, Althea explained a few of the different categories; Alzheimer's disease, frontotemporal dementia and vascular dementia. There are however over 100 types of dementia with Alzheimer's being the most common one in Australia.

Dementia is often stereotyped – we often think of it affecting only the elderly. However, while it is more prevalent in the aged, younger people are also diagnosed with it. As Althea said in the seminar, there is no "look" of dementia. Often it can come left of field to what we expect. Stroke, head injuries and abuse of alcohol can all cause dementia, which are not age related.

During the talk, Althea explained that executive function is what differentiates humans from animals. It becomes a problem when we lose this. We as humans are problem solvers. We like to put pieces of the puzzle together if we come across an issue that needs fixing. Dementia sufferers think they have put their puzzle together but they don't realise they're missing a piece still.

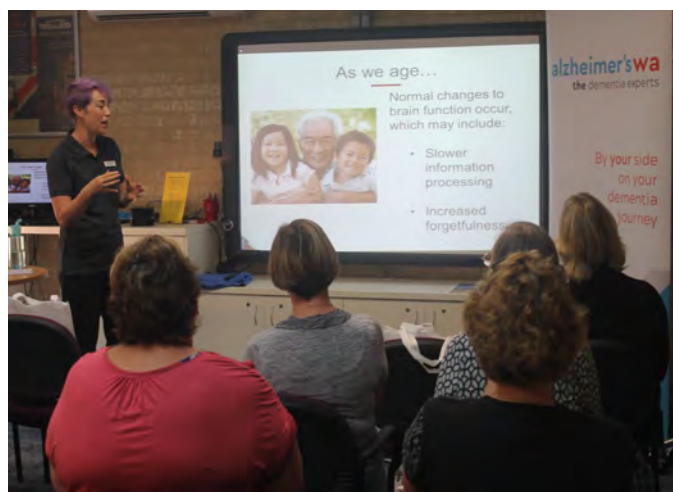
Alzheimer's WA deliver support and services to both the newly diagnosed, family and friends of dementia sufferers. They also provide free counselling, support groups and a National Dementia Helpline which can be reached on 1300 66 77 88.



Above: Heather Bates and Althea Gordon set up for the dementia seminar.

A variety of social support services are offered as well, including respite services, day centres, mens shed, and volunteering programs. Alzheimer's WA welcome people to join as a Dementia Advocate. They appreciate the voices of those with a dementia story to tell. Sharing your story can help increase community understanding about what its like to live with dementia and provide support for those who may need it. If you would like more information, please head to www.alzheimerswa.org.au or www.facebook.com/alzheimerswa

Below: Althea shatters the myths and explains the facts about dementia.



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



Taste of Dumbleyung

Media Release

Over 20 local exhibitors and so much more at Taste of Dumbleyung 2018

The annual Taste of Dumbleyung is back and bigger than ever! **Taste of Dumbleyung 2018, 'true to its name' is a FREE event** and will be held on Saturday April 14 from 3pm til 11pm at the Dumbleyung Town Hall. This family friendly event includes live music, delicious local food, local exhibitors, fashion show and **FREE children's sideshow thanks to Lotterywest.**

Amazing local talent, musicians Hayden McGlinn and Jonny Taylor will entertain the crowd all day/night long. Award winning musician Jonny Taylor and his band will play a mix of well-known classics through the decades, along with some of his originals.

"Basically a rock show. I'm busy touring, proofing my new album, so I'll be performing a mix of originals from the new record along with reworked version of 'golden oldie' covers. Something for everyone! I call my music 'gruntry' – a blend between rock, grunge and country."

Trend setting fashion will be paraded on the runway at 4pm with **fashions by regional businesses, Sand 'n' Salt and the Fashion Truck.** The latest in ladies fashion and accessories, the crowd favourite event is not to be missed.

Over 20 local exhibitors will showcase their goods and services giving you a 'taste' of what you can access in regional Western

Australia including:- Wuddi Cultural Tours, Roma and Kay Candles, Wagin Vintage Car Club, plus so much more!

Your 'taste' buds will be tantalised by all the local goodness including local lamb and gravy rolls, yabbies, Walkers Winery, Rocky Ridge Brewery, High Spirits Distillery and the Little Red Coffee Cart just to name a few. Plus! A BBQ Masters Cooking Competition (teams of two creating unique and local canapes) with a grand prize for the team who sells the most!

The Lotterywest supported Sideshow alley means children will enjoy endless fun with bouncy castles, train rides, a merry-go-round and face painting **all available and all FREE!** The fun doesn't have to end, with Showbags available to purchase.

Event organisers, Dumbleyung Events Committee (a volunteer community group) encourage everyone across WA to attend - why not make a weekend of it! Explore local and farm experiences including Cambinata Yabbies, Wuddi Cultural Tours and Emu Essence. Discover world speed record history at the Bluebird Replica and Discovery Centre or pack bathers, kayak or boat and explore the expanse of Lake Dumbleyung, full of water for the first time in decades!

FREE camping is available or view a variety of other accommodation options at www.visitdumbleyungshire.com.

Lotterywest is a proud sponsor of Taste of Dumbleyung 2018.

Henderson's Earthmoving

BENDERING ROAD CORRIGIN

SPECIALIST DAM CLEANING - WET OR DRY

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DRAINS

BACKFILLING OLD DRAINS AND DAMS

TREE AND STUMP REMOVAL

GENERAL GRADER WORK

FLOAT HIRE – GRAIN CARTAGE

RING MAX – 0428 915528

Shire of Lake Grace

Community News



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



CEO's Corner

Flooding Event

The contractors are still working the worst areas within their sections. As this work is being carried out, the Shire would like to remind road users to be courteous and slow down within the areas crews are working, this will allow them to do their job in a safe manner and complete it sooner.

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

Interim Audit

External auditors, Moore Stephens carried out the Shire Interim Audit on Monday 19 and Tuesday 20 March. Discussions with the Auditors prior to their departure were very positive. All staff involved are to be congratulated on achieving this result.

Audit Committee

The Audit Committee Meeting was held Monday 26 March 2018 to consider the Local Government Statutory Compliance Return 2017 and the Budget Review 2017-18 documents. The Audit Committee recommendations are now to be presented to Council for endorsement prior to forwarding to Department of Local Government Sport and Cultural Industries.

Fitzgerald Biosphere Launch

Shire President Jeanette De Landgraff and I travelled to Hopetoun on Friday 23 to attend the launch of the renewed Fitzgerald Biosphere. Recently the Fitzgerald Biosphere communities have been successful in achieving re-listing by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) Man and Biosphere programme of our world – famous Fitzgerald Biosphere. The Biosphere status places an international spotlight on protecting the significant biodiversity values of the area, while providing a framework for continued sustainable development and economic benefits at a regional level.

Rural Water Council

Councillors Hunt and Chappell attended the Rural Water Council meeting in Northam Monday 19th March 2018.

Deputy Chief Executive Officer

Linda Gray, Deputy Chief Executive Officer left the Shire's employment on Friday 23 March. We wish Linda and her family well for the future and thank her for her contribution during her employment. The recruitment process is currently underway.

Swimming Pool Season

The 2017-2018 swimming pool season ends 31 March. We are fortunate to have attractive facilities available in Lake Grace and Newdegate. I take this opportunity to thank our pool staff for their efforts throughout the season.

Walkers Hill Vineyard

I was fortunate enough to attend the first lunch at the Walkers Hill Vineyard on Sunday. It was a great afternoon and everyone was well catered for. Congratulations to the Brays and we wish them every success.

Road Works

The Construction Crew has carted gravel to the Lake Grace Waste Site for covering waste. They have also:

- carted water to Holt Rock, Buniche/Magenta
- cleared bush at Kuender and
- Pegged a Black Spot on the North Lake Grace / Karlgarin Rd.

The Lake Grace Maintenance Grader has been;

- Maintenance grading on Bairstow Rd and patching streets at Lake King.
- Repairing road signs and grading edges along Lake Biddy Rd.
- Assisted in the Black Spot pegging on the North Lake Grace / Karlgarin Road.
- Fitted a new 2 way radio into to grader.
- Graded the dam ramps, to improve water collection at Lake Grace and Newdegate dams.
- Lake King Contractor over the last fortnight has worked on Lake Newton Rd and Sugg Rock Rd.

The Newdegate Grading Contractor has carried out maintenance work on:

- Whurr Rd
- Easton Rd
- Oakey Rd
- South portion of Shalders Rd
- Dyke Rd
- Lockhart Rd including back slopes
- Mission Rd

Parks and Gardens

The town maintenance crew have carried out work at:

- Lake Grace Cemetery
- Lake Grace Sports Precinct, cleared trees around the oval
- Lake Grace footy dam and pump
- Lakes Village Hall,
- 6 Blackbutt Way,

Continued over ..

Shire of Lake Grace Community News *Cont.*CEO Corner *Cont.*

- Medical Centre and
- swimming pool fixing reticulation.

Building & Maintenance Team have been working on maintenance at staff houses 6 Banksia Place and 3 Clark Ave as well as;

- Newdegate Bowling Club
- Newdegate Sports Pavilion
- Newdegate Tennis Club
- Varley Hall and Varley Sports Pavilion
- Lake King Sports Pavilion
- Lake Grace Sports Pavilion
- Lake Grace Hall
- Lake Grace Railway Station

I wish everyone a happy and safe Easter.

Denise Gobbart
Chief Executive Officer

Restricted Burning Period

We are now in the Restricted Burning Period
1 February - 30 April (all dates inclusive)

Permits to burn are required for all burning during this period.

Permits can be obtained by contacting one of the Shire's Fire Control Officer.

SMS Messenger

The Shire's messaging service is a service the Shire provides to the community. The Bushfire Service is an important part of that communication. If your name is on the list and want it removed please contact the Shire on 9890 2500 or email: shire@lakegrace.wa.gov.au.

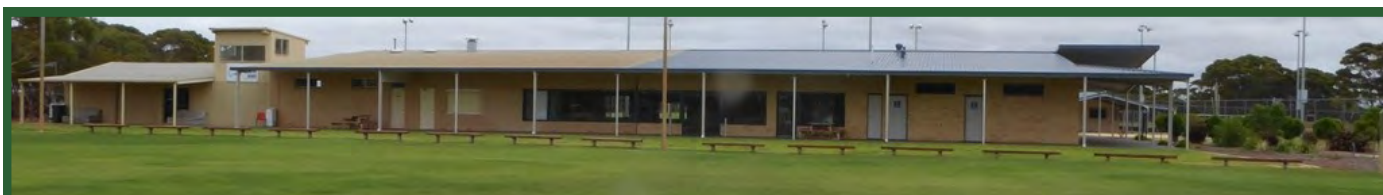
Easter Emergency Contacts

Emergency Contact

John Dyer 0448 089 092 (Works)

Shire office will closed Good Friday 29 March through to Easter Monday 2 April.

Any comments to concerns or comments regarding SMS service are to be made by phone: 9890 2500 or email: shire@lakegrace.wa.gov.au where they will be registered and acted upon.

***The Shire of Lake Grace invites***

Members of the Community

to the official opening of the

Lake Grace Sporting Pavilion Refurbishment

Date: Friday 13 April 2018
Location: Lake Grace Sporting Precinct Bishop Street, Lake Grace, WA
Time: 8.45 am - Morning tea to follow
RSVP By: Friday 6 April 2018
Sharon at the Shire office.
Phone: 9890 2500 or Email: shire@lakegrace.wa.gov.au



Lake Grace Pingrup Winter Sports
Netball Hockey Football



Shire of Lake Grace Community News *Cont.*

Office Opening Hours

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

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

Transport & Licensing

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

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

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

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

Driving Assessor

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

Friday - 6 April 2018

Friday - 4 May (to be confirmed)

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

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

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

Firearm Licence

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

Building Surveyor

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

Tuesday 3 April 2018

For an appointment contact Josiah on 0438 811 944.

Environmental Health Officer

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

Tip Open Hours

Lake Grace

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

Newdegate

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

Lake King & Varley

Open Every Day

Waste & Recycle Pickup

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

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

Lake Grace	Newdegate
2 April	9 April
16 April	23 April

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

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

Office Opening Hours

Lake Grace Public Library School Place / Absolon St

Monday - Thursday 9am - 5pm
Closed for lunch 12.30 - 1pm

School Holidays

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

Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm
Closed for lunch 12noon - 1pm
Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd

Tuesday and Thursday 8.30am - 3.30pm

Everyone welcome



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

Shire of Lake Grace Community News *Cont.*

All good things must come to an end

Feels like just yesterday we were opening for the pool season. The water crystal blue and the grass resort green, we were ready for a hot summer with some great swimming weather.

We have not been disappointed finishing the season with approximately 7700 entries recorded for the 2017/18 pool season.

From opening day to end of the season there have been no major incidents with only the odd bee sting and grazed knee, this season has been a really good one for all involved.

Some of the events and programs that were at the pool this season;

- * VACSWIM
- * Interm Swimming Lessons
- * Australia Day celebrations
- * LGDHS Swimming Carnival
- * LGDHS Interschool Swimming Carnival
- * LG Pingrup Football Club pre-season training
- * Lake Grace Amateur Swimming Club
- * Physiotherapy Rehabilitation Clients

* LG Kilometres Club

* WAW promotions

* Birthday parties

We would like to say well done to the swimmers who registered for the LG KM's Club and congratulations to all who completed their chosen distance. The final distances swam will be totalled this week and the results will be available in the next edition.

So as another pool season comes to an end, we here at the Lake Grace Pool would like to say a huge thanks to all our visitors throughout the season and for working with us to ensure the safety of each other and your families.

We appreciate the time you have taken to visit this great facility and we hope you have had much enjoyment out of it over the summer.

We are very fortunate to have such a good facility that can be used as a social hub suitable for all ages and capabilities. It is important we continue to utilise and support this facility to ensure its success and longevity.

Stay Safe everyone and we'll see you back here in a couple of months

Letisha, Fee & Janna

Heritage Festival 2018

Varley District Museum Heritage

Window Display

Lake Grace Regional Artspace

Tuesday 3 April until Friday 27





Lake Grace District High School News

CGSSSA - Swimming 2018

Boys 9 Yr Champion— Alex Clifford
Boys 10 Yr Champion—Jaspar Marshall
Boys 11 Yr Runner Up—Luke Clifford
Girls 11 Yr Champion—Holly Stanton
Girls 13 Yr Joint Champion—Arianah Bain / Kaylee Laidlaw
Girls 14 Yr Runner Up—Shenae Harradine



Above: Shenae Harradine



Above: Arianah Bain and Principal, Ms Cathy Willis.



Above: Shenae Harradine, Sara Bray, Summer Earnshaw & Gabrielle Nenke.



Above: Alex Clifford, Luke Clifford, Jaspar Marshall, Holly Stanton, Shenae Harradine & Arianah Bain

Handicap Points

1st Lake Grace	681.45
2nd Boyup Brook	522.68
3rd Boddington	437.33
4th Kojonup	265.29
5th Wagin	196.65
6th Ravy / Jerry	102



Above: Trenton Medlen, Lachlan Younger, Jackson Callope & Taj Major



Left: Cambell Chatfield, Trenton Medlen, Jaspar Marshall & Reece Duckworth.



Above: Summer Earnshaw & Jackson Callope with the Handicap Trophy.

Outright Points

1st Boddington	433
2nd Boyup Brook	292
3rd Kojonup	239
4th Lake Grace	231
5th Wagin	171
6th Ravy / Jerry	102



Taste of Dumbleyung

A BITE OF OUR REGION

DUMBLEYUNG TOWN HALL

SATURDAY, APRIL 14 **3PM TO 11PM**

FOOD | WINE | MUSIC

ENJOY A **TASTE** OF OUR SHIRE AND REGION AT A **FREE** FAMILY FRIENDLY EVENT! PLUS **FREE** CAMPING AVAILABLE!

'TASTE' FOOD & DRINKS

CAMBINATA YABBIES, BEEF AND LAMB GRAVY ROLLS, WALKERS WINERY, HIGH SPIRITS DISTILLERY, ROCKY RIDGE BREWERY, LITTLE RED COFFEE CART PLUS SO MUCH MORE...



TEAMS OF 2 WILL BE GIVEN ONE PROTEIN AND THEIR CHOICE OF SIDES/CONDIMENTS AND IN A SET TIME BE ASKED TO MAKE AS MANY CANAPES AS POSSIBLE!

The team who sells the most wins an awesome prize! BBQ Master Chef Dumbleyung Style!

PLUS! Fashion Show by Sand'n'Salt and the Fashion Truck at 4pm

FREE CHILDREN'S SIDESHOW

thanks to Lotterywest

BOUNCY CASTLES
FACE PAINTING
MERRY-GO-ROUND
CHILDREN'S TRAIN RIDES
SHOWBAGS

'TASTE' LOCAL EXHIBITORS

ROMA AND KAY CANDLES
SAND 'N' SALT FASHION
WUDDI CULTURAL TOURS
WAGIN VINTAGE CAR CLUB
PLUS OVER 20 OTHER LOCAL EXHIBITORS

ENJOY A WEEKEND OF FUN!

Kayak on a full Lake Dumbleyung (full for the first time in many decades) and visit Cambinata Yabbies, Wuddi Cultural Centre, Bluebird Replica and Discovery Centre and so much more...

Visit www.visitdumbleyungshire.com
For more local information

LIVE MUSIC FROM

JONNY TAYLOR
and

HAYDEN MCGLINN



#TASTE OF DUMBLEYUNG

Foxes Outsmarted

Jodi Pearce

The annual community fox shoot was held on Friday 16th March with teams gathering at the Pony Club for the count and a BBQ at the end of the night.

Winners with 38 foxes and 6 rabbits were Kael Gray, Ashton Gray, Damian Trevenen, Ashley Symmonds and Perry Townsend.

Six teams entered and resulted in a total of 133 foxes and 13 rabbits. \$1028 was raised for the Lake Grace Volunteer Fire Brigade. Although team numbers were down on previous years this was still a great result, maybe not for the foxes.

Thank you to our many sponsors.

Lake Grace Engineering, Primaries, Elders, Tyrepower, Fyfe Transport, Trevenen Plumbing, Great Southern Fuel Supplies, Steelo's Guns & Outdoors, CCL Hardware, SBM Tyres, Liberty Roadhouse, Lake Grace Transports, Osborne Concrete, MW & A Naisbitt, Neu-Tech Auto Electrics, Lake Grace Meat Supply, Lake Grace IGA, Landmark, Sand + Salt and GS Mobile Mechanical Service.

Since 2012, 1222 foxes, 21 feral cats and 255 rabbits have been eradicated from the surrounding districts and \$9247 raised for our community.



Above: Ashley Symmonds, Kael Gray, Damian Trevenen, Perry Townsend, Ashton Gray.



lake grace engineering

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Ph: (08) 98 651 845 / Fax: (08) 98 651 846

Email: adminlge@bigpond.com

Puzzles & Stuff

Some words from the 15th March edition of Boggle

Answers to 15/03/2018 Sudoku

Tolerance
Electron
Relocate
Central
Cleaner
Eternal
Treacle
Canter
Carnet
Cartel
Carton
Center
Centre
Cerate
Cereal
Cornea
Create
Encore
Lancer
Learner
Learnt
Loaner
Nectar
Recent
Relate
Rental

Trance
Alert
Alter
Acorn
Actor
Caret
Carol
Cater
Clear
Coral
Crane
Crate
Crone
Enrol
Enter
Erect
Later
Acre
Cart
Core
Earn
Leer
Near
Race
Rant
Real

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

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

B	O	N
E	T	A
P	I	R

This week's Boggle



PAINTING

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#RURAL SCHOOLS MATTER

ICPA IS FAR MORE THAN YOU THINK PLEASE READ TO UNDERSTAND

There has been a misconception that ICPA is there for the isolated families on pastoral properties (stations) and boarding allowances only.

It's FAR more, reaching FAR deeper.

ICPA advocates for ALL families out of the major Cities limits, and for ALL issues these families face educating their children/students.

Rural students from **Playgroups, Kindergarten** through to **Ag Schools, TAFE, University** and **adult education**, need a voice to ensure they get the same opportunities to quality education as their city peers.

Your membership through ICPA is

THEIR voice
The TOWN'S voice
The FARMING FAMILIES voice
The COMMUNITIES voice
The SCHOOL'S voice
The STATE'S voice
and of course

It is **OUR** voice for the **Lakes Districts** and Great Southern, eg: review to improve and be more flexible with our bus runs, houses for our teaching staff and of course continue budgeting and staffing of our schools, improved availability for youth allowance. These are just a few of our local issues that have been put forward for ICPA to lobby for.

Your membership supports

The volunteers on State and Federal council who take your concerns to and lobby those who are in the driving seats. This includes ministers in government and opposition. Education department, communications organisations and many more.

The volunteers on your committee who encourage motions, to be presented at conference work hard to find all the issues in their district and communicate them to the right people or our State and Federal council.

ALL of our members by just paying membership, which in turn helps those who **volunteer** the time and effort to go to conference and meetings. To put forward your issues and concerns. The members who take on positions on the committee to help get the issues heard. Those who **volunteer** to work on the donut stall and support it, to allow us to keep our membership price down and to allow minimal cost to our representatives at all conferences.

Your membership works with

CWA
WIFE
WACSSO
WAFARMERS
PGA

And many more associations to improve rural education

Please go to <https://www.icpa.com.au> for more information and Membership for Lakes District or email us directly at icpalakes@gmail.com for membership form.

#RURAL SCHOOLS MATTER



ICPA Western Australia Lakes District

Isolated Children's and Parents Association

www.icpa.com.au



TAX INVOICE

ABN 80 387 668 021

First Names: _____ Surname: _____

Postal Address: _____

Email: _____

Phone: _____ Mobile: _____

ICPA Lakes District

INVOICE

DESCRIPTION	AMOUNT
2018 ICPA Lakes District Family Membership	65.00
TOTAL	65.00

Please make all cheques payable to:

ICPA (WA) Lakes District

Electronic Funds Transfer

Lakes District General Account
BSB 036-156 Account 560615
Surname. Initial as reference

Please circle preference

We are / are not available to help with the Donut Stall at Newdegate Field Day
Preferred Day Wednesday/Thursday Time: _____

Please post cheques to: **Lakes District Treasurer**
Gaye Fisher
2155 Cowcher Road
ONGERUP WA 6336

Membership Fee covers: ICPA Federal & State affiliation fees
 Pedals Magazine (Federal publication)
 Bits & Pieces (State publication)

Please email this completed form to the Treasurer at treaslakesicpa@gmail.com

- If you require a receipt, please advise

ICPA WA - YOUR VOICE FOR REGIONAL EDUCATION

Working together to ensure access to appropriate education for all regional Western Australian

Change Your Smoke Alarm Batteries on April 1st

When house fires start, only working smoke alarms provide the critical early warning needed to save lives and minimise property damage.

Taking the time to learn and adopt fire safety habits is the best way to prevent fires in your home.

To ensure smoke alarms work properly, the Department of Fire and Emergency Services (DFES) encourages householders to test smoke alarms monthly and change any batteries annually.

Every year on April 1, April Fools' Day DFES promotes the day as a reminder to regularly change smoke alarm batteries at this time each year using a high-quality, long-life battery.

General tips

For householders without smoke alarms or who are thinking of upgrading, DFES recommends installing 240-volt mains-powered photo-electric smoke alarms by a qualified electrician.

- Ensure installation of all smoke alarms is in line with the Building Code of Australia most manufacturers' installation instructions are aligned to this code. Alarms should be securely fitted, double sided tape and Velcro is not acceptable
- Smoke alarms should be located in all sleeping areas and all paths of travel between sleeping areas and exits to open air.
- If you have smoke alarms with a changeable battery, you need to refer to manufacturer's instructions. DFES recommends replaceable batteries are changed annually. In WA 1 April is widely publicised as the day to change your smoke alarm battery
- If you have mains-powered smoke alarms, read the manufacturers' instructions to check if they require back-up batteries that need changing. Some mains-powered smoke alarms have non-changeable batteries which do not require attention during the life of the smoke alarm.
- All smoke alarms have a maximum service life of ten years and need to be replaced. Mains powered smoke alarms must be fitted by a licensed electrical contractor. DFES recommends mains powered photoelectric smoke alarms
- All smoke alarms must be regularly tested (recommended monthly so occupants are aware of the emergency alert) – all smoke alarms have a test button
- Smoke alarms must be clear of obstructions and not painted and DFES recommends removing any dust from the grille area with a soft brush attached to a vacuum cleaner

CCL Hardware

8 Stubbs Street
Lake Grace WA 6353
PHONE: 9865 1104



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Monday- Friday: 7:30am - 5:30pm

Saturday & Sunday: 8:30am - 11:30am

Closed Friday 30th, Sunday 1st and Monday 2nd

Open Saturday 31st 8.30 to 11.30am

Wishing everyone a Happy Easter



Borrow Box and Kanopy - Free Books and Movies

Rosie Timperley

Borrow Box

Are you looking for a book to read that doesn't cost anything? Borrow Box could be the way to go. Lake Grace library offers this fantastic service - which enables you to borrow either ebooks or audio books any time, any where.



"BorrowBox is an award winning Australian App that enables Public Library members to browse and borrow bestselling eAudiobooks and eBooks on their Apple or Android device for limited periods through digital loans. BorrowBox is a FREE download solution. Once you are signed in you can borrow or reserve up to 6 eAudiobooks or eBooks for a 2 week loan period." (https://slwa.wa.gov.au/explore-discover/eresources/public-libraries/eresources-home)

All you need to do is become a member of the Lake Grace library (free to do) and then you are eligible to be signed up to Borrow Box. The library will provide you with log in details which then allows you to download the books you like. If you don't finish the book within the two weeks, you may extend your loan - just like a physical library. You only need to be connected to the internet to download the book - once you have it on your tablet or phone, you can read the book where ever you are and you don't need to remain online. These include latest release books or classics from years ago. You can choose from mysteries, action, thrillers, romance, historical and many more genres in the fictional section or you may opt for the non-fiction choices of self-help, DIY, war and history, biographies, science - the list goes on. There are thousands of titles to borrow and they are constantly updated with new offers.

Kanopy

Perhaps you prefer a movie instead of a book. Public libraries



throughout WA have rolled out Kanopy - a movie-streaming service.

As long as you are a member of a WA State Library which has subscribed to Kanopy, you are eligible to stream movies from over 30,000 titles. Lake Grace library has jumped on board with this clever program and so if you are a member with them, you can sign up to Kanopy for free and you will find a selection of movies to choose from. Head to www.kanopy.com to start the process.

"Kanopy was born in 2008 in Western Australia. We started out selling DVDs to Australian University Libraries - distributing everything from blockbusters to rare and obscure documentaries. We knew students loved learning through film and we wanted to make it easy for libraries to find and acquire the films. A few years later, we launched a streaming solution and moved our headquarters to San Francisco to expand into the North American and UK markets. Now we're lucky enough to look out our windows every day to watch the fog rolling in over the San Francisco Bay. We are proud to stream more than 26,000 films to over 3,000 higher education campuses worldwide, reaching millions of students around the globe. Our reach is now extending to public libraries across the world." (https://www.kanopy.com/about-us)

Stay On Your Feet Free Seniors Program

Tuesday
10:00 AM
At the
Shire Hall



CLOSED for Easter from Thursday 29th March to Tuesday 3rd April.

Come & enjoy a tea/coffee with homemade cake
Bookings not essential, but appreciated.
Phone: 0447 651 418
Facilities not air conditioned

Getting To Know...

By Rosie Timperley

1. **Name:** Ross Bowron
2. **Occupation:** Auto electrician
3. **What is one of your hobbies?** Fishing; targeting anything bigger than our bait.
4. **What is something you're looking forward to in 2018?** Number three son, Brock turning 18 years old.
5. **If you won \$10 million in lotto and donated some to charity, which one would you do and why?** Anything to do with children's health - we were fortunate with ours.
6. **What is something that really annoys you?** AFL footballers that can't kick with either foot.
7. **What is one thing you can't do no matter how hard you try?** Woodwork is right up there!
8. **What is one thing about you that people would never guess?** I once had an impressive mullet.
9. **Where do you recommend as a dream holiday destination?** Gladstone QLD, I've been informed it's the greatest.
10. **Which actor would play you in a movie?** The shortest Clint Eastwood you ever saw.



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Goodyear, Mickey Thompson, Nitto, Michelin, Bridgestone, Maxxis and Toyo tyres are only a sample of what brand of tyre that we can supply.

We will sell any tyre, but we prefer to only sell tyres that we know have a proven warranty.

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\$30,000

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- Applications close June 15, 2018



www.nuffield.com.au



@NuffieldAust

Background Information

Annually, Nuffield awards primary producers scholarships to support overseas travel and study. So if you are in primary production as your main occupation, please explore this section of the website and apply to become a Nuffield Scholar.

Application process

The process for being awarded a 2019 scholarship includes an application and interview process in 2018. Applications are required from April-June 2018, interviews are held in July and August 2018, scholarships are awarded in September 2018 and travel commences in 2019.

The rewards of Nuffield

Nuffield Scholars both in Australia and around the world have achieved distinction in many fields. Positive proof of both the calibre of the scholars selected, and the effect and value of the scholarships are such that a high percentage of scholars have gone on to an extraordinary range of senior positions.

Scholars have become Federal and State Politicians, Chairmen and members of national and regional commodity boards. Many have made a significant impact at a regional and local level, both in community affairs and in farm management. Others have developed careers as advisers and managers both in Australia and overseas.

In every case, Nuffield Scholars attribute a proportion of the responsibility for their later career success to the scholarship and continuing friendships and associations that follow.

The learning process continues for life, being reinforced by annual state tours, the National Conference and an International Conference every third year.

Life as a Nuffield Scholar

Nuffield Scholars are part of a select group of innovative, free thinking people. After the study, scholars produce a written report and communicate the new knowledge and experience to others in the industry.

Association with the Nuffield program won't end when the scholarship formally concludes. Nuffield Scholars are scholars for life. There is on-going communication with the alumni, events and opportunities to apply and be supported through additional courses.

More information www.nuffield.com.au

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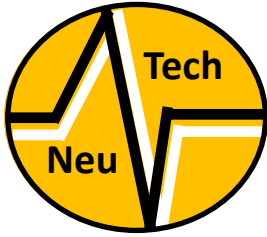
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Stubbs Street, PO Box 178, Lake Grace 6353 Phone: 9865 1164 Fax: 9865 1543

Easter is coming up this weekend so drop in to Neu-Tech and gear up for four days of fun.



We have LED strip light kits in stock that you can attach to inside or outside of tents or suspend over cooking/eating or drinking areas. They are water proof, have long leads and draw very little current so you don't have to worry about flat batteries. #TDR 08601 \$190 Inc. GST.

The Powercon lithium jump starter packs are still selling well and now come with a more durable carry case and digital display of voltage available. These contact units are amazing at what they can jumpstart and are very handy for recharging phones, etc. Just tuck them under the passenger seat - you'll be surprised at how often you'll need it. #LV1981 \$250 Inc. GST.



Don't get stuck at the beach with no way to pump your tyres up. We carry two compressors that run off 12V and come with accessories and carry pack. Available in standard and high output, they'll have you back on the road in no time. #GC300 \$170 Inc. GST. #VTX 200 \$250 Inc. GST.

Latest arrival is the 'Thunder' fridges which are available as a 60L fridge-freezer or 23L drawer style fridge. The 60L unit can fit in 60 standard cans, not sure how many Corona stubbies, it is wi-fi enabled so you can monitor the temperature via your phone and has a two way lid for easy access. It is multi-volt (12/24 DC and 240AC) and for its capacity, has a low profile design.

#TDR 02101 \$984.50 Inc. GST 60L

#TDR02100 \$750 Inc. GST 23L



One-Pot Chicken and Rice Sambar

<http://www.taste.com.au/recipes/one-pot-chicken-rice-sambar/70p6zf7y?r=recipes/menuplanner&c=menu%20planner>

Ingredients

- 1/2 tablespoon olive oil
- 8 (about 1.2kg) chicken drumsticks
- 2 sprigs fresh curry leaves
- 2 teaspoons cumin seeds
- 1 teaspoon brown mustard seeds
- 3 garlic cloves, finely chopped
- 1 tablespoon finely chopped fresh ginger
- 140g (2/3 cup) brown basmati rice
- 80g (1/3 cup) red lentils
- 3 teaspoons ground coriander
- 1/4 teaspoon turmeric
- 750ml (3 cups) chicken stock
- 1 tablespoon tamarind puree
- 1 tablespoon brown sugar
- Tomato wedges, to serve
- Cucumber ribbons, to serve
- Sliced fresh red chilli, to serve
- Fresh coriander sprigs, to serve



Method

Step 1

Preheat oven to 180C/160C fan forced. Heat 3 tsp oil in a large flameproof casserole dish over high heat. Season chicken. Cook, turning, for 10 minutes or until golden. Transfer to a plate.

Step 2

Add remaining 3 tsp oil to dish and reduce heat to medium-low. Add the curry leaves, cumin and mustard seeds. Cook, stirring, for 30 seconds or until mustard seeds start to pop. Add the garlic and ginger and cook, stirring, for 1 minute or until aromatic. Add the rice, lentils, ground coriander and turmeric. Stir to coat. Pour in the stock and 250ml (1 cup) water. Bring to the boil. Remove from the heat. Place the chicken on top. Cover and bake for 35 minutes or until chicken is cooked and liquid is almost absorbed.

Step 3

Transfer chicken to a plate. Add the tamarind and sugar to the rice mixture and stir to combine. Return chicken to the dish. Top with tomato, cucumber, chilli and coriander.

POSITION VACANT

Liam is looking for someone who would be willing to work along side him to help him achieve a more independent working life.

The work times can be school hours and travel is included.

Hourly rate is \$26ph.

If you're interested please ring

Kaye - 9872 0012 or 0428 720 012

Driver Reviver Van

The Driver Reviver van will be in operation in Lake Grace over the Easter Break.

Community members and volunteers from the Fire Brigade, Lions Club, St John Ambulance man the van for two hour shifts starting on Thursday afternoon and carrying on until Monday afternoon.

The Driver Reviver Program aims to reduce fatigue related crashes by encouraging travellers to take regular breaks in their journey by visiting an operating site for a free cup of coffee or tea, a biscuit and most importantly, a chance to stop and revive so drivers reach their destination safely.

Driver Reviver is a national program, coordinated in WA by WALGA's RoadWise, and is sponsored by the Toll Group (partner), the Arnott's Foundation, Bushells Coffee, Bushells Tea and Sunshine Sugar. Through this sponsorship and RoadWise, Driver Reviver sites are provided with Driver Reviver and road safety promotional material, biscuits, coffee and tea to encourage drivers to stop, revive and survive.

Thank you all the Lake Grace Driver Reviver's for their dedication and commitment to reducing the onset of driver fatigue.

'The Shed' Stubbs Street
Lake Grace

29 March 2018 2:00pm - 8:00pm

30 March 2018 8:00am - 4:00pm

2 April 2018 10:00am - 4:00pm



ROADWISE

**DRIVER
REVIVER**
Volunteers saving
lives across Australia



TOLL

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Liquid Fertiliser
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Consider us when
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Phone

David 9865 1129

Liam 0417 915 314



PUBLIC NOTICES

Sally Dickinson

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

Dr Linda Haines

Is available in Lake Grace on Thursday 12th and Friday 13th April. Ring 9865 1208 for an appointment.

Cancer Support Coordinator

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

Lake Grace Op Shop

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

Closed on Good Friday & Tues 3rd April

First Aid Kits

Are now available for purchase at
 CCL Hardware Lake Grace.

Lake Grace Lions Club

Meetings every 2nd (dinner meeting) and 4th Thursday of the month at the Men's Shed.
 Next meeting: 12th April.

PRIVATE SALE

7 Eggers Place, Lake Grace
 \$155,000-\$160,000

Great little house, great location. Potential for subdivision. Currently tenanted and a 5% return with potential to increase this immediately.
 Phone 0422462828, 0428132664 or E-mail
redearthyyoga@bigpond.com or
mike000martin@gmail.com for more information.

AGM Liberal Party LG Branch

Thursday 5th April, 12 midday at the pub.
 RSVP: Deb 0428 654 041

Senior Citizens Luncheon

Thursday 5th April, 12 midday at the CWA Hall.
 RSVP: Amanda Trevenen 0488 216 601

CWA Bookings

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

Holyoake Community Alcohol and Drug Service

Matthew Beijger Counsellor/Diversion Officer
 Ph: 08 9881 1999

Community Midwife

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

Crisis Care Numbers

Doctor's Surgery -9865 1208	Electricity Faults - 13 13 51
Hospital - 9890 2222	Water Faults - 13 13 75
Ambulance/Fire/Police - 000	Directory Assistance - 1223
55 Central Men's Refuge 9272 1333	Family Helpline 1800 643 000 / 9223 1100
Sally Dickinson 0427 192 155 <i>Southern AgCare Counselling</i>	Kids Helpline 1800 551 800 www.kidshelp.com.au
Poisons Information 13 11 26	Ngala 9368 9368 www.ngala.com.au
Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Wheatbelt Mental Health Service Northam - (08) 9621 0999 Narrogin - (08) 9881 0700
Lifeline Australia - 13 11 14 www.lifeline.org.au	Beyond Blue - 1300 22 4636 www.beyondblue.org.au
Seniors Information Services 9321 2133 www.cotawa.asn.au	Citizens Advice Bureau 9221 5711 www.cab.wa.com.au
Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au	Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au
Main Roads - 138 138	Rural Link - 1800 552 002
Mental Health Emergency Response Line - 1300 555 788	Suicide Call Back Line - 1300 659 467 www.suicidecallbackservice.org.au
Alcohol & Drug Information Service - 1800 198 024 https://www.mhc.wa.gov.au/	Parent Drug Information Service - 1800 653 203
Holyoake Northam - (08) 9621 1055 Merredin - (08) 9041 3807 Narrogin - (08) 9881 1999 Freecall - 1800 447 172	Relationships Australia Fair Programme 9336 2144 https://relationshipsaustralia.org.au 1300 364 277

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Craft Group	Meet at the CWA Building Saturdays from midday onwards		
CWA	Suzanne Reeves	0427 651 310	lakegracecwa@gmail.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	lakegraceelc@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
LIFT Lakes Information & Farming	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Rhiannon Stubberfield	0428 301 380	
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Lions	Arthur Slarke	0429 651 015	arthurslarke@bigpond.com
Summer Sport			
Lake Grace Cricket Club	George Chircop	0417 950 437	swan_district@hotmail.com
Lake Grace Bowls Club	Claire Pelham	0457 207 749	richie21claire@yahoo.com
Lake Grace Tennis Club	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Tarin Rock Tennis Club	Wendy O'Neill	9864 9040	

CHURCH TIMES

Lake Grace Catholic Church

Thursday 29th March 7:30pm
Good Friday 30th March 3:00pm
Easter Saturday 31st March 7:30pm

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

Anglican Church of Lake Grace

Good Friday 31st March 9am
 Stations of the Cross
 (Nolan's farm)
Lake Grace 3pm
Easter Sunday 1st April 9am
Sunday 8th April No Service

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

Justices of the Peace

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

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Jeanette de Landgraft (<i>Pres</i>)	9872 0029	9838 9041
Steve Hunt (<i>Vice Pres</i>)	9865 1650 0427 651 585	
Ross Chappell	0428 654 058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Roz Lloyd	9871 1534	9871 1676
Allan Marshall	9865 3022	9865 3012
Murray Stanton	9865 1329	9865 1223
Peter Stoffberg	0447 281 181	
Mikaela Spurr	0438 926 196	

COMMUNITY CALENDAR

March

Fri 30 Good Friday
 Sat 31 Sportsman's Club - no meals but open
 Rubbish tip open
 Craft @ CWA
 Sun 1 Rubbish tip open
 Mon 2 Library Closed
 Rubbish Collection
 Recycling Collection
 Rubbish tip open
 Tue 3 LG/P Football training
 Men's Shed (morning)
 Chair Aerobics at Village Hall
 SOYF Exercise
 Building Surveyor in Lake Grace
 Wed 4 LG/K Hockey Training @ Kukerin
 Rubbish tip open
 HACC Activity & Morning Tea 10 - 1:30am
 Thur 5 LG/P Football training
 Senior Citizens Luncheon @ CWA
 Fri 6 Fish & Chips @ Sportsman's Club
 HACC Bus outing
 Driving Assessor in Lake Grace
 Sat 7 Rubbish tip open
 Craft @ CWA
 Steak Teas @ Sportsman's Club
 Sun 8 Rubbish tip open
 Mon 9 Rubbish Collection
 Rubbish tip open
 Tue 10 LG/P Football training
 CWA Meeting
 Men's Shed (morning)
 Chair Aerobics at Village Hall
 HACC Foot Clinic
 SOYF Exercise

Wed 11 Drugs in the Workplace Seminar @ CRC
 LG/K Hockey training @ LG
 Rubbish tip open
 HACC Activity & Morning Tea 10-11:30am
 Thur 12 LG/P Football training

Coming Events

16th April - Albany Legal Centre
 18th April - First Aid Course in Lake Grace
 21st April - Old Doors and Openings workshop
 22nd April - Old Doors and Openings workshop
 4th May - Driving Assessor in Lake Grace TBC
 12th September - First Aid Course in Lake Grace
 10th October - First Aid Course in Lake Grace

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.

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

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.

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