

13th April 2017

\$1.20 inc GST

Vol 23 Issue 7

Feed The Soil

Suzanne Reeves

How many of us when gardening have been guilty of not preparing our soil properly before planting? Often the excitement of a new garden space, plant or punnet of seedlings carries us away and for that we pay! Looking after the soil was the consistent message from Beyond Garden's John Colwill and Steve McCabe at their recent Gardenwise seminar held at the Lake Grace CRC.

It's all in the preparation. By improving our soil we save ourselves a lot of headaches in the long run as by feeding our soil we're feeding our plants. The best soil improvers are those based on organic matter. Not only do they increase the water and nutrient holding capacity but they also provide the raw material that supports life in the soil. Getting the soil right is the key to healthy plants with minimum resources.

Gardeners can continue adding to their soil with the use of manure (not too much), compost and by depositing your prunings, leaf litter and flower heads into the garden beds. This is how nature has been doing it for years. A must for our gardens is wetting agents; it is recommended that you apply these to water repellent prone soils in spring, again in mid-summer and just before the first rains in winter. Always water in thoroughly immediately after application.

Another must do for gardeners,

particularly in a harsh climate such as presenters fours, is to apply mulch. Waterwise mulches have large irregular shaped particles that absorb little if any water. These are ideal for use across the entire garden. Pine bark and stone have shown to reduce water use in the garden more than any other mulch.

The two-hour workshop was entertaining and informative and for me was a great catalyst for getting out in the



Image: Steve McCabe and John Colwill were entertaining presenters for the Beyond Gardens seminar.

garden during this beautiful Autumn weather and do some much needed tidying up. For those who couldn't make it to the workshop or want a refresher on some on the points brought up go to http://

<u>www.beyondgardens.com.au/elearning.php</u> and follow the prompts. Beyond Gardens also have an excellent interactive blog; they welcome new members.

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Conditions do apply.

CRC Opening Hours

9:00am - 5pm

Closed from midday to

1pm for lunch when short staffed.

Deadlines & Editions

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

Next Deadline

Friday 21st April

Next Edition

Thursday 27th April



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

Elsie Bishop

Gwen Oliver

Dick Phillips

Thank you also to our many contributors of articles.

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

Editorial

- © Thank you to all of you wonderful people who attended the Drug and Alcohol Information session that was held last Thursday. Unfortunately the evening completely missed the mark which considering the planning that had gone into it, was a disappointment. In the planning phase a face-to-face meeting was held with a Holyoake representative, CRC staff and a number of stakeholders. That meeting was interesting, interactive, engaging and educational; pretty much everything that Thursday night should have been. This representative was to be a part of Thursday's presentation but was sent on a training workshop instead. We had listed the items we felt needed to be covered during the evening including early intervention. This question was asked on the night; unfortunately it wasn't answered, in fact none of the questions were answered adequately. The positives from the evening were the wide range of people who attended, the fantastic venue, the fabulous catering and all of those who helped with setting up and packing up. The other positive is that the conversation has started. I have spoken to Holyoake about where we go from here; that I understood the importance of staff training but our prior booking should have taken some form of precedence. I have also relayed that this poorly presented workshop has damaged Holyoake's reputation and I feel it hasn't shone a particularly good light on the CRC! I am currently still in conversation with Holyoake as to how we provide people with the information that they need, not just now but in the long term future. Part of the solution will be smaller, more targeted groups (with no power point). Local police and the CRC are looking at setting up a Local Drug Action Group (LDAG). Run similar to Roadwise the group will focus on drug education and action for our community. We will be needing representation from all facets of the community so if you are interested please drop me an email or give me a call at the CRC.
- We still have a box of waterwise showerheads available for anyone wanting to swap their old one over for a new one. Make the most of the opportunity before it's too late!! The programme ends in May.
- © If the police pull you over during the next couple of months and you don't think you've done anything wrong please greet them with light hearted friendliness as you may have been driving so brilliantly that they want to acknowledge that fact. Lake Grace Roadwise will be giving away some \$25 fuel vouchers for motorists who are driving safely and our local police are going to have the task of passing them out.
- © **Food Sensations** is happening in May (4th—25th), running over four Thursdays (around 2 hours for each session; it is important that you attend each week. The programme talks about healthy diet,

- reading labels, fat/salt intake and how to create healthy meals from scratch. Participants engage in an information session via videoconference before preparing a meal that they enjoy together. There is no cost and places are limited.
- We have been successful in obtaining funding for a Volunteer breakfast. This will be held on Tuesday 9th May; places are limited to 60 (don't think we'll get those numbers but you never know) and we're hoping every club and organisation in Lake Grace will send a representative along. Volunteers are the backbone of many organisations and it is important to recognise and reflect on this.
- © Good news from CWA!! The Op Shop will be opening on Tuesday 2nd May from 1pm to 4pm.

Suzanne Reeves

Workshop/ Information Session Calendar...

Food Sensations - Thursday May 4th, 11th, 18th and 25th. Only ten places available. FREE.

Excel for Beginners - We will be holding this workshop on Wednesday 19th April. It will run from 9:30am to midday (see left). Cost is \$30 per person, only four places available.

Downloading Photos from your Phone or Tablet - How to transfer photos onto your computer or onto a thumbdrive. Wednesday 26th April. 11am to midday. Cost is \$10 per person.

Being A Better Boss - Partners In Grain.

Facebook - Needing a little help with your page? Want to load photos or documents? An informal session on Wednesday 3rd May. 11am to midday. Cost is \$10 per person.

Expression of Interest - We are looking for expressions of interest for Facebook for Business; Facebook for Club/Organisation. If it would suit you to have these workshops in the evening please let us know.

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

13th April

What's Happening?

Sincere sympathy to the family and friends of Ken Jenks who passed away on Monday 3rd April. Ken is survived by his wife June; children Michael, Allen, Jacqueline and Lisa; 12 grandchildren and 1 great grandchild. Condolences also to Ken's sister Coralee and his brothers Harry and Colin and their families.

Condolences also to the family and friends of Steve Crook who passed away suddenly on Sunday the 9th of April. Our thoughts and sympathy to Velia Crook for her loss.

Anniversaries

Ann & Phil Franks 21st April 26th April Shelley & Chad Stanton Holly & Stephen Korosec 27th April

Happy Birthday

Vicki Dewson **Brendon Callope** 14th April Clancy Lay Dakota Pelham Lindsay McGlinn

Zhane Robertson

15th April Reece Lay 16th April Jackie McGlinn

Matthew Argent 17th April Jodi Sabourne Caitlyn Trawinski Doug Dunham 18th April Adrian Duckworth

Rosey Chircop Clint Éarnshaw 20th April

21st April Damian Trevenen Phillip Clarke

22nd April Fred Leo Ashley Gambuti Maisey Lay

Damon Pelham 23rd April Bradley O'neill Luke Clifford

24th April Beth Curtin Jaspar Marshall 25th April Alan Stubberfield

26th April Bianca Zweck 27th April Helen Hunt Anna Hunt Jake Cameron



Term 2

for yoga classes in

Lake Grace starts

Wednesdays 26th April 9:30 am

Lesser Hall

All ages, all abilities welcome!



Tara Cook Yoga - Breath of Life

Plegse contact Tara Cook via mobile 0427 333 171

Facebook: Tara Cook Yoga - Breath of Life

Instagram: @taracookyoga

Lake Grace District High School ANZAC Day Ceremony

Hannah Clunie and Whitney King

The thud of the cadet boots echoed throughout the Lake Grace DHS undercover area as the booming drumbeat guided their steps. They flanked the students and community members who were attending the ANZAC Ceremony.

The 2017 Lake Grace District High School ANZAC Commemoration commenced at 9.45am on Friday the 7th of April. The Year 9/10 students volunteered to practise and then present speeches for the ceremony. They also set up the sound system for the service. World War 2 posters of heroes and battle zones were displayed at the front of the Commemoration area. The Year 7/8 students contributed to setting up by placing chairs for the community, the returned war veterans, and wheelchair places for the elderly. Students from Years 3, 4, 5 and 6 played a part in the service by creating their own speeches to present.

All high school students contributed by cooking their own dish for the morning tea that the community members enjoyed as they chatted to one another about the successful service. Comments were made such as "That was a great event" and "Everyone did a really good job."



Above: Cadets watch on as Paige Trevenen and Will Morgan lay the wreath.

Overall, the ceremony ran smoothly and was highly successful. The students who participated on the day did well to hide their nerves and present their speeches. We would like to thank those who attended the commemoration and especially Ms Wilson who organised the event.



Above: Hannah Clunie speaking at the Ceremony.

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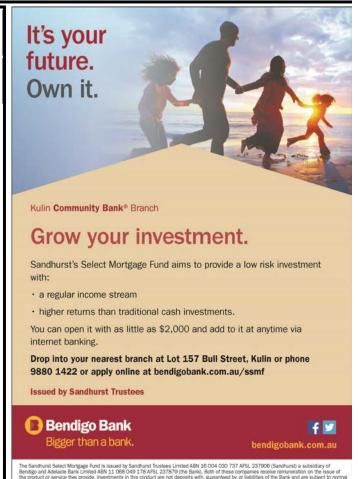
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Jack's Visit

Walkers Hill

I'll take you back to September 2016. After a very long and cold winter we were looking forward to some warm spring weather. We had had an abundance of frosts over the winter period with two final ripper ones in September. Grape vines don't mind a frost, this is what wakes them up out of dormancy, but as we were to discover, as with any crop, Jack can destroy.

These final two frosts occurred just after bud burst and burnt the young buds. These emerging first buds are actually the fruiting buds which produce the bunches. And as we were to discover ½ of the vineyard didn't produce at all and the other half was greatly reduced leaving us with just enough grapes to process into wine.

Our winemaker is going to make a Shiraz/Chardonnay blend Rose' which we are aptly naming *Frosted*Rose. This will be available about June.

We have since learnt that fellow vintners here and in New Zealand set up smoke hazes when they know there will be a frost. This comprises of setting up oil pots or hay bales at the corners of the vineyard and getting up in the freezing cold of the night to light them up. This produces a smoke haze across the vines which stop the cool air and moisture from settling on the vines

decreasing the risk of frost. Does it work? Apparently. Will we be trying it? Watch this space.......

On Tuesday 14th March we held our community pick with proceeds going to Lake Grace St John's Ambulance. We have been supporting St John now for a number of years and to see where our donations have been utilised makes it all the worthwhile. I would like to congratulate Amanda Milton & her team on a fabulous job well done. You are an asset to our town and have worked hard to give us an even bigger asset that will be utilised for many years to come. Amanda has informed me that they will be using our donation this year purchasing training mannequin's that give feedback on how you have performed and for the continued training of our volunteers.

We would like to thank the local community that came out and helped to pick, it is very much appreciated and you should feel proud that you have also help contribute toward the building of the new sub centre.



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Youth and Cancer

Media Release - Cancer Council

- Youth make up approx. 2% of cancers diagnosed in Australia.
- Common cancers, breast, testes, most common melanoma, lymphoma and thyroid.
- Youth living outside cities more likely to be diagnosed with cancer than city youth

How to reduce cancer risk when adults

- By instilling good healthy behaviours in children and youth can reduce their cancer risk when adults
- Parents can help by being good role models
- Biggest risk factor for young people is being overweight and obese. In WA 1:4 children and teenagers are overweight or obese.
- Recent modelling shows that young adults are gaining more weight than they were in previous generations and by 2025, 35% of population will be obese.
- Overweight children have a much greater chance of becoming obese adults.
- Obesity is a risk factor for 13 cancers (including bowel, breast, pancreas, ovarian, kidney, blood and brain cancer) and toxic fat leads to fatty liver disease - linked to liver cancer.

Key messages - (as per adults)

- Don't smoke!
- Eat healthy food young people are not eating enough fruit/veges!
- Be physically active during adolescence, minimum 60 minutes moderate/vigorous activity every day.
- Maintain a healthy weight
- Be SunSmart most common cancer melanoma in this age group, also most preventable.
- Avoid alcohol don't binge drink
- Tune in to your body what's normal, see GP with any changes
- Younger 'youth' have the Human papillomavirus (HPV) vaccine against cervical cancer. Immunising boys helps girls by decreasing their chance of getting HPV and therefore cervical cancer. High-risk HPV can cause other cancers, such as penile cancer, or cancers of the head and neck, By vaccinating boys they too are being protected against certain cancers.

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This is an ideal family home situated approximately 200 metres from schools in a quiet part of town, but still in close proximity to town facilities.



2017 Seniors Games

This year seniors from Lake Grace attended the Seniors Games held at Tammin.

A well prepared and excellent venue, credit must go to the Tammin seniors and community for their efforts. These games would cease if we didn't have the community to assist.

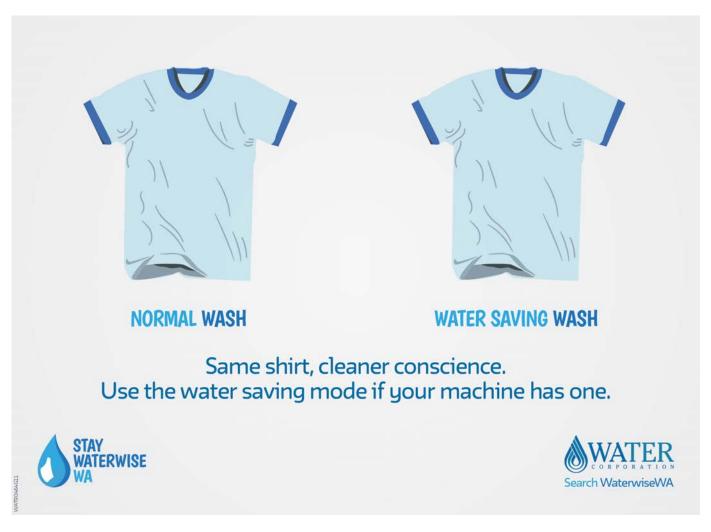
Although the Lake Grace seniors were unable to come home with the trophy, we all excelled and had a wonderful time.

Thanks to our driver (Pauline) for getting us there and back safely.



Back L to R: Pauline Taylor, Betty Naisbitt, Shirley Altham, Marg Bushby, Irene McGlinn, Phyllis Dunham, Gwen Oliver, Wally Perry.

Front L to R: Joan de Vree, Jean Seaman, Sheryl Smith.



Westlink Guide (Channel 602)

Friday April 14 10:30am, 2:30pm, 5:30pm and 9:00pm **(45 mins)** Saturday April 15 6:00pm **(45 mins)** Sunday April 16 12:00pm **(45 mins)**

RIRDC Rural Women's Award 2017

Friday April 14 3:30pm (30 mins) Saturday April 15 7:00pm (30 mins) Sunday April 16 1:00pm (30 mins)

Woodworking Masterclass Marta B Collection Pencil Case

Friday April 14 4:00pm (30 mins) Saturday April 15 7:30pm (30 mins) Sunday April 16 1:30pm (30 mins)

Garden Gurus - Autumn 2016

Friday April 14 4:30pm (30 mins) Saturday April 15 8:00pm (30 mins) Sunday April 16 2:00pm (30 mins)

Destination WA

Saturday April 15 8:30pm (30 mins)

Sweet & Sour 2017

Tuesday April 18 10:00am and 5:30pm (30 mins) Thursday April 20 10:00am and 5:30pm (30 mins)

Citizen Advice Bureau

Tuesday April 18 10:30am and 2:30pm (45 mins) Thursday April 20 10:30am and 2:30pm (45 mins) Saturday April 22 6:00pm (45 mins) Sunday April 23 12:00pm (45 mins)

RIRDC Rural Women's Award 2017

Wednesday April 19 7:00pm (30 mins) Thursday April 20 11:30am (30 mins) Friday April 21 3:30pm (30 mins) Saturday April 22 7:00pm (30 mins) Sunday April 23 1:00pm (30 mins)

Woodworking Masterclass Marta B Collection Pencil Case

Wednesday April 19 7:30pm (30 mins) Thursday April 20 12:00pm (30 mins) Friday April 21 4:00pm (30 mins) Saturday April 22 7:30pm (30 mins) Sunday April 23 1:30pm (30 mins)

Garden Gurus - Autumn 2016

Wednesday April 19 8:00pm (30 mins) Thursday April 20 12:30pm (30 mins) Friday April 21 4:30pm (30 mins) Saturday April 22 8:00pm (30 mins) Sunday April 23 2:00pm (30 mins)

Cover to Cover Nicole Sinclair - 'Bloodlines'

Wednesday April 19 8:30pm (30 mins) Saturday April 22 8:30pm (30 mins)

Sweet & Sour 2017

Tuesday April 25 10:00am and 5:30pm (30 mins) Thursday April 27 10:00am and 5:30pm (30 mins)

Citizen Advice Bureau

Wednesday April 26 8:30pm (30 mins)

Sweet & Sour 2017

Wednesday April 26 7:00pm (30 mins) Thursday April 27 11:30am (30 mins)

Woodworking Masterclass Marta B Collection Pencil Case

Wednesday April 26 7:30pm (30 mins) Thursday April 27 12:00pm (30 mins)

Garden Gurus - Autumn 2016

Wednesday April 26 8:00pm (30 mins) Thursday April 27 12:30pm (30 mins)

Destination WA

Lake Grace

Date	Min	Max	Rain	
29/03	8.4	21.2		
30/03	9.7	24.5		
31/03	8.2	25.3		
1/04	10.3	26.1		
2/04	13.8	26.9		
3/04	9.6	28.6		
4/04	11.8	27.2		
5/04	12.5	30.5		
6/04	13.3	23.0		
7/04	11.1	19.2		
8/04	3.9	21.1		
9/04	7.0	23.2		
10/04	7.9	25.1	_	
11/04	10.4	30.2		

South of Kalbarri & Kalgoorlie Watering Days					
Your 2 scheme watering days are:					
Wednesday and Saturday					
Thursday and Sunday					
Friday and Monday					
Saturday and Tuesday					
Sunday and Wednesday					
Monday and Thursday					
Tuesday and Friday					
Wednesday and Saturday					
Thursday and Sunday					
Friday and Monday					

Football / Winter Sports

It is nearly time for all the OFA football, netball and hockey season to start! The first game for our OFA teams will be on Saturday 29th April at Lake Grace against Boxwood Hills.

This is due to our first round game at Borden now being a bye, as unfortunately Borden have made the decision to go into recess for the 2017 season.

The Jumper Presentation night will be held the Thursday night prior to this first game. All the winter sports are invited to attend and team officials will give an update on their teams for 2017.

Supporters are welcome to come along and watch training sessions (Tuesday and Thursday evenings). Thursday training night teas courtesy of the 'Greg & Greg Bar & Grill' are now available after training in the footy shed.

Looking forward to a great season, see you there!



Lake Grace Pingrup **Football Club Inc**

Jumper Presentation Night Thursday 27th April 2017 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 Brenden Desmond for more details 0429 652 114

For Sale

Guinea pigs free to a good home.

Location: 23 Carrie Street, Pingrup.

Owner: Natasha Down.

Time: Any time after 3:30pm.

Phone: 0498 661 930

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These guinea pigs are 4 months old. Most babies are different colours.

There are boys and girls <some girls are pregnant>

Please contact me if you would like one.



BioBlitzing the Wheatbelt

Wheatbelt NRM

The 2016 Tarin Rock BioBlitz was the eleventh BioBlitz held in the Wheatbelt and was jointly organized by Wheatbelt NRM and Dumbleyung Landcare Zone, with key support from local Department of Parks and Wildlife staff.

The collaborative biological survey was held early October 2016 near Lake Grace in the southern part of the Avon River Basin. Site surveys were conducted on Tarin Rock Nature Reserve, North Tarin Rock Nature Reserve and Reserve Number 38379, in an area totaling 4000 hectares of remnant vegetation.

Professional and amateur biologists, ecologists and naturalists worked together as 'citizen scientists', conducting fieldwork with local community members and participants to discover more about this area's high conservation value bushland and biodiversity.

Over 60 people attended the event despite heavy winds and rain being forecast. Thankfully the inclement weather was short lived and attendees were able t enjoy relatively dry but cool conditions for most of the weekend.

Highlights

The BioBlitz's most exciting discovery was large collections of chewed quandong nuts (Santalum acuminatum) at specific feeding sites under dense bushes, indicating the presence of the conservation dependent Western Mouse (Pseudomys occidentalis). It was fabulous to see evidence of the species still surviving here as it hadn't been seen on this reserve since 1992.

Other highlights included a Wedge-tailed Eagle (Aquila audax) nesting with its chick, camera trap footage of a threatened Red-tailed Phascogale (Phascogale calurs), visually striking Jan's Branded Snakes (Simoselaps bertholdi), and the intriguing discovery of two rarely seen Turtle Frogs (Myobatrachus gouldii) that were found dead and were being consumed by ants.

Other results

The botany groups had a field day at the BioBlitz, identifying 200 species of plants, fungi and lichen. This is a fantastic effort in just 24 hours and reflects the region's extremely high biodiversity where over 900

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BioBlitzing the Wheatbelt (cont.)

species of plants have been identified by previous surveys.

Considering the damp and windy conditions, the herpetology (reptile) survey and foraging teams were very productive, identifying nine species of reptile and two frog species. The ornithology (bird) groups also did well identifying 35 species, while the entomologists (insect spotters) excelled with over 100 insect species found.

Evidence of nine mammals was recorded during the survey via motion sensing cameras and scats. The cameras were placed on the reserves prior to the survey and revealed the exciting presence of threatened Red-tailed Phascogales. Sadly, it also showed numerous feral foxes and feral cats in the same area, as well as rabbits and house mice.

Report

The information and data gathered during this BioBlitz will provide an invaluable snapshot of the region's environment which will help with future monitoring and management work in the remnant bushland.

Results from the Tarin Rock BioBlitz are being collated into a report which could also help local groups access funding for preserving native wildlife and flora in the area.

The Tarin Rock BioBlitz was funded by the Australian Government's National Landcare Programme and made possible through the hard work of many wonderful volunteers. Huge thanks to everyone who helped out and also to those who attended.



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GUSTO

MAPSZC





Lake Grace Swimming Club

Shelley Stanton

The Lake Grace Swimming Club ended their season on Wednesday 22 March 2017 with a sausage sizzle and presentation of awards.

What has been another great season again this year with 18 members, we managed to even get a couple of new members!

Kate Zweck continued to coach this season, even though she has no kids of her own left in the club. Kate has a passion for ensuring that childern are taught the correct techniques of swimming and also about keeping the children fit and active.

Whilst no one ventured away to any swimming meet this year, I'm sure that we will see a couple of the younger ones ready to take on that challenge in the future.

Our award winners for this season were as follows;

Most improved Junior Cambell Chatfield

Most Improved Senior Stella Dines

Swimmer of the Year Reegan Marshall

We ended the season with a sausage sizzle and icecream, along with presenting Kate with a thankyou

gift for her continuous support and dedication to the

Swimming club will commence in November this year, once we hold our AGM in October. The club also had new shirts designed and made this year. Thanks to Melissa Cugley for the design. If anyone is interested in joining swimming club for the 2017/18 season, please keep a look out for the AGM, which will be advertised in the Lakes Link in October.



Coach Kate Zweck giving some advice to the swimmers.

ANZAC SERVICE

When: Tuesday 25 April 2017

Where: RSL Lake Grace Branch

Time: 11AM

If you are able to bring a plate of food to share it would be appreciated.



Lego Club

Tuesday 3:30pm - 4:30pm at the Lake Grace Artspace

> Lego provided. Free to all Come and use your imagination Starting on 2nd May 2017



Bremer Bay Caravan Park

Onsite Van For Sale

Van No: 44 Beachside.

22ft van, well maintained with hard annexe, verandah, garden shed and private shady lawn area.

Top end of the park, close to the beach. On the front white fence with ablution block at the rear.

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Contact Peter Naylor 0458 351 008 or 0438 920 190.





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Come along to your local Community Resource Centre for a hands-on nutrition and cooking experience. Over 4 sessions, you will learn a variety of



National Youth Week Celebrated With The Trolls

Children came prepared with their bean bags, small mattresses and blankets to watch a movie on the big screen. They all received a complimentary bag of popcorn, bottle of water and a National Youth Week bag.

Saturday 1 April Lake King Memorial Hall bustling with approximately 50 parents and children eager to watch the happy trolls and the Bergens, an ogre-like race. The animation *Trolls* is a comedy extravaganza from the creators of Shrek.

Greg from Starwest Event & Party Hire set up the large blow up screen in the hall and at 6.45pm everyone was settled in to watch the Bergens invade Troll Village. Poppy the optimistic and happiest Troll ever born leader, and her polar opposite, Branch, go on a mission full of adventure and mishaps, as this mismatched duo try to tolerate each other long enough to rescue her friends.

The evening gave everyone a chance to chat and spend time with their children and the community.



Above back : Austin Roberts, John Tapper, Claudia Capper, Ellena Hetherington Front: Lucia Tapper, Stella Richardson

Thank you to National Youth Week and the Department of Local Government and Communities and the Shire of Lake Grace for the opportunity to hold the movie night at Lake King.



Above: Oscar and Ida West



Above: Pearce Newman, Josh Grahame, Steven Wiech, Connor Newman, Craig Wiech



Above: All ready with popcorn in hand to watch the movie "Trolls"

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:

4th Friday Activity Friday 28th April

10.00am—1.30pm Lakes Village Hall Activities, games & trivia Light lunch provided Cost \$8.00



* * Come along to bid farewell to Judy Walker on her last day as our HACC Coordinator / Extended Care Nurse **

All seniors welcome

RSVP for catering to the hospital

on ph: 9890 2222

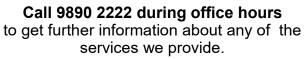
SwimAbility

Next trip will be on 24th April

There are spare seats available if you are interested in joining these hydrotherapy sessions. Call the hospital for more information or to book for the trip. The future of these sessions will depend on there being enough people accessing the service.

Chair Aerobics

Every Tuesday @ 10.45am
At the Lakes Village Hall
Suitable for people with limited
mobility who want to keep active



Statewide Telehealth Service

Telehealth uses advanced Information and Communication Technology applications to provide health and long-term care services

The benefits to clients include:

- * Reduced travel time and expense
- * Less time off work or away from home
- * Better access to healthcare
- * Access to services locally
- * Sustainability of rural communities Make use of this great facility if you can!

Child Health Clinic

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



ph: 9890 2246

Physiotherapist

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



Wednesday Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am 19th April—Pamper 26th April—Games 3rd May— Sing-a-long

* Visitors are welcome any time to come and visit_residents *

Bouncy Castle for Hire

Cost: \$165 for the day

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





LIBRARY HOLIDAY TIMES

OPEN
TUESDAYS and THURSDAYS

OPEN April 13, 18 & 20

Normal Hours Start Monday 24 April 2017

LIBRARY CLOSED TUESDAY 25 APRIL ANZAC DAY

Is Education the Key?

Suzanne Reeves

*methylamphetamine is commonly known as Ice; it will be referred to as Ice to save on space.

Drugs, both illicit and legal aren't new; opium was used by the ancient Sumerians in 5000BC, the first description of a brewery was recorded on an Egyptian papyrus in 3500 BC, tea rated a mention in a Chinese dictionary in 350AD while tobacco was introduced to the Europeans by Columbus in 1493. Opium was widely used in China in 1000AD while Coca Cola removed the magic ingredient of cocaine from its popular drink to replace it with caffeine in 1903.

History also shows that wars have been waged, protests have been staged and prohibition introduced to fight the havoc that drugs wreak on the health and wellbeing of the individual and the community as a whole. In 1691 in Luneberg, Germany, the penalty for smoking tobacco was death; I guess it was one way of getting the message across.

Prohibition appears to have had little effect when introduced for tobacco and alcohol; legalising these products may have taken pressure off the judiciary but put more pressure on the health system. An extreme version of prohibition was introduced in 1941 by the Republic of China's leader, Chiang Kai-shek, providing

the death penalty for anyone cultivating the poppy, manufacturing opium or offering it for sale. In 1946 there were an estimated 40 million opium smokers in China. Large numbers by any account and 8% of their population, death didn't appear to be much of a deterrent.

Richmond P. Hobson, prohibition crusader and antinarcotics propagandist, is quoted as saying "Suppose it were announced that there were more than a million lepers among our people. Think what a shock the announcement would produce! Yet drug addiction is far more incurable than leprosy, far more tragic to its victims, and is spreading like a moral and physical scourge. Most of the daylight robberies, daring holdups, cruel murders and similar crimes of violence are now known to be committed chiefly by drug addicts, who constitute the primary cause of our alarming crime wave. Drug addiction is more communicable and less curable that leprosy. Upon the issue hangs the perpetuation of civilization, the destiny of the world, and the future of the human race." This quote was recorded in 1928. What would Mr Hobson's thoughts be to see how we're faring 90 years later?

The social mayhem, domestic violence and loss of

Cont. Page 29



VINTAGE CLEARANCE VINTAGE CLEARANCE

We need to make room for the new vintage of wine.

2012 Rose' \$70 per case (12) normally \$160

2015 Chardonnay \$150 per case (12) normally \$190

2014 Shiraz \$150 per case (12) normally \$220 – limited stock

VINTAGE CLEARANCE VINTAGE
CLEARANCE VINTAGE CLEARANCE

Mother's Day

Why not treat
Mum to
Wine & Chocolate
From \$15
Choose from

Choose from chardonnay, Rose', Shiraz or Port



Lake Grace / Newdegate Medical Practice

Providing quality health care to the Lake Grace / Newdegate community and surrounding areas

Bulk Billing Practice

Doctors Availability at Lake Grace Medical Centre Dr. Olayinka 'Olay' Omoniyi

Monday 9 am - 12:30 2 pm - 5 pm

Thursday 9 am - 12:30 2 pm - 5 pm



Tuesday 9 am - 12:30 2 pm - 5 pm

Friday 9 am – 12:30 2 pm - 5 pm

Wednesday closed as GP travels to Newdegate 9:30am – 3:30pm Phone: 9865 1208 for Appointments

The Lake Grace / Newdegate Medical Centre would like to introduce and welcome our new General Practitioner **Dr Olayinka 'Olay' Omoniyi**

And your new practice team

Patient coordinator's / receptionist's Julie Lauren
Practice Manager Dawn

Vicki Caroline

Well Women's Health Clinic
Dr. Linda Haines available 16/17 March & 27/28 April



The Lake Grace / Newdegate Medical Centre Welcomes New Patients!

Protect yourself against **Shingles** – a free vaccine is now available for people aged 70-79 years of age please contact our friendly staff for details on when you can get yours.

Did you know that Newdegate has a Medical Practice on Maley Street, Newdegate?
Open Wednesdays 9:30-3:30 for patients in the Newdegate and surrounding areas.
To book an appointment Ph. 98711528 or call 98651208
A child health nurse is available the first Wednesday of every month for appointments call 98902246.

Government funded 2017 Flu Vaccines are to be released mid to late April

Position vacant- RN (Practice Nurse)
Approximately 12 hours per week
Please forward your resume via email to <u>lakegrace.wa@gmail.com</u>

Fluishot here!

Care outside normal opening hours- When the Lake Grace / Newdegate medical centre is closed you can always get medical attention by calling ReadyCare 1800 225 523 or

by attending the Lake Grace District Hospital, located in Memorial Drive Lake Grace where experienced staff will triage the patient and contact the on call Doctor.

For all Emergencies call 000

Sculpture In The Harbour

Chloe Robertson

You may remember local artist, Kerrie Argent's last sculpture, Homeless, which featured in Sculpture by the Sea, an annual art exhibition held at Cottesloe beach in Perth. With approximately 24 different volunteers helping Kerrie put together her work, it was a big task. Kerrie's hard work has paid off, her sculpture has been hired for the entry statement piece on the 6th of May for the Vancouver Street Festival in Albany which is a fantastic opportunity for Kerrie.

You may have heard of Sculpture in the Harbour, an art exhibition where local artists have the opportunity to showcase their work in the Princess Royal Harbour in front of the Albany Entertainment Centre. First held in 2013 then again in 2014, this year is the third Sculpture in the Harbour for Albany and Lake Grace local Kerrie has been selected to put a piece of her design in the exhibition. The exhibition's name is Vessel which starts on Thursday the 13th of April and finishes on the 17th, Kerrie's work is called "Ebb and Flow the Choices we Make".

Kerrie sees our bodies as vessels, keeping to the name of the exhibition, and believes the direction in life we go is dependent on the choices we make as we move through childhood, our teenage years, young adulthood and as an adult. Out parents direct us in early life but as

we grow older we become the ones in control of the directions we go. We often have more than one choice of right or wrong, left or right, etc. but in the end, whatever way we decide to go, it is ultimately our choice.

The doorways in Kerrie's work represent the choices and opportunities we have, many times we move back and forward through these doorways as we grow and mature, eventually choosing the way that suits us best. The flowers represent the life force moving around

in the water and finally selecting the direction we want to go. Whether the choice is right or wrong, it is the choice we make at that time.

Kerrie wants to point out that these projects aren't possible without support from the community. Without the donation of sauce bottles from community members from Lake Grace and Esperance the past two years, or local butcher Dean Sounness giving Kerrie his large sauce bottles or Deanna Ashley from Eneabba or Mark and Karen Seaman from CCL who generously donated the wrong order of door frames to Kerrie none of Kerrie's pieces would be complete.

Kerrie is lucky enough to have a fabulous group of people who help out when she asks. Kerrie always has to plan months or sometimes years in advance to be able to collect enough materials for her projects. If you want to support local artist Kerrie start collecting plastic bottles of any colour, no matter what shape or size, for her next project.





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



KUKERIN SHADE SHEDS



- Shade sheds for vehicles, caravans, boats etc.
- Shade stables for horses
- Dangerous goods storage sheds
- Chemical sheds
- Quickshade and Canvacon products

www.shadesheds.com.au

Contact Damion & Susi Leo on 0427 646 043 for more information.



Lake Grace Transport

Twice weekly freight service to and from Perth

- Secure depot in Perth to drop freight off
- For all your wool and general freight
- Forklift to load wool on farm
- Accreditation to load at Midland Brick
- We also cart bulk grain, fertilizer, lime, gypsum and firewood

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

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





FASHION FOR THE SALT OF THE EARTH

We have heaps of stock to clear and have racks out the front

FASHION FOR THE SALT OF THE EARTH

\$5.00, \$10.00, \$20.00 and \$39.00 racks

Also plenty of new winter stock and some gorgeous kids Pjs just in time for Easter.



Telephone 9865 1465





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

CEO's Corner

The Department of Child Protection and Family Support has set up a Disaster Response Hotline for families and individuals who may feel that they need some professional psychological support. The 1800 Disaster

If you are aware of families or individuals within our Community who have been affected by the flood events and may need some support, please encourage them to contact the Disaster Response Hotline.

Strategic Community Plan Review

Response Hotline number is 1800 032 965.

Following on from the recent community survey and community workshops held around the Shire during the last week in March, Councillors and management attended a workshop in Lake Grace last Thursday to workshop the results and set our new vision and strategic objectives for the 2017-2027 Community Strategic Plan. Councillors also considered and defined new desired outcomes and strategies to achieve the objectives. Russell Barnes and Jessica Sparks of Moore Stephens, the consultants contracted to review the Community Strategic Plan facilitated the workshop. The 2017-2027 Community Strategic Plan will now be finalised and presented to Council for adoption by 30 June 2017.

Bush Fire Advisory Committee

The Bushfire Advisory Committee held their Annual General Meeting in Newdegate on Wednesday 5 April 2017. The meeting was attended by seventeen local fire brigade members and representatives from the Departments of Fire and Emergency Services, and Parks and Wildlife. The AGM saw the 2017/18 Fire Control Officers nominated the appointments and will now need to be ratified by Council at its next Ordinary Meeting.

A general meeting immediately followed the AGM with discussion on the water carrying capacity of the new Lake King Fire Truck which is currently being built, arrangements for replacement of the Community Emergency Service Manager and the lack of telephone reception currently being experienced throughout the Shire when power cuts occur.

Building & Maintenance Team

This fortnight, Wayne Trawinski, the Shire's Building & Maintenance Supervisor, reports that work continues on the Lake Grace Independent Living units:

- Cladding is nearing completion on all 3 units;
- Ply-bracing has been installed;

Continued over ..

Flooding Event – February 2017

Main Roads WA (MRWA) is currently assessing the submission made by the Shire and we are hopeful that confirmation of WANDRRA funding for repair works will happen in the next week. As soon as we receive confirmation of funding, a Tender will be advertised for construction and repair works. Consideration will be given to the timeliness of works as well as quality of construction.

News has been received of a "Temporary Exemption" of Shire day labour issues. The rules governing this exemption have yet to be released, but we understand that progress is being made to allow for local governments to be funded for using their own labour. A framework needs to be established to ensure that value for money is being obtained, when this work is undertaken in house.

Our grading contractors are still undertaking 'smoothing' works on our roads. This work does not involve any material importation, but is simply grading out ruts or damage in the road to remove washouts. We will start opening roads again as soon as possible, in light of vehicle capacity and water across roads. If a road is graded but still missing road base, it may not be possible to access these routes with restricted access vehicles.

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

The BlazeAid base camp set up in Lake King will be closing on Thursday 13 April and relocating to Ravensthorpe with the camp opening Monday 17 April to continue helping those affected by the floods. The Lake King Camp statistics as at 07 April are:

- 18 Properties Registered
- 17 Properties Started
- 36 Volunteers Registered
- 134 Volunteer Days
- 2.6km Fencing Cleared
- 17.15km Fencing Rebuilt

These volunteers are to be commended for the giving of their time and willingness to assist others in need. A shared work load certainly brings light to those affected.

If you require assistance from BlazeAid you can contact BlazeAid on 0427 614 540. Further information is available on the website www.blazeaid.com.

Shire of Lake Grace Community News Cont.

- Pre wiring for television and telephone has been installed; and,
- External doors have arrived and once these are installed the units will be at lockup stage.

Internal painting is nearly complete at the Doctor's residence, 6 Blackbutt Way Lake Grace.

Over the past fortnight maintenance requests have been completed at Varley public toilets, Lake King Hall, Lake King Pavilion, Lake Grace public toilets and Lake Grace Airstrip.

Road Works

During the past fortnight, Doug Whiting, the Shire's Infrastructure Supervisor advises that the Construction Crew has been located on Hatters Hill Road, having now completed over eight kilometres of formation and gravel sheeting works.

The Road Maintenance Crew has been working in conjunction with the Construction Crew this week. The Newdegate and Lake King maintenance grading contractors are working on flood damaged roads.

Parks and Gardens

This week the Town Maintenance Crew travelled to Varley for gardening work around the sports pavilion, mowing of the town entries, and spraying around the fire shed and town rest area (i.e. Chicken Ranch).

During the past fortnight in Lake Grace the crew has been slashing the open areas on the eastern side of town, and attending to playground maintenance. They have also been working at the RSL in readiness for the Anzac Day Service, around the Lake Grace Railway Station and tourist rest area, the lawns at the Visitor Centre, as well as the town footpaths.

Wishing you all a happy Easter break, if you are on the roads, stay safe.

Photos of Our Shire

Have you have noticed the banner on the Shire's Community News page has changed, this will be happening each month. Would you like to see your landscape photo of your area as the Shire banner?

Email your photo to shire@lakegrace.wa.gov.au

When there are people in the photo please ensure you have permission from the people who are captured in the photo.

Cat Registration

I YEAR REGISTRATION									
	Full	Concession							
Sterilised	\$20.00	\$10.00							
Unsterilised	\$50.00	\$25.00							
3 Y	3 YEAR REGISTRATION								
	Full	Concession							
Sterilised	\$42.50	\$21.25							
Unsterilised	\$120.00	\$60.00							
LIFE	TIME REGISTRATI	ON							
	Full	Concession							
Sterilised	\$100.00	\$50.00							
Unsterilised	\$250.00	\$125.00							
BREEDERS FEE \$100									

Denise Gobbart

Chief Executive Officer



Dog Registration Fees

I YEAR REGISTRATION							
	Full	Concession	Working dog				
Sterilised	\$20.00	\$10.00	\$5.00				
Unsterilised	\$50.00	\$25.00	\$12.50				
	3 YEAR R	EGISTRATION					
	Full	Concession	Working dog				
Sterilised	\$42.50	\$21.25	\$10.60				
Unsterilised	\$120.00	\$60.00	\$30.00				
	LIFETIME I	REGISTRATION					
	Full	Concession	Working dog				
Sterilised	\$100.00	\$50.00	-				
Unsterilised	\$250.00	\$125.00	-				

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.

Driving Assessor

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

Friday - 5 May 2017 - 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.

Licensing Agency Opening Hours

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

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

Being an agency there are also limitations on what we can do, we cannot process any transactions or access records over the phone. Records can only be assessed by the person who appears on them. Your partner, mother or sister cannot access your records.

Payment of invoices and renewals can be paid by any person if they present a renewal notice or invoice.

Building Surveyor

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

Tuesday 18 April 2017

For an appointment contact Josiah on 0438 811 944.

Ordinary Council Meeting

The next Ordinary Council Meeting will be held:

3:00 pm Wednesday, 26 April 2017 at Council Chambers 1 Bishop St Lake Grace

Members of the public welcome

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

Environmental Health Officer

Shire Environmental Health Officer, Barry Smith is available - contact Barry at the Shire on 9890 2500 or email shire@lakegrace.wa.gov.au

Tip Opening Hours

Lake Grace

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

Newdegate

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

Lake King & Varley

Open Every Day

Waste & Recycling Pick up Dates

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

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

Lake Grace	Newdegate	
17 April	24 April	
1 May	8 May	

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

Library Hours

Lake Grace Public Library School Place Absolon St

During School Holidays

Tuesday & Thursday 9am - 5pm Closed for lunch 12.00 - 12.30pm

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 During School Holidays

Thursday 13 April & 20 April 8.30am - 3.30pm Everyone welcome.



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

LOCAL PLANNING SCHEME NO. 4



Notice of Public

Advertisement of Planning Proposal

Planning and Development Act 2005 Shire of Lake Grace

The local government has received an application to use and/or develop land for the following purpose and public comments are invited.

Lot/House No: Lot 97 / No. 6321

Street: Kulin-Lake Grace Road

Suburb: North Lake Grace

Proposal: the establishment of a reception centre, restaurant (café, single house and ancillary accommodation within existing buildings on the land (Walkers Hill Vineyard).

Details of the proposal are available for inspection at the local government office and its website (www.lakegrace.wa.gov.au/).

Comments on the proposal may be submitted to the local government in writing on or before Friday **5th May 2017.**

Signed:

Dated: 10 April 2017

For and on the behalf of the Shire of Lake Grace, PO Box 50 Lake Grace WA 6353.

Denise Gobbart

Chief Executive Officer

Shire of Lake Grace

REQUEST FOR QUOTATION 01/2016

SHIP OF OF

NEWDEGATE PARKS AND GARDENS CONTRACT

Quotations are invited from suitably experienced and enthusiastic contractors to undertake gardening services in and around the Newdegate townsite for a period of 2 (two) years in accordance with the quotation specifications and conditions. Specifications are available by contacting

Mr Paul Webb by phone on 9890 2500 or Email shire@lakegrace.wa.gov.au

During the Quotation advertising period an onsite meeting will be held to discuss standards as set out in the Lake Grace Parks and Gardens specification documentation - for details of the meeting please contact Manager Infrastructure Services.

Mr Paul Webb on (08) 9890 2500.

Quotations are to be submitted in a sealed envelope clearly marked with the quotation number RFQ 01/2016 and addressed to the undersigned at the Shire of Lake Grace PO Box 50 Lake Grace WA 6353,

Or hand delivered to

1 Bishop Street, Lake Grace No later than

4:00 pm on Wednesday 3 May 2017.

LATE QUOTATIONS WILL NOT BE ACCEPTED.

Canvassing of Councillors or employees will result in automatic disqualification. The lowest or any quotation not necessarily accepted. Quotations submitted by facsimile or email will not be accepted.

Denise Gobbart

Chief Executive Officer



Lake Grace Chiropractic Satellite Clinic

TWICE A MONTH

Who: Dr Beau Binning will be providing Chiropractic care

When: Every Second Tuesday

Where: Lake Grace General Practice

For bookings and any further information please contact us at the Katanning clinic on **9821 7999**.

CS Mobile Mechanical Services

60 Absolon Street, Lake Grace, WA 6353 Phone: 98651291, Mobile: 0437 204909

"MARINE SERVICING AND REPAIRS"

With the recent rains and now that the Lakes are full again why not drop your boat off at GS Mobile Mechanical Services for a service or any mechanical repairs required. Our qualified mechanic Michel has spent two years working in a Marine Workshop in Perth prior to joining our team and has lots of experience in this area.

What we also do:

Car Servicing and Repairs
4WD Servicing and Repairs
Truck Servicing and Repairs
Small Motor Servicing and Repairs (eg Chainsaws,
Generators)
Windscreen Replacements (Truck, 4WD and Car)
Licence Inspections
New Car Tyres (Goodyear, Dunlop, Maxxis etc)

New Car Tyres (Goodyear, Duniop, Maxxis etc Agricultural Tyres (Seeding Tyres) 4WD Tyres and Truck Tyres Air Conditioning (Regasing only)

Call Kim now on 98651291 or Paul on 0437 204909.

Great Job Opportunity for a Keen Individual

The Plant Operator/Labourer position is required to work in a team environment responsible for performing tasks and duties associated with infrastructure maintenance, road maintenance and construction projects. The successful candidate will ensure the strategic objectives and requirements of the Shire of Lake Grace are met by being a self-motivated team member and working to a high standard to carry out the operation of plant items and equipment including general laboring tasks. It is an essential requirement for this position that the suitable applicant has a MC licence.

Plant Operator/Labourer Full Time \$52, 841pa

76 hours worked over a 9 day fortnight Subsidised staff housing is available

For further information contact Manager Infrastructure Services, Mr Paul Webb on 9890 2500

To obtain an application package for this position please contact Shire of Lake Grace Administration Coordinator,
Lee-Anne Trevenen on 9890 2500 or email shire@lakegrace.wa.gov.au

Applications to be marked 'Confidential' and addressed to;
Chief Executive Officer, Shire of Lake Grace, PO Box 50 Lake Grace WA 6353

Applications for the position close 4:00 pm Monday 24th April 2017

The Shire of Lake Grace is an equal opportunity employer.

Mural for Lake King - Finished and Looking Fabulous

The mural for Lake King is finished and looking fabulous. Students from Lake King Primary School were the originators of the subject of the mural, in that they were asked what best represented their

community. The Lake King mural is their mural as it represents their perspective of life in Lake King. They also contributed in a more hands on way as they were able to put finishing touches to it, which

The Lake King Mural has been a Youth Friendly Communities
Project funded by the Department of Local Government and
Communities and the Shire of Lake Grace.

they will be able to see as they

grow into young adults.

Matt Fuller, the artist, is to be congratulated on his work, and the dedication that saw him travel from Williams to work on the mural for the youth of Lake King, while there he developed a great knowledge of the community.

Thank you to Lake King Primary School and Lake King Tavern for their support of this project.



Above: Matt Fuller stands back to admire his work.



Above: Jessica Muir, Aidan McLean, Chloe Scherell, Isaac Sugg



Above: Jessica Muir, detailing





Above: Many community members came and put their mark by painting frogs, wheat and carefully putting their initials into the artwork.

Puzzles & Stuff

Some words from the 30th March edition of Boggle

Answers to 30/03/2017 Sudoku

Reminders	Reins
Deniers	Resin
Desirer	Rinds
Menders	Risen
Resider	Siren
Serried	Sneer
Sidemen	Snide
Demise	Denis
Denims	Edens
Dermis	Dens
Dimers	Dims
Driers	Ends
Emends	Mise
Resend	Reds
Riders	Rems
Rinser	Rise
Seine	Seed
Sender	Seem
Snider	Seen
Deems	Semi
Dense	Send
Dines	Side
Mends	Eris
Minds	Erse
Needs	Ines
Nerds	Sind

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

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

R	Т	ט
В		Ε
G	N	T

This week's Boggle



Wanted Old Ear Tags

Newdegate Machinery Field days would love some of your old sheep ear tags (20 plus). They will be used as a display in the Dyson Jones Pavilion at this year's field days.

Tags to be left at you Local CRC or Stock agent.

For further information contact Syd Walker 0427 719 043

Is Education the Key? (Cont)

human potential that drugs have wrought has been recorded throughout the years. The big question remains...what to do about it??

When looking at tobacco smoking rates education has proven to be the key. There has been a prolonged and consistent education campaign regarding the dangers of smoking for over 30 years and it's showing in the statistics. In 1945 70% of men and 26% of women smoked, it was around this time there was confirmation that tobacco use was a major cause of death and disease. A prolonged advertising and education campaign about the dangers of smoking has continued to grow and thirty plus years later it is showing in the statistics. In the 1970's 36% of the Australian adult population smoked tobacco, in 2016 it now stands at around 13%.

Tobacco certainly contributed to a plethora of health issues for the individual and those breathing in their second hand smoke. However tobacco hasn't demonstrated the wide range of social issues that illegal drugs are now presenting; violence, unemployment, poverty, neglected children and the families that are left bewildered and aggrieved at what has happened and feeling powerless to stop it.

Like tobacco, illicit drugs cross all borders; gender, employment, socio-economics and age. When a user tells that his first experience with Ice was at a 60th birthday party and that it was the birthday boy who supplied, you know there's a problem. When a solicitor is convicted for dealing, you know you have a really big problem. Drugs do not discriminate.

The National Wastewater Drug Monitoring Program has revealed some very nasty facts about drug use in Australia. Released in March this year the report clearly shows that Western Australia has the highest levels of consumption of Ice in Australia; with both city and regional sites far exceeding national averages. The report covered 58% of Australia's population and 51 sites were tested; three of these sites were in Perth and one was in Bunbury. Analysis extends to 13 drug types and the programme will run for three years.

Expressions of Interest

House for Sale

8 Banksia Place Lake Grace

4x2 double brick colorbond roof & carport

Comfortable family home with established

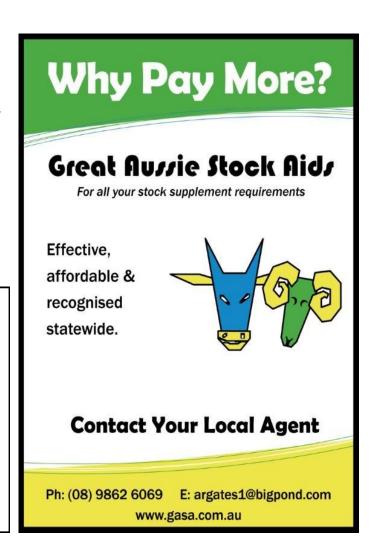
lawns & garden

Enquiries 0427 651 770

Throughout Australia, Ice is the most widely used drug and Australia ranks second in the world for the use of this drug.

A 2013 household survey showed that 3.8% of West Australians used Ice, this is nearly double the national average of 2.1%. These numbers were further backed up by wastewater sampling (2015) which showed 49 doses/1000 people/day. The 2016 National Wastewater Drug Monitoring Program showed 76 doses/1000 people/day for Bunbury and 58 doses/1000 people/day for the metropolitan area.

Although this most recent wastewater sampling has only been conducted in the metropolitan area and Bunbury these same figures would be a barometer for Lake Grace and other regional towns. Our police and ambulance officers have been facing up to the challenges that Ice presents for some time; along with encounters with party pills, marijuana and alcohol. Illicit drugs have already caused problems within families, businesses and our clubs and organisations; it's not pretty and as a group we need to work on a way of educating our community and minimising the harm.



Bush Basket Making Workshop

Kerrie Argent

What a fabulous day, sitting and stitching up native grasses and found natural plant material to create some lovely baskets. There was a fabulous mixed group for this workshop with people coming from Lake Grace, Kulin, Dumbleyung, Narrogin, Wagin and Albany. Glenda Blythe brought all the materials that we could use during the workshop, to use and to give us all an idea of what we can start collecting to make more baskets and creations.

Thanks to Glenda Blyth from Geraldton who made time to come and teach us again, with a new group of students and who is also teaching a class in Dumbleyung today.

A busy and enjoyable day was had by all.

There are so many things that we can use for bush baskets and I think we will all be looking at our gardens in a new way, and seeing what can be used and what will work well, lots of fun playing and experimenting with the different fibres. Couch grass was a favourite as it is something that just about everyone has, but definitely want to get rid of, so creating it into something useful or simply having a use for it is great. Now there is a new purpose to these grasses, stubble, weeds, vines and leaves from our gardens.

these are all wonderful materials to make baskets out of as they are easily accessible. Ryegrass, the farmers curse, stitches up into beautiful strong baskets It was lovely to have young Vallie who came along with her grandmother Carol from Kulin. Vallie finished and decorated her basket by the end of the day.

It's great to have young students join us.

The best part about this type of basket making is the fact there is very little cost involved; weeds we find in our garden, on the road sides or prunings from our gardens, A ball of string or thread and a tapestry needle, With a ball of thread and a needle you can make baskets wherever you go..



Glenda Blyth demonstrating finishing off a piece of work.



Maalouf Ford

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DL: 2371

Ford Ranger FX4 Special Edition 2017 Double PU 4X4



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 - Tough Enough
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- Bold Breed
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 - FX4 embossed leather accented seats
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\$62,990

Drive Away

2016 Escape Trend 2.0L TDCi Diesel AWD



- 2.0 Litre Duratorq TDCi turbo diesel engine
- Fuel Economy: 5.5L/100km2
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- Rego: 1EYL043
- Demo not driven

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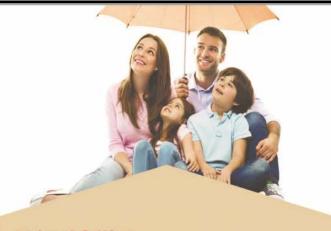
Lake Grace/Pingrup Netball Club

Net Set Go training will commence on Thursday 27 April, from 4.15 - 5.15 pm. Anyone interested who hasn't registered their child can contact me via email (kristiehobley@hotmail.com) or mobile 0427973206.

Netball Club shirt orders (junior and senior) will be done by the above date (27th April), so if anyone wants to order a club shirt let me know as well.

Jumper Presentation; Thursday 27th April at Sportsmans Club.

Come down and support your local teams in the season kick-off against Boxwood Hill on Saturday 29th April.



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Lake Grace Visitor Centre Committee

Annual General Meeting

Wednesday 3 May 2017, 1.00pm Lake Grace Visitor Centre



Agenda

- * Minutes of Previous AGM
- * Presidents Report
- * Financial Report
- *Election of New Committee



Committee Members
Needed!

Come join us and help develop tourism in our region.

All Welcome to Attend
For further information contact Chair,
Mikaela Knill on 0438 926 196 or
mikaelaknill@hotmail.com

Wheatbelt Doctors Punch Above Weight at Rural Awards

Media Statement - Rural Health West

Three doctors working in the Wheatbelt were recognised for their outstanding service and long-term commitment to rural communities at this year's Rural Health West Doctors' Service Awards held on 8 April.

Dr Steve Lai, a general surgeon based in Narrogin, received the Award for Extraordinary Contribution to Outreach Services. With a caring, compassionate nature Dr Lai has performed surgeries at Narrogin, Merredin and Katanning hospitals for more than 20 years, enabling Wheatbelt residents to access vital surgeries close to home.

Dr Olga Ward, who cares for patients living in Bruce Rock, Merredin, Narembeen and Westonia, received the Award for Remote and Clinically Challenging Medicine. For the past 15 years, Dr Ward has boarded her plane 'Pinky' and flown between these rural locations to provide family medicine, women's health clinics, minor surgeries and emergency cover throughout the Eastern Wheatbelt.

Dr Ward said she has many memorable moments working in the Wheatbelt.

"There are lots of highlights including learning to play badminton – Southern Cross rules, watching the Westonia Hood-Penn museum come to life, eating yabbies from my receptionist's dam for lunch in Bruce Rock, and making lifelong friends with astonishingly talented and versatile people," Dr Ward said.

Dr Marie Fox from Grey Street Surgery was also recognised for her longterm service to rural medicine, which spans 20 years.

The doctors were presented with trophies for their contributions to ensuring rural and remote communities have access to quality healthcare at the Rural Health West Awards Night and Gala Dinner.

Rural Health West Chief Executive Officer Tim Shackleton said it was a privilege to acknowledge the commitment of these rural doctors.

"Having continuity of care and building a relationship with your doctor is so important to people living in rural communities. It enables people to build rapport and trust with their local doctor which has a positive impact on their health," Mr Shackleton said.

"These doctors have dedicated their careers to supporting rural communities and should be proud of the contribution they have made to the health and wellbeing of people living in the Wheatbelt."



Above: Dr Marie Fox was recognized for long-term service to rural medicine.



Above: Dr Steve Lai received the Award for Extraordinary Contribution to Outreach Services.

- Opening Day 2017-

Lake Grace Golf Club

Sunday 30th April

Names in by 1:45pm for a 2pm hit off

9 hole event

2 person ambrose

BBQ tea to follow, members please bring a salad.

Sponsored by Fyfe Transport

Everyone Welcome!





f 💆

Steve & Kim Rural Enterprises

Bendigo Bank Bigger than a bank.

Lake Grace Mobile Crutching & Dipping

Fully staffed 3 stand crutching cradle.

We have a limited number of vacancies for our crutching program book in.

Our all steel "Peak - Plunge" Plunge Dip is available for all "off - shears" lice control.

Fully staffed contract rates or dry hire option available.

Phone Steve 0428 651 053

Humour

A Real Gut-Buster

A woman noticed her husband standing on the bathroom scale, sucking in his stomach. "Ha--! That's not going to help," she said.

"Sure, it does," he said. "It's the only way I can see the numbers."

New Words for 2017

These words are *so* joining our vocabulary in 2016! **Chairdrobe (n.):** piling clothes on a chair in place of a closet or dresser.

Epiphanot (n.): an idea that seems like an amazing insight to the conceiver but is in fact pointless, mundane, stupid, or incorrect.

Internest (n.): the cocoon of blankets and pillows you gather around yourself while spending long periods of time on the Internet.

Textpectation (n.): the anticipation felt when waiting for a response to a text.

Unkeyboardinated (adj.): when you're unable to type without repeatedly making mistakes.

Toto, We're Not in Cans Anymore...

What did the Tin Man say when he got run over by a steamroller?

"Curses! Foil again!"



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Sensational Food

Suzanne Reeves

Food Sensations® for Adults is a state wide nutrition and cooking program and it's going to be at the Lake Grace Community Resource Centre during the month of May. The sessions are good fun with participants taking part in an interactive session via videoconference before cooking a meal which everyone sits down to enjoy together.

It has been designed to give participants a good understanding of healthy eating, as well as skills in how to purchase and prepare healthy foods. All sessions are hands-on, fun and provide a safe environment to try new recipes and skills.

Funded by the WA Department of Health the four-week program consists of four sessions which cover the following:

Session 1 - 'Healthy eating and cooking'

Session 2 - 'Label reading, food selection and cooking'

Session 3 - 'Meal planning, budgeting and cooking'

Session 4 - Cooking and an optional topic

Participants must attend ALL four sessions.

This is the third time that the Lake Grace CRC has run the program, anyone wanting to take part is asked to give the CRC a call on 9865 1470. Places are limited.

Rosey Chircop 'Jill of all trades'

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- Residential Cleaning
- Commercial Cleaning
- Carpet Cleaning
- Window Cleaning
- · And anything else

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Attracting and selecting the right staff can make or break your business.

From pay and employment conditions to tax and superannuation, our advisers provide free advice that will ensure you fulfill the legal obligations you have to your workers.

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Business Local

A Small Business Development Corporation service funded by the Government of Western Australia

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Small and Large Loads

Grant Oborne - Lake Grace

Mobile: 0427 651 367

oborne.concrete@gmail.com
facebook = Oborne Concrete

News From the ATO

Taken from www.ato.gov.au/Newsroom/smallbusiness/

Rewarding employees on top of their usual salary?

Do you reward employees on top of their usual salary to show your appreciation for a job well done? It is important you keep track of the benefits you provide. It will also help you work out if you can claim any deductions for your business.

A company car or motorbike, use of a holiday home, gym memberships, accommodation, concert tickets or other lifestyle assets are usually considered fringe benefits, so it's important to keep a record of each asset and how it's used.

With the deadline for FBT returns on 21 May approaching, up-to-date records can help you get things right when you lodge your activity for the year. Remember, registered tax agents and BAS agents can help you with tax and super advice.

BAS lodgement in April

We are undertaking planned system maintenance in April and May to install new data storage hardware in time for Tax Time 2017.

We are carrying out this work over weekends and public holidays as much as possible to minimise the impact on you.

During this time our business systems will be unavailable, including:

ato.gov.au

- Standard Business Reporting (SBR)
- AUSkey
- Australian Business Register
- ATO Online
- Business Portal.

Lodging and paying your BAS

As our business systems will be unavailable over the Easter weekend, be sure to allow enough time to lodge your monthly or quarterly BAS by the due date.





No chocolate for Easter this year?

How about some delicious WA made flavoured nuts! Available at the Lake Grace Visitor

Ph: (08) 9865 2140 Igvisitorscentre@westnet.com.au

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PUBLIC NOTICES

Sally Dickinson

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

CWA Bookings

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

Holyoake Community Alcohol and Drug Service

Matthew Beiger Counsellor/Diversion Officer Ph: 08 9881 1999

Cancer Support Coordinator

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

First Aid Kits

Are now available for purchase at CCL Hardware Lake Grace.

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.

Salt Rock Band

Contact details Linda: 0417 373 827 Gary: 0429 651 249

BASS PLAYER WANTED, NEEDED, DESIRED

Golf Club

Needs a cleaner for weekly work 2 hours per week Contact Murray Stanton on 9865 1108

CHURCH TIMES

Anglican Church of Lake Grace

Sunday 16th April

Lake Grace 9am

Father Dave present

Sunday 23rd April

Lake Grace No Service

Enquiries: Father Dave 0427 545 560

Wally Perry 0448 795 070

Lake Grace Catholic Church

Thursday 13th April (Holy Thursday)

Lake Grace 7pm

Friday 14th April (Good Friday)

Stations of the Cross

(Nolan's farm)

Lake Grace 3pm

Saturday 15th April

Kukerin 5pm Lake Grace 7pm

Sunday 23rd April

Lake Grace 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	Nicole Argent	0428 315 773	knargent@bigpond.com
Craft Group	Meet at the CWA Bu	ilding Saturdays	from midday onwards
CWA	Suzanne Reeves	0427 651 310	lakegracecwa@gmail.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	lakegraceelc@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Elle McPherson	0427 392 773	lakegraceplaygroup@mail.com
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Lauren Duckworth		laurenalex@westnet.com.au
Winter Sport			
Lake Grace/Kukerin Hockey Club	Tash Bowman	0407 987 293	lgkhockeyclub@outlook.com.au
Lake Grace/Pingrup Football Club	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Lake Grace/Pingrup Hockey Club	Taryn Borgward	9820 1049	taryn@pingruptraders.com
LG/P Jnr Football Club	Missy Clifford	0407 190 177	lhpjfc@gmail.com
Lake Grace/Pingrup Netball Club	Claire Wells		lgpnc@outlook.com
Lake Grace Golf Club	Gary Frost	0429 651 094	golfclub@lakegrace.wa.au

Crisis Care Numbers

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

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDAR

Good Friday Fri 14

Sat 15 Rubbish tip open

Steak Tea @ Sportsman's Club

Sun 16 Rubbish tip open

Mon 17 Rubbish Collection & rubbish tip open

Recycling Collection

Easter Monday

Tue 18 Men's Shed (morning)

Chair Aerobics 10:45am at Village Hall

SOYF Seniors Program -10am @ Shire

Building Surveyor in Lake Grace

Wed 19 Rubbish tip open

HACC Activity & Morning Tea 10-11:30am

Excel for Beginners Workshop 9:30am

Fri 21 Fish & Chips @ Sportsman's Club

HACC Bus Outing

Deadline for Lakes Link News

Sat 22 Rubbish tip open

Steak Teas @ Sportsman's Club

First Fixture for Roe Districts Women's Hockey LG/Kuk v Corrigin @ Kukerin

Sun 23 Rubbish tip open Mon 24 Rubbish Collection & rubbish tip open

SwimAbility Trip to Narrogin

Tue 25 Men's Shed (morning)

Chair Aerobics 10:45am at Village Hall

SOYF Senior Program - 10am @ Shire

Hall

ANZAC Day Service

Wed 26 Shire Meeting 3:30pm

Downloading Photos from Phone & Tablet

Workshop

Term Two starts

Yoga With Tara Cook Starts

Rubbish tip open

HACC Activity & Morning Tea 10-11:30am

Dr Linda Haines in Lake Grace

Thur 27 Dr Linda Haines in Lake Grace

Coming Events

30th April - Golf Open Day

2nd May - Lego Club Starts

2nd May - Op Shop Opening

3rd May - Facebook Workshop

3rd May - LG Visitors Centre Annual General

Meeting

4th May - Food Sensations Workshop

5th May - Driving Assessor in Lake Grace TBC

9th May - CWA Meeting

11th May - Food Sensations Workshop

18th May - Food Sensations Workshop

25th May - Food Sensations Workshop

Shire of Lake Grace

Burning Permit Notice

From midnight Thursday 13 April 2017 until midnight Monday 17 April 2017 (Easter)

all burning permits will be revoked.

Please plan any burning around these dates.



Thank you

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

Sudoku

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

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