

# LAKE GRACE DRIVER REVIVER NEWS

Produced at the  
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## Play It Safe, Stop for a Hot Beverage

By Suzanne Reeves

It was wheels off the van and urn on the boil for the volunteers who manned the Driver Reviver van during the Easter break. Unsure on what numbers would be driving through due to Easter falling in the middle of the school holidays, volunteers were amazed at the endless traffic on the road.

Twenty volunteers committed 57 hours of their time to provide a hot beverage and a welcoming smile for the 21 hours the van was open. The van whipped open the hatch mid afternoon on the Thursday and was open all day Friday for the traffic making their way to their Easter destination; Esperance and Hopetoun's fishing competition seemed to be popular. It then reopened on the Monday for the return traffic.

A Roadwise initiative, the van has been the flagship of the Roadwise committee that began in 2000. Initially the driver reviver was run by the police using their own resources with the assistance of a few volunteers until a grant application was put in in 2002 for a standalone facility. The initial van was an old caravan that was refitted through local sponsorship. Lake Grace's Volunteer Fire Brigade and Lake Grace Lions took on the task of staffing the van while Roadwise managed the supplies and any publicity.

As it was obvious that the old van may not make it through too many shifts of hot beverage serving, Ray Bird went on a mission to seek out a new van while



*In 2009 the old van was still doing its bit with volunteer fire brigade officers Marcus Owen, Ray Bird, Derek Stanton and Reid Stubberfield. Photo Suzanne Reeves.*



*In 2014 the new, purpose built van meets all expectations for the Roadwise committee and the travellers it encourages to stop. Photo Suzanne Reeves.*

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# LAKES LINK NEWS

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Colour	\$150.00	\$150.00	\$160.00

*Conditions do apply.*

## Deadlines & Editions

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

**Next Deadline**  
Monday 5th May

**Next Edition**  
Thursday 8th May



**CRC Opening Hours**  
9:00am - 5pm  
Closed from midday to 1pm for lunch during school holidays or if short staffed.

**Library Opening Hours**  
Monday to Thursday CLOSED on Friday  
9am - midday then 12:30pm - 5:00pm

# Thanks

To the **very** dedicated team who have produced and compiled this edition of the Lakes Link News.

Dick Phillips                      Elsie Bishop  
Gwen Oliver

Thank you also to our many contributors of articles.

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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.

3) No articles, letters or advertisements will be accepted which may appear to be defamatory or accusatory, or to favour one side in a legal dispute.

4) Lakes Link News reserves the right to shorten or otherwise amend any contribution other than advertisements.

**360 copies printed and sold each fortnight**

# Editorial

- Apologies for those who wished to undertake licence testing over the school holidays. The glitch that was caused by the upgrade has been repaired and everything is once again fully functional. Thank you for your patience.
- Westlink are screening a live simulcast of William Shakespeare's 'As You Like It' on Friday 30th May. For those who are unaware Westlink is accessible on home TV's as it comes with VAST. If any of you are watching any of the Westlink programmes at home could you please let me know so that I can pass that information onto Westlink. Not everyone can access from home so they are keen to get some information from our area. As part of our funding we are expected to get people watching these shows, however we understand we cannot compete with the comfort of being at home on the lounge in your pj's.
- A big thank you to Narelle and Danielle for holding the fort while I attended a family function, and did a bit of touristy stuff in Canberra. Most of our eastern state rellies couldn't understand why we would spend a week in Canberra but I have to say it is well worth a visit. Would caution anyone against using a backpack to put all your stuff in, they don't seem to like them so probably better to go armed with a shoulder bag (or really big pockets).
- The Driver Reviver was a great success over the weekend, could almost justify having a cow chained up out the back to keep the milk supplies up. If you would like to put your name down for future rosters then please contact myself at the CRC and we'll add you to the list.
- Thank you to everyone for getting their information in this fortnight as it has been a bit of a challenge with the short week.

Suzanne Reeves

## Westlink Program Guide

**May 2nd, 6th, 9th**  
9am, 1pm, 3pm & 6pm

### Loving Life in the Country

Westlink has produced an informative and inspirational program highlighting life in the country including how the Community Resource Centres are involved. Featuring individual interviews from residents in Hopetoun, Pingelly and Ravensthorpe, this program will give viewers an insight into why so many people just love country life.

10 minute broadcast.

**May 5th, 8th & 12th**  
9am, 1pm, 3pm & 6pm

### Project WA

A series of programs made by the students of Edith Cowan University Broadcasting course and members of the WA Screen Academy looking at events that have shaped and are shaping Western Australia.

30 minute broadcast

If you wish to watch any of these shows on Westlink please book in with teh Lake Grace CRC.

## Westlink is pleased to present the Black Swan Theatre's production of William Shakespeare's 'As you like it'.

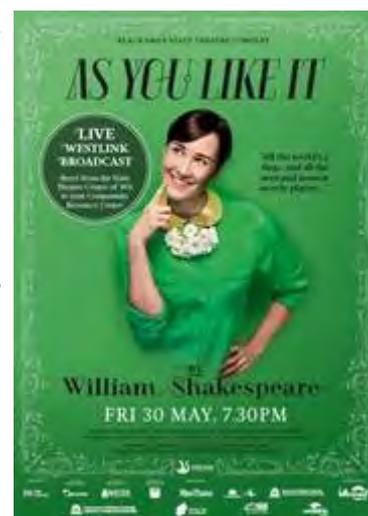
Black Swan State Theatre Company is broadcasting a live performance of *As You Like It* in real time from Perth's State Theatre Centre to regional WA.

**Synopsis:** *As You Like It* is one of the most beloved romantic comedies of all time. Playful, passionate and enchanting, the topsy-turvy tale of Rosalind and Orlando is chock-full of outlandish characters and some of Shakespeare's greatest lines. Full of wit, wisdom and warmth, it's the perfect play for anyone who's ever been in love.

**Date:** Friday 30 May 2014

**Time:** 19:30 (duration approximately 2 hours 40 minutes)

**Further information:**  
[Black Swan Theatre](#)  
[Company website](#)



## Workshop Calendar...

**Beginner Word** - Friday 9th May. FREE  
Opening a new document, Changing your view, Page formatting, Cutting, copying and pasting, Fonts and font activities, Saving & save as, Aligning your work, Bullet points, Spelling & grammar check, Borders, Tabs and Printing your document.

**Microsoft Excel** - Friday 16th May. FREE  
Finding your way around the workbook, cells, resizing & merging, inserting rows & columns, borders, filtering and formulas.

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

# Young Aussies Fail to See Road Dangers

Young Australians are more likely than other age groups to think the biggest road safety concerns for P-plate drivers are outside of their car and not in it, according to new research released during National Youth Week (April 4-13).

Slater & Gordon motor vehicle accident lawyer Genevieve Henderson said the firm's research of 2,000 Australians showed young people (aged 16 to 24 years) were less likely to identify factors inside the car as safety hazards for a probationary driver.

"These internal factors included talking on a phone while driving – 25 per cent of young people ranked this as the biggest danger facing P-plate drivers compared to 40 per cent of all ages – their own speeding (22 per cent versus 29 per cent) and distracting passengers (14 per cent versus 17 per cent).

"Younger people also tended to underestimate the dangers to P-plate drivers of drug driving (26 per cent, compared to 28 per cent of all Australians) and texting while driving (44 per cent versus 47 per cent).

"These results showed that young people are still grappling with emerging issues like mobile phone use and driving while drugged, and that our relevant road safety campaign messages or even the risks of penalties are yet to sink in."

Ms Henderson said younger respondents were more likely than older Australians to think some of the biggest risks to P-plate drivers were outside the car.

"For example they ranked drivers who hoon (31 per cent v 28 per cent), other motorists driving dangerously (9 per cent versus 6 per cent) and being a victim of road rage by another driver (7 per cent versus 3 per cent) higher than the respondents of other ages," Ms Henderson said.

"What our findings suggest is that young people may be lacking self-awareness about their own actions behind the wheel, with many of them believing that driving dangers are external to them and that other motorists are to blame.

"The sad fact is that Australia's young drivers are over-represented in serious road crash statistics. They make up just 14 per cent of all licence holders, but are involved in about 25 per cent of serious incidents\*.

"While drivers of any age should look carefully at their behaviour on the roads, the sense of invincibility assumed by some young drivers, coupled with their limited experience, can be a dangerous mix.

"It is clear that young drivers benefit from support and education, particularly from an early age, to minimise their risky behaviours.

"As a community we must focus on continuing to raise awareness and instilling safe attitudes and behaviours in young drivers."

Ms Henderson said in other key findings, drink driving was identified by more than half (54 per cent) of all Australians as the number one danger to P-plate drivers, but it was rated even higher by respondents aged between 16 and 24 years (63 per cent).

"Key results showed that young people were far more concerned than other ages about the dangers to P-plate drivers of driving under the influence of alcohol," Ms Henderson said.

"This could be proof that our younger generations are heeding long running warnings around drink driving, warnings which they would have been exposed to throughout their entire life."

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## Letter To The Editor

Dear Editor,

Recent research conducted by Slater & Gordon showed that compared to other age groups, young people were more likely to think that the biggest risks to probationary drivers were factors outside the car, such as other motorists driving dangerously and being a victim of road rage.

On the other hand, the same group were less likely to identify factors inside their car – such as using a mobile phone, speeding or distracting passengers – as the leading safety risks for P-plate drivers.

This tendency to identify external factors as safety risks, may help to explain why young drivers are over-

represented in Australia's serious road crash statistics.

In fact, National Transport Council research tells us young people make up just 14 per cent of all licence holders, but are involved in about 25 per cent of serious incidents.

I urge novice drivers to reflect on their own driving behaviours, and as parents and community members we must continue to offer support and education to keep our roads safe.

**Genevieve Henderson**  
**Motor Vehicle Accident Lawyer**  
**Slater & Gordon Lawyers**

# Happy Birthday



- 24th April Beth Curtin  
Jaspar Marshall
- 25th April Alan Stubberfield
- 26th April Bianca Zweck
- 27th April Helen Hunt  
Anna Hunt  
Jake Cameron
- 29th April Jabin Moore  
Rohan Bishop  
Michael Hardy  
Denica Stoffberg
- 4th May Lakes Link News  
Nadene Owen  
Ross Young  
Miranda Wallace  
Kane Pinney
- 5th May Maria Taylor  
Delys Giles
- 6th May Karissa Pelham  
Marcia Trevenen  
Emilee Eaton  
Alison Dines

# What's Happening?

- Congratulations to Skete and Kate Bennett on the arrival of their baby boy, Hudson Harrison Bennett on Wednesday 9th April. Hudson weighed 3.250kg and is a little brother for Harlee.
- Sympathy to Andrew Hovell and Nadia Smith following the recent death of Andrew's brother, Michael Hovell.
- All the best to the winter sports teams who play their first fixtures this weekend.

# Anniversaries

- 26th April Shelley & Chad Stanton
- 28th April Lenore & Terry Gladish





Kaye & Warren Roper & family would like to thank everyone for their kind thoughts , cards & condolences on the recent loss of Kaye's father Bill Thomas.



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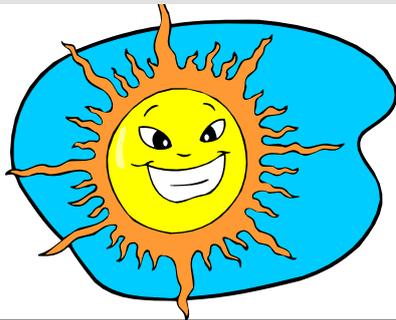
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# Lake Grace Weather

- Terry Gladish



## Weather Extremes for April

Highest Monthly Rainfall	117.3	1919
Lowest Monthly Rainfall	0	2009
Highest Number of Rain Days	13	1975
Lowest Number of Rain Days	0	2009
Highest Daily Rainfall	66.3	2/4/1964

Date	Min	Max	Rain
9/4	13.8	27.2	
10/4	16.8	27.3	
11/4	14.8	29.8	
12/4	15.1	32.7	
13/4	16.4	31.5	
14/4	15.0	33.4	
15/4	16.3	26.6	
16/4	15.2	24.5	
17/4	10.6	23.9	
18/4	13.6	24.6	
19/4	10.4	25.9	
20/4	12.2	22.6	
21/4	10.6	20.3	
22/4	5.8	23.2	
23/4	5.9		



Ph: 9865 2489

**Our counter is FULL of ready-to-go lunch items.**



You can take them straight away and heat at your leisure or we can do it for you! Items changing regularly so you always have a fresh choice. Salads, Turkish toasties, pita breads and wraps are just some of the things we do. Why not come to Caffè Arjo and see what yummy things you can have for lunch today?



## Imogen Achieves Her Goal

With her medal tucked safely into her hand luggage it was a sense of "mission accomplished" for Lake Grace athlete Imogen Taylor as she boarded the plane for her return to Perth following her success at the 5th Australian Junior Athletics Championships at Sydney's Olympic Park last month.

Representing Western Australia at her second Championships, Imogen had set out a week earlier with the goal of making at least one final at the nation's premier junior athletics competition.

Competing in the under 15 girls 200m hurdles, 90m hurdles, discus and shot put and the Under 16 4x200m relay, it was a busy week for the former Lake Grace District High School student, who celebrated her 14th birthday on her first day of competition.

Just missing out on a finals berth in the 200m hurdles despite setting a new PB, and another PB in a strong 90m hurdles field, she had to rely on her throws to achieve her goal.

Discus was next on the programme, and with her third and final attempt of the preliminary round Imogen launched herself into fifth place with a throw of 31.67m. With the eight finalists then enjoying another throw Imogen held onto her fifth place, delighted to achieve her competition goal of a finals berth.

Relaxed and confident after reaching the target she set for herself and fresh after a rest day enjoying the attractions of Olympic Park, it was back to the track for the final day of competition.

With storms threatening and finally delivering just before the start of the shot put it was far from an ideal warm-up as competitors lingered in the call room tent when the event was suspended due to an impressive lightning storm. When the girls finally made it out to the field they were greeted by a wet circle and muddy sector.

After two rounds Queensland's Siiva Tafiti was the clear leader with a massive put of 14.14m breaking the Meet Record and sending a message to the rest of the field - "catch me if you can!" Queenslander Ellie Bowyer was next with 12.07m.

Determined to better her seventh position, Imogen's final throw of the preliminary round landed in a huge mud puddle, splattering the bedraggled official and sending ripples of laughter through the crowd. When the announcement of 11.99m came in it was a competition PB for Imogen and a meagre 2cm ahead of third-placed NSW athlete Josephine Ritchie.

With the top eight embarking on their final round in reverse order it was a nerve-wracking experience for Imogen who listened intently to each result to see

whether any were bigger than her 11.99m thereby knocking her out of medal contention.

With four throwers down and only one to go who could rob her of 3rd spot, discus gold medallist Stephanie Sciglia came out determined to add to her medal tally. Imogen looked on nervously - it was a good throw that looked bigger than her earlier ones...

It seemed to take forever for the officials to announce the distance, and then it came... 11.98m - Imogen had won the bronze by just one centimetre!

Delighted, relieved and maybe even a little surprised, the medal presentation was thoroughly enjoyed and particularly sweet following a troublesome stress fracture in August that thwarted training in the lead-up to the season and persisted throughout the summer, forcing Imogen to back off her sprints and hurdles, abandon her jumps and approach her throws with caution.

But with that bronze Sydney souvenir slowly winging its way west, all the trials and tribulations finally seemed worthwhile, and the mission had been accomplished.

**Below: Imogen Taylor proudly displays her bronze medal. Photo supplied by Maria Taylor.**



# Sister Regina Naisbitt RNDM

24/05/1944 - 23/03/2014

We gather today to celebrate and give thanks for the life of Sister Regina Naisbitt. We are here because Regina touched the lives of each one of us in some way.

Regina was born Winifred Mary Naisbitt, youngest of nine children of Edward Naisbitt and Winifred Stacey at Lake Grace on 24 May 1944. They were a pioneering family in the Lake Grace district. She grew up in a loving family environment. The large Naisbitt family were very close and all learned from a young age to look out for each other and to help on the family farm.

She was very proud of all her extended family, the many nieces and nephews, grand nieces and nephews, keeping in touch and speaking fondly of them so often.

Regina throughout her life remained a country girl at heart. Wherever she lived she would always have a vegetable garden and provide friends and neighbours with fresh vegetables and always reminded us to pray for rain for the farmers.

The Catholic Faith was an integral part of the Naisbitt family life with the Rosary being recited every night. Regina absorbed the strong faith of her parents and learned her Catechism at her mother's knee.

Due to the great distances Regina was taught by her mother through correspondence classes until she was 8 years of age when she went to board at the Convent in Wagin. It was there that she first met the Sisters of Our Lady of the Missions. Her secondary education was at the Juniorate Virgo Potens, in Fremantle.

I first met Regina over 52 years ago when we entered as Postulants at Highgate. There were initially five of us who began that journey through Novitiate and made first Profession on 8th September 1964. In those days family could visit once a month and she so looked forward to Visiting Sunday to reconnect with some of her family who might be in Perth. Through the ups and downs of the rigours of Religious Life prior to Vatican II, we bonded and remained close friends over all these years.

Regina professed her Final Vows on 8th September 1970 in the Highgate Chapel.

The great loves in Regina's life were - her God whom she served lovingly and faithfully as a Sister of Our Lady of the Missions for over fifty years; her family and the extended Naisbitt family; her many friends and parishioners whom she met along her life's journey.

Regina was a loving person - she loved people and people loved her. It was her gentleness and caring concern as well as her warm sense of compassion that endeared her to so many. She was happiest when she was organising either the Liturgical life of the parish; sacramental preparation; prayer groups; meditation groups, or gatherings for people in the parish such as

dinners for eight; soup mornings to raise funds for a snake bite clinic in India; young mums groups, visiting and taking communion to the sick; or various social occasions etc. As well as all the activity Regina was a woman of deep prayer and contemplation which was the source of her inner strength.



As I listened to the opening hymn Christ Be Our Light - I realised that it was the Light and Love of Christ that shone through Regina and that was why she attracted people to her and was remembered and treasured by all who met her.

As a qualified teacher Regina spent nine years as a classroom teacher. St Paul's Mt Lawley was the scene of her first teaching appointment. She also taught at Applecross and Sacred Heart Primary school Highgate. However, she later branched out into other areas of ministry including as Province Secretary; Parish ministry and Pastoral Associate.

In 1979, much to her joy, she returned to Lake Grace as part of the Motor Mission Team and spent four wonderful years in this mission and it was during that time she realised her great desire to work in Parish Ministry. She found this ministry both fulfilling and challenging as it involved many hours of travel but the joy for Regina was meeting people at the ten different Mass centres. Being close to her family was also another gift. Building community and involving parishioners to take their rightful role in living out their Baptismal calling in the life of the parish was one of her driving ambitions. At one time she was left in charge for four months and she relished the opportunity and the great support and cooperation of all the people. Regina had a dream that she may one day be ordained as the first female Priest - we used to say to her Dream On...

She had a number of opportunities for formation and renewal including a Tertianship at our International Formation Centre in Rome; undertook a Clinical Pastoral Education course in Melbourne as well as a Sabbatical Year at Boston College. A Pilgrimage to the Holy Land with a group from Busselton parish was a highlight in her life.

Regina worked in two Jesuit parishes, Hawthorn in Melbourne and in 1992 she was invited to take on the role of Pastoral Associate in the Jesuit parish of Toowong, Queensland. After much discernment it was agreed she would accept this invitation. It was here that she met Saba a young woman from Africa whose education was being sponsored by the parish. She shared the parish house with Regina and they became firm friends. They kept in touch and recently while Regina was in Melbourne she spent a couple of days

## Sister Regina Naisbitt RNDM *(cont.)*

with Saba, her husband and two young children. She told me they made her so welcome she felt like the Grandmother of the family!

Busselton was the next scene of her Pastoral ministry. She joined the parish Team in 1996 and made a significant contribution to the vitality of parish life for 12 years. Busselton was in fact one of the first RNDM mission foundations from Highate in the early 1900's. Here again Regina loved the interaction with parishioners and the many and varied groups she worked with. She appreciated the Parish Team approach together with Father Leon and other staff members.

In a Biography she had to provide for her Sabbatical program she wrote: "Working with the Laity and enabling them to live out their Baptismal responsibility in the Church today in ministry and mission gives me great hope. Being a woman and seeing women's rights being recognised in the Church as well as society also encourages me."

In 2008 Regina joined the Maylands community. It was at this time that the health of Mary Evans was deteriorating and Regina took great care of Mary and supported her through her difficult days of chemotherapy treatment. Regina was also very hospitable and enjoyed cooking and welcoming visitors. She also took up part time Pastoral Associate role in St Paul's Parish Mt Lawley.

In the past couple of years as her own health deteriorated and the final diagnosis named she seemed relieved that at last she knew what was ailing her. She moved to Menora Village and continued when possible some Pastoral ministry in Mt Lawley parish. However, we know that she suffered much pain and discomfort but was always gracious and appreciative for any assistance given her.

Throughout all her years in ministry Regina was like a conduit - she kept in touch with so many people in so many places both in Australia and overseas. If you were a friend of Regina's you were a friend for life! Whilst she entered into the modern era of communication with email/skype/texting she also liked to receive a card or letter in the mailbox and she was a faithful correspondent.

In fact last Friday while I was in Rome I had a Skype conversation with Regina - it was early morning for me and afternoon here in Perth. She was in good form and had just had her hair cut - I commented on how nice her hair looked and she told me that the curl was going out at the back! She again told me that her visit to Melbourne was just such an enjoyable time and she was thrilled to catch up with so many of her friends as well as the sisters. She was not really looking forward to the treatment she was to begin this past Tuesday.

Whilst in Melbourne Regina asked me to take her shopping to some Factory Outlets as she wanted to buy some new clothes. We went shopping on Thursday

afternoon and she bought a few new pieces from a \$10 rack - She always liked a bargain! However, later that afternoon she received the results of the blood test she had had earlier that day and it was not good news. She commented to me "Now I feel guilty buying those new clothes as I may not have time to wear them". I replied "Regina you will have plenty of time to wear those new clothes".....little did I know.

That same evening Patricia Keogh and I had organised to take Regina out for dinner as an early 70th birthday celebration. We had a lovely evening reminiscing about the past 50 years and laughing about some of the shared stories of our early days in various communities.

2014 was to be a special year for Regina - the big 70 in May as well as celebrating a Golden Jubilee of Profession in September. Regina will be now celebrating these special occasions in a different way! As our merciful God obviously considered she had suffered enough so He called her home to her eternal reward last Sunday - a blessing for Regina but a great shock to us all.

The headline on our RNDM website reads Missionary Women with a Heart for the World - Regina was truly an RNDM Woman with a Heart for the World. She made connections in a whole range of ways and supported our International Missions.

I received an email from Sister Margaret Maung, Province Leader of Myanmar. The sisters there had been praying for Regina over these past few years as her health deteriorated. Regina had been the connection between special Partners in Mission in Busselton and our Myanmar Province. The sisters saw her as the Bridge connecting them to these generous partners.

I will conclude with the Prayer from the Myanmar sisters for Regina:

- In faith we entrust Sister Regina to the loving God who created her
- May she return to the One who formed her from the dust of this earth
- May Our Lady of the Missions and Euphrasie Barbier, the angels and all the saints welcome her as she goes from this life.
- May Christ who was crucified, bring her freedom and peace
- May Christ the Good Shepherd give her a place within his flock
- May her lived experience in Divine Missions as a fervent, faithful and zealous RNDM be fully awarded by our Triune God
- May she see her Redeemer face to face and enjoy the sight of God forever
- Eternal rest Grant unto her O Lord, and let perpetual light shine upon her
- May her gentle soul rest in peace

*Eulogy written by Sr Catherine Brabender*

**wheatbelt**  
natural resource  
management

# Bushcare Grants



**Up to \$15,000 available!**

**Do you have Bushland that needs looking after?**

**It may be on your property or it may be a local community reserve or a creekline.**

**Wheatbelt NRM wants to help communities and land holders to protect their local natural areas.**

**Bushcare grants will provide grants of up to \$15,000 to individuals, community groups and groups of neighbours to help cover the cost of materials for a range of activities including:**

- ▶ Fencing
- ▶ Revegetation
- ▶ Bushland weed and feral animal control.

Wheatbelt NRM recognises the value of community, so we are encouraging groups of adjoining land managers to work together and jointly apply.

**Applications close Monday 19th May 2014.**

For an application pack please go to our website below or contact Rachael Major on 9670 3119 or [rmajor@wheatbeltnrm.org.au](mailto:rmajor@wheatbeltnrm.org.au)



[www.wheatbeltnrm.org.au](http://www.wheatbeltnrm.org.au)

This project is supported by Wheatbelt NRM through funding from the Australian Government

[www.wheatbeltnrm.org.au/bushcare](http://www.wheatbeltnrm.org.au/bushcare)

# Sharing Experiences

*Article submitted by Shire of Lake Grace*

Winter sport season has started for 2014. Many have been busy training for a few weeks in preparation. The football, netball and hockey members shared a player's tea on Thursday 10 April with a guest speaker from the Paraplegic Benefit Fund Mr Keith Condor.

Keith became a paraplegic 27 years ago at the age of 20. It all started as an ordinary day waking up and thinking life was pretty good, he had ambitions of becoming an engineer. Keith and two mates had lunch with a few drinks; a jug of beer each at the local hotel 15 minutes out of town.

They got in the car together and his life changed in an instant. Keith became a paraplegic that day. He has dealt with never walking again, however during the evening he shared that the experience of losing his best friend has affected his life .

Sergeant Martin Downey was invited to attend the evening and in light of the tragic accident the previous week he spoke to everyone about the day and how drinking and driving can change people's lives.

The Lake Grace/Pingrup Football Club has recently joined Good Sports, with support from Project Officer Tony Smith they aim to change their culture and reduce high risk drinking. Under the program, the club will focus more on young people, families and sport participation and less on drinking alcohol. The Lake Grace/Pingrup Football Club is aiming to move through the process over the next 3 to 5 years.

Lake Grace Netball Club catered and prepared the delicious meal of Spaghetti Bolognese and salad.

At the conclusion of the evening a few brave people walked the line wearing goggles that simulate how it looks after a few too many drinks.

The evening was sponsored by the Shire of Lake Grace and Healthway Grant Sporting Resilience 'A better way to play'.



**Above: Sergeant Downey speaking about the trauma of car accidents.**



**Above: Sergeant Martin Downey, Keith Condor with Lake Grace/Pingrup Football Club President John Bingham**



**Above: Royce Taylor walking the line while Chloe Bairstow and Katherine Nolan wait their turn.**

*All photos by Cheryl Chappell*

## What a Ripoff!!!

By Tania Spencer

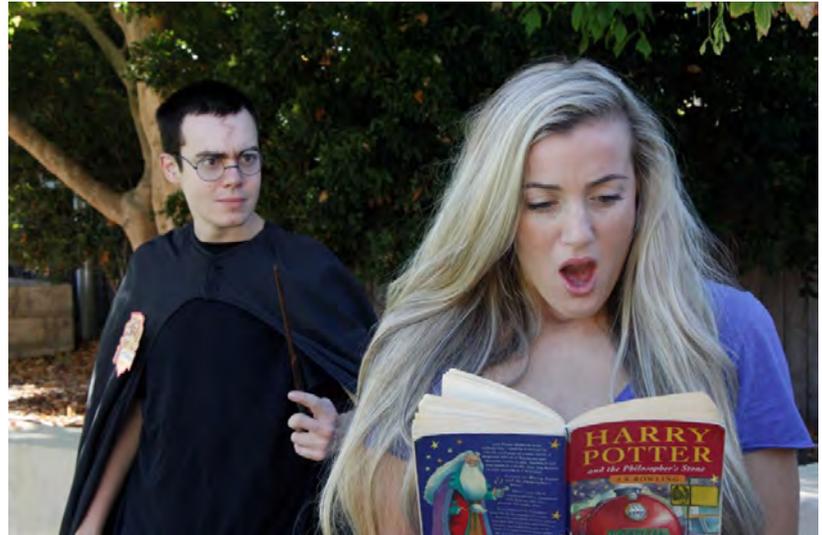
The Lake Grace Regional Artspace is pleased to bring to town the musical Harry Potter and the Total Ripoff for an evening performance on Saturday May 3rd at the Town Hall in Lake Grace.

The musical is set in small West Australian outback town of "Woolloomahbangerup" where they are presenting a new musical based on the stories of Harry Potter. The performance features Rayleen, a great admirer of the Harry Potter books, who longs to escape to a more exciting life.

A mysterious stranger appears and identifies himself as the real Harry Potter! Rayleen accompanies Harry on a quest to restore magic to the world and along the way meets many of her heroes: Sybill Trelawney, Albus Dumbledore, Severus Snape, Hermione, and Hagrid; and learns an important lesson about her own life.

The performance promises a great night with a feast of music song and comedy for all ages, with local schoolchildren joining the professionals onstage in the Hogwarts Choir.

Tickets are available at the Lake Grace Post Office and Sand 'n' Salt. Doors are open at 6.45pm for a fun night. There is a bring and share supper for interval time and a bar will be available. For further information contact Tania Spencer 9865 1339 or Kerrie Argent 9865 4042.



# Lake Grace Pharmacy

Monday - Friday 9.00am - 5.00pm  
Saturday 9.00am - 12.00noon

Phone: 08 9865 2641

Email: [lakegrace.pharmacy@gmail.com](mailto:lakegrace.pharmacy@gmail.com)

New trading hours from the 27<sup>th</sup> of April

9.00-5.30 Monday to Friday and 9.00-12noon Saturday

New Designer Brands cosmetics, sunglasses and readers in store

Bare Naked  
Theatre Company  
Proudly  
Presents

# Harry Potter and the Total Ripoff

a hilarious spoof that will have  
you Rowling in the aisles...



Materialising in  
a town near you

Lake Grace Town Hall

May 3<sup>rd</sup> at 7.30pm

Adults \$30

Children \$20

Table Bookings are Available

gumption

communication by design



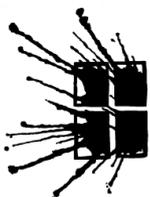
Comfort Inn Baseline River Resort



H A P P S

Baseline  
Derbyshire **TIMES**

Written by | Directed by  
**Stephen Quinn** | **Stephen Lee**



Hosted by

Lake Grace Regional Artspace

Buy your tickets from:  
Post Office, Sand and Salt,  
Kerrie Argent - 9865 4042  
Tania Spencer - 9865 1339

There will be wine and beer available.

In an effort to keep ticket prices down, please bring a plate of supper to share with everyone at interval.

# 'AUDACITY'

## *Lake Grace DHS & Lake Grace Community ANZAC Commemoration*

*The Australian soldiers of WWI were probably some of the strongest and bravest men in our history. They sacrificed it all, their family, homes and lives to keep the next generations of Australia free.*

*- Chloe Robertson*

*The Australian Lighthorse showed great 'audacity' all through Palestine, but especially as they attacked Beersheba. They all faced their enemy with courage, pushing them back and capturing the city and getting final victory. – Clayton Clunie*

*The Australian Lighthorse men demonstrated 'Audacity' by charging Beersheba successfully and courageously with only 800 men after 60,000 British soldiers had tried but failed. The bravery of the soldiers made Australia a free and democratic country. - John Berdin*

*In World War I, the Australian Lighthorse charged Beersheba with only 800 men. 60 000 men failed to take Beersheba in 12 hours. The Lighthorse succeeded in 1 hour. The soldiers showed audacity as they charged towards Beersheba with the Turks firing at them. - Adam Hunt*



*In WWI the Lighthorse and soldiers who fought, showed audacity during the war. Even if they knew it was impossible to take a town or push the Germans and Turks back, it didn't stop them because they knew that if there was a slight chance of succeeding they would take the chance. - Kyle Harradine*

*LGDHS cadets make their way across the school oval.*

*Those Australian Lighthorse men demonstrated great audacity through their courage, willingness and perseverance during World War I. Learning in more detail about that victorious attack on Beersheba made me understand further how much audacity these men needed to show during that time. Recognizing what the Australian Lighthorse men had to go through made me appreciate their valour and bravery more, and caused me to realise the importance and significance of ANZAC Day. – Holly King*

*The Australian Lighthorse men demonstrated great audacity in World War I. The British generals thought it would be impossible for 800 Australians making a mounted charge at Beersheba to win. The Australian men kept pushing and won in less than an hour, after 60,000 British troops could not do it within 12 hours. The Australians' bravery at Beersheba was overwhelming and they are always going to be respected for keeping the lives of Australians safe and defending us through good and bad. – Zhane Robertson*

# 'AUDACITY'

## Lake Grace DHS & Lake Grace Community ANZAC Commemoration



**Mr Neil Bishop**



**Travis Duckworth, Josh Pinney, Brad Clunie, Caylah Vlasich and Tylah Kennedy**

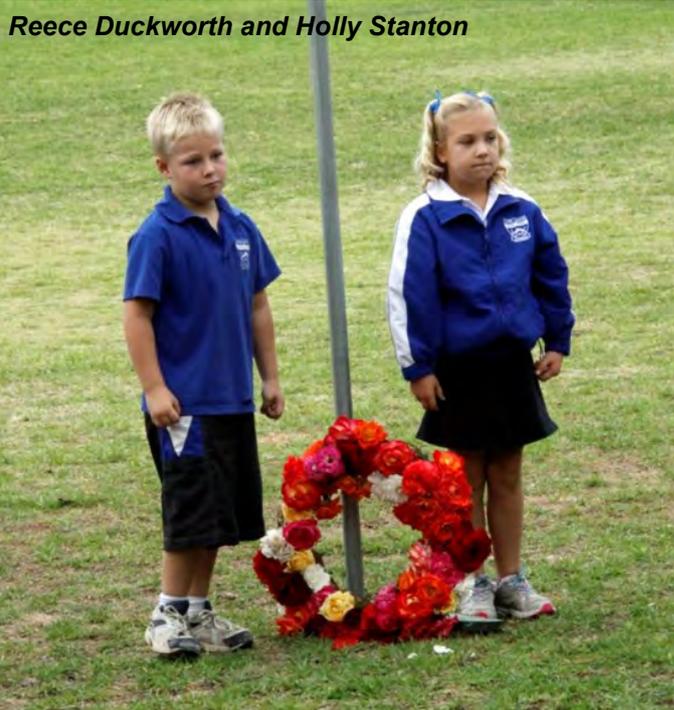
Even after the Australian Lighthorse men witnessed many troops fail in taking over Beersheba, they showed courage, determination and strength when charging at trenches filled with men armed with machine guns. They were constantly under fire from bombs and the sand that came up with the explosions. When they saw their mates fall in battle they carried on to take over Beersheba, showing they were not afraid of dying and would do anything for their country and their mates they were fighting alongside in the battle field in World War I. 800 Australian men were able to succeed and progress forward in war where 60,000 other men had not!

*Bianca Kennedy*

The Australian soldiers showed audacity during World War I even though they knew what could happen to them, they were willing to die for their country. They showed this especially while facing Beersheba, they knew that 60,000 men before them had tried to take on the town and had failed and with just 800 of them they still tried knowing if they failed they wouldn't return. It was because of their courage and bravery that they succeeded and proved the British wrong. – Demi Major

For the ANZAC Day Commemoration all the year 8's had a special job to do. All seven of us had to set up the things to make the event possible, such as: placing pin-up boards where they needed to go, putting the flagpole out and putting out all the chairs too. Thank you to the Returned Servicemen and the other cadets for doing a great job. Thank you very much to Ms Wilson also, for making the day possible. We couldn't have done it without you.

*Abbey Trawinski*



**Reece Duckworth and Holly Stanton**

All photos by Cheryl Chappell

# LIFT Report as presented to WA Grains Group

LIFT held their AGM earlier this month with Lauren Duckworth happy to remain as Secretary and Brad Watson to remain as Vice President.

Grant Marshall has been President for the last two years and is hoping for a replacement so he can concentrate on running the Meat and Livestock Australia pasture trial.

The group applied for and received a \$60,000 grant to conduct a three year pasture trial from MLA on the property of Royce Taylor, south of Lake Grace.

Purpose of the project is to investigate what hard seeded legume varieties are best suited to the Lakes area.

## Objectives

1. To determine impact of early sowing and later sowing on production and nitrogen fixation.
2. To measure the difference in nitrogen production and animal production of alternative legumes.
3. To determine which varieties are more tolerant to s/u herbicide in the eradication of prickly roly poly commonly found in the lakes area.

A panel of reps from the group and Planfarm Narrogin worked out the objectives and will help to run the trial. The Nyabing farm improvement group will be

conducting a similar trial and both groups would like to share information.

Rabobank are continuing with their funding for the group. Grain Growers Australia have indicated they would like to provide some annual sponsorship for the group.

Other plans for the year.

- Keith Devenish from DAFWA Narrogin has indicated he would like to run two Yield Prophet\* sites this year. The funding has ceased so the group could possibly fund two sites now we are more financial. Each site would cost \$500.
- Jeremy Lemon from DAFWA Albany has indicated GRDC would like to piggy back the MLA pasture trial .
- GRDC had proposed to run a trial in the area with Consultag. Instead they have offered to provide some funding and technical assistance with the trial.

Only early days yet, some technical assistance would be very helpful. The group is yet to get together to work out individual farmer trials.

The group also needs to employ a part time executive / admin officer as the busy time of year from March through to October is impacting on members of the group who also tend to be the ones volunteering for everything else in the community.

Overall the group has a bright future, it's just a matter of less people being able to do more which is a constant battle in country towns.

Thankyou  
Grant Marshall - LIFT president  
0429 649 030

\* *Yield Prophet is an on-line crop production model designed to present grain growers with real-time information about their crops. Yield Prophet generates crop simulations and reports to assist in decision making. By matching crop inputs with potential yield in a given season, Yield Prophet subscribers may avoid over- or under- investing in their crop.*



## Mr Rick Wilson MP Member for O'Connor

has established his second electorate  
office at:

Shop 5, The Link Shopping Centre  
St Emillie Way,  
Albany WA 6330  
(PO Box 5077, Albany 6332)

**Telephone:** (08) 9842 2777

**Facsimile:** (08) 9842 2577

**Toll Free:** 1300 652 061

**Email:** rick.wilson.mp@aph.gov.au

AG80153



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# LAKE GRACE HOSPITAL – Multi Purpose Service

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

TELEPHONE: **9890 2222** FAX: **9890 2202**

## Foreign Bodies



If you get a foreign body in your eye, go to the doctor or hospital as soon as possible. It is far easier to remove and less chance of rusting or infection if you seek help early.

*We get a lot of calls at the Hospital asking for the telephone number of the Doctor's Surgery— please keep these numbers handy for future reference:*

### **Lake Grace Doctor's Surgery**

**ph: 9865 1208**

### **Newdegate Doctor's Surgery**

**ph: 9871 1528**

**and ... the Lake Grace Surgery is closed  
12.30—2.00pm for lunch**

### **Primary Health Narrogin ph: 9881 0385**

Occupational & Speech therapists 30th April  
Physio (Lee) Friday 9th May & 23rd May  
Dietitian (Bimin) 7th May

## CRUTCHES SHORTAGE

We have a large number of crutches on loan in the community at the moment. If you have a pair of our crutches that you no longer require, can you please return them to the hospital? If you still need them, please keep them until you have finished with them.



## HACC & MPS Activity Programs:



### **Wednesday Morning Tea & Activity**

Hospital Activity Room  
30th April—Pamper (hand massage)  
7th May—Sing-a-long  
14th May—Games  
Time: 10am—11.30am  
All seniors welcome to attend  
(Transport and Light lunch can be provided  
- fees apply as per HACC fee schedule)

### **Chair Aerobics**

Each Tuesday @ 10.45am  
Lakes Village Hall  
Exercises for people with limited mobility



### **Foot Clinic**

Tuesday 13th May  
9.00—12 noon  
Lakes Village Hall



### **Bus Outing**

Next outing on Friday 9th May 2014  
Call the hospital to book ph: 9890 2222  
(Group outing fee applies)

### **SwimAbility**

Fortnightly trips to Narrogin for hydrotherapy on 28th April & 12th May 2014; call the hospital to book your seat.

*Regular newsletters advising of coming events are sent to HACC clients and seniors; if you would like to be on our mailing list call the hospital.*

## Immunisation:

Regular Clinics are held every month in Lake Grace and Newdegate.

### **Appointments are required**

Contact Elizabeth Trevenen  
(Child Health Nurse) on ph: 9890 2246



## DiETING For Stress

**Breakfast:** Half a grapefruit  
1 slice of wholemeal toast  
300ml of skim milk  
1 cup of decaffeinated coffee

**Lunch:** 80g of grilled chicken breast  
1 serve of steamed carrots  
1 cup of herb tea  
1 Tim Tam

**Afternoon Tea:** Rest of the Tim Tams  
2 litres of icecream  
1 jar of caramel sauce  
Nuts, cherries & whipped cream

**Dinner:** 2 loaves of garlic bread  
1 large supreme pizza  
6 beers  
3 Milky Ways

**Evening Snack:** Entire frozen cheesecake  
(while watching TV) directly from freezer

### Rules for this diet

1. If you eat something and no ones sees you eat it, it has no calories.
2. Things licked off knives and spoons have no calories, if you are in the process of preparing something, eg peanut butter on a knife, icecream on a spoon.
3. If you drink a diet soft drink when eating chocolate, the diet soft drink cancels out any calories in the chocolate.
4. When eating with someone else, your calories don't count if you eat less than they do.
5. Calories in food used for medicinal purposes NEVER count, eg. Hot chocolate, brandy, cheesecake.
6. Movie related food such as Jaffas, popcorn or Minties, do not add calories because they are part of the entire entertainment package.
7. Biscuit pieces contain no calories, because the process of breakage causes calorie leakage.



## Manufacturing and Erection of Quality Sheds

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Barry Price: 0427 824 063

A/Hrs: 9882 4062

Jon Price: 0428 751 185

[jon@pricerectations.com.au](mailto:jon@pricerectations.com.au)

# Gutsy Stuff Workshop

## with international artist Judy Dominic



1 day workshop at Lake Grace Regional Artspace

Dates – Friday 2nd May

9.30am - 4pm

\$125 for the day, payable before workshop,

Members price \$115

There will also be a materials fee of up to \$20.00 payable on the day

### About the workshop

When not being used to hold sausage together, gut is a very elastic material that sticks to just about anything and dries firm and semi-transparent when stretched. It can hold structures together, be used like a string, create walls or form a flexible shape. A great material to use, play outside the box – or rather, outside the tube - in this off-the-wall workshop. ~ All levels welcome.



# Mud Cloth Workshop (modified bogolanfini technique)

2 day workshop at Lake Grace Regional Artspace

Dates – Sat/Sun - 3/4<sup>th</sup> May

9.30 am - 4pm

\$250 for both days, payable before workshop

Members price \$225.

There will also be a materials fee of up to \$20.00 payable on the day

### About the workshop

The seemingly simple white design on black background cloth represents the serious artistic manner of telling the stories of village life in Mali, Africa. Learn about the traditional method of bogolanfini, dying cotton cloth with mud, as well as how that process is modified two different ways in the Dominic version. During the workshop you will create your own story designs using local muds on cotton and other natural fiber cloth. Connect with the earth and gain an appreciation of the Mali culture. ~ Beginners/intermediate dyers welcome.



## About Judy

Judy Dominic hails from southwest Ohio in the USA. She utilises gathered and scavenged natural materials and cast-off bits in her various forms of fibre art. Sensitive to the potential and possible in all things, she claims an ever-expanding pile of resource 'stuff'. Her basketry, mudcloth, naturally dyed clothing and book arts continue to be exhibited throughout North America as she teaches for guilds, conferences and educational facilities in an increasing number of countries. Articles and images in various books and publications help Judy promote fibre arts along with her involvement in local, regional, national and international arts organizations. Stitching and guerrilla knitting are her most recently added interests as she continues to ask the ultimate question in her work: "What if....?"

You can see more of her work at [www.judydominic.com](http://www.judydominic.com)

**Bookings for both workshops or info please call Tania Spencer**  
**ph 9865 1339 or mob 0429 041 063**  
**or email [spencertania@hotmail.com](mailto:spencertania@hotmail.com)**

## SHIRE OF LAKE GRACE News &amp; NOTES

**ANZAC DAY SERVICES****Lake Grace**

11.00am Anzac Day Service  
Lake Grace RSL building, Stubbs Street.  
Followed by morning tea

**Newdegate**

5.15am start at the Newdegate town hall  
Service via radio ABC  
6.15am BYO Breakfast at gazebo  
Tea and coffee provided by the Newdegate St John  
Ambulance

**Lake King**

6.30am Anzac Day Service at  
Lake King Anzac Memorial  
Followed by breakfast behind the church provided by  
Lake King Progress Association

**Varley**

6.00am Dawn Service at the Flag Pole,  
Varley District Hall  
Followed by sausage sizzle breakfast at  
Chicken Ranch (BYO)

**DID YOU KNOW**

The Good Sammy donation bins are to be removed  
from all regional towns.

Regrettably due to rising costs Good Sammy's bins at  
Lake Grace, Newdegate and Lake King are to be  
withdrawn.

The closest collections points will be Perth, Albany and  
Northam.

**BUILDING SURVEYOR**

Shire Building Surveyor Darryle Baxter will be available  
at the Shire Office on the following dates:

**Tuesday 6 May 2014**  
**Tuesday 20 May 2014**

Contact the Shire Office on 9890 2500  
if you would like to make an appointment.

**DID YOU KNOW**

The Shire is in the process of updating the website  
which will be released soon  
[www.lakegrace.wa.gov.au](http://www.lakegrace.wa.gov.au).

The Council Meeting Agenda is now available on the  
Shire of Lake Grace website; there is also a link on the  
Shire of Lake Grace Facebook page.

**PROMOTE YOUR AREA**

For people who always have their camera at hand, the  
Shire is looking for photos in your area.

Please ensure you include names of residents  
captured in photos and obtain permission to print their  
photo.

See something you would like to share with everyone,  
take the shot and send it to  
[shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)

**DRIVING ASSESSOR**

The practical Driving Assessor will be at the Lake  
Grace Shire Office on

**Friday 2 May 2014**  
to conduct  
**Practical Driving Tests.**

Please call Tracie on '9890 2500 to make an  
appointment.

Practical Driving Assessment (PDA) appointments can  
be made online subject to certain conditions.

Practical Driving Assessment User Guidelines and  
Frequently Asked Questions are available for  
applicants with the process and to ensure that the  
candidate is eligible.

For more information go to:  
[www.transport.wa.gov.au/licensing](http://www.transport.wa.gov.au/licensing)

**Australian Heritage Week Display**

Shire of Lake Grace in collaboration with the Lake Grace Regional Artspace has a  
**Wedding Dress Display** in the Artspace window, it will be up until the 20 May 2014.

Dresses are from the 1940's to 2013 come and see how wedding dresses have changed.



# SHIRE OF LAKE GRACE NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)

## CEO's Corner

Welcome back after the long weekend. Council and staff hope you had a happy and safe Easter break.

### Road Tour

Council recently had it's annual Road Tour around the Shire to examine the condition of different roads. This was a very informative day for Council and will assist with the upcoming budget preparations. One of their focus areas was the southern end of Magenta Road, Newdegate which is currently badly corrugated due to the large number of heavy vehicles travelling this road over recent months. Council wish to advice vehicles travelling on this road to drive carefully. Consideration will be given as to how to fix and maintain this road in the upcoming months.

### Child Care

Shire of Lake Grace, Community Services Manager Lee Holben continues to explore the short and long term options for the provision of this service. The Shire continues to work closely with the Lake Grace Child Care Committee and the committee and Ms Holben recently met with Children's Services Support Unit (CSSU) to better understand the options available and feel significant progress has been made.

To better understand the potential demand for Child Care services at the Lake Grace Day Care Centre the Shire is asking you to submit information about your permanent child care needs. Further information will be provided as the subject progresses.

### All Ages Playground

A reminder to residents that the community engagement process for the All Ages Playground is still underway and you should have received Community Fact Sheet No.2 in the post recently providing you with an update on the progress and some of the comments we have received.

It is important for all to understand that this process of community engagement is about "testing the water", is the project one that has merit? Does it contribute to the enhancement of services, social wellbeing and would it raise the profile of Lake Grace as a caring community and one that will attract and retain residents? These are questions we would like you to comment on.

I encourage everyone to take advantage of this process, discuss it with their fellow residents and Councillors and provide your comments as requested.

### Budget Requests

The Shire is currently in the process of preparing its Budget for the coming year. Now is a great opportunity for community organisations to provide feedback to the Shire on projects it sees as high priority, financially achievable and of benefit to the wider community. It is

important to consider how the project/service would be funded as the Shire has each year limited discretionary funding available for new initiatives.

To ensure that your project/service can be considered prior to the completion of the upcoming Budget please forward your requests in writing by the 7 May 2014.

### ANZAC

ANZAC Day marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

The 25 April every year is an occasion of national remembrance. Commemorative services and ceremonies are held across Australia to reflect on the many different meanings of war. Services will be held throughout the Shire on Friday 25 April 2014 to mark this occasion. Information on these services can be found in your local newsletter, visiting the Shire of Lake Grace's website or Facebook page or contacting us on (08) 9890 2500.

*Neville Hale*  
Chief Executive Officer



## ANZAC Day 2014

Friday 25 April ANZAC services:

- Lake Grace
- Newdegate
- Lake King
- Varley





## WORKSHOP

### Technology, Tablets & Tips *Managing your business on the go*

#### **“Technology, Tablets & Tips” *Managing your business on the go*\*\***

A one-day interactive workshop. Recommended by 97% of participants at 8 workshops.

#### TOPICS COVERED:

- ☐ Get the best out of your tablet and smart phone
- ☐ Quick tricks & getting to know your device
- ☐ Access & security
- ☐ Cloud computing – set up, filing & syncing
- ☐ Version control
- ☐ Social media & it's relevance to Ag
- ☐ Apps – downloading, buying & handy apps for business and agriculture
- ☐ Demo of useful apps such as: Dropbox, Google apps for Business
- ☐ Troubleshooting – question time / open forum

*\*\* This is not a workshop for absolute beginners. It is expected that participants will already own and have a basic understanding of a smart phone or tablet and its functions. It is aimed at people wishing to use their device for business & efficiency purposes. Participants will bring their own devices to the workshop.*

**The workshop runs from 8.45am – 3pm.**

**Minimum of 10 farm businesses. Maximum of 15 participants.**

**\$165** (inc GST) for the first person from a business. **\$110** (inc GST) for any other members of the same business.

A workshop manual and catering are included in your registration.

**Wednesday 25 June – GREEN RANGE**

**Thursday 26 June – RAVENSTHORPE**

**Friday 27 June – LAKE GRACE**

**TO REGISTER: Go to the WA Events section of our website [www.partnersingrain.org.au](http://www.partnersingrain.org.au)**

#### Participant Requirements:

Bring your tablet & power cord & personal wifi.

Have dropbox installed on your tablet.

Have your account details handy so that you can access:  
your Apps store, email & social media accounts (if you have them)

Contact: PinG WA Coordinator, Erin Green. 0429 108 936. [wa@partnersingrain.org.au](mailto:wa@partnersingrain.org.au)



[www.partnersingrain.org.au](http://www.partnersingrain.org.au)

Locally relevant, personalised training

# Old International Tractor

By Allan Zweck

An early model International Titan tractor last used, and left on "Dunoon", the farm formerly owned by Mr Stewart Carruthers, (1965). Though it was not a very powerful tractor, it was used on land clearing operations there about, around the early 1920s, and it required much of its power to just pull itself along.

The person who drove it was camped near a lake on the property, and had a housekeeper to care for him. At the time there were a number of young single men in the area, including Mr Bill Carruthers and Mr Jack Coad, and the tractor operator, being a very jealous person, would frequently stop, leave the tractor idling, and run through the bush from time to time to his camp to ensure no one was visiting his housekeeper.

The tractor ran on kerosene which came in four gallon tins, two at a time packed into a wooden box, the size of a large fruit case, and marked Shell. Very many tins were used and left on the property in the bush to rust away. This farm is now owned by Greg and Paula Carruthers.

At the time of the land clearing operations, the land was owned by Mr Charles Perrin Boulton, the original owner of the land, taken up in 1913. For four years Mr Boulton was absent from his farm on War Service, originally in the Expeditionary Force – the Anzacs. He distinguished himself, rising to the rank of Sergeant, and being awarded a Military Medal for gallantry, ability and devotion to duty. Immediately after the War, Mr Boulton remained in England a season, where it appears he assisted on his fathers farm at "Compton House", with distinction, mainly to take the harvest off and care for the livestock.

The tractor is now located in an undercover area, near the Tractor Museum at Whiteman Park, where it was

found that there were too many parts missing to restore it. The piston has since been removed from it, so it is most probable now, that it will never be restored. This photo was taken by Allan Zweck when he came over to Lake Grace from South Australia for his land board hearing in February, 1965.



International Titan Tractor – On the property of Stewart Carruthers. Photo by Allan Zweck 1965.

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SHIRE OF LAKE GRACE NEWS & NOTES

**Lake Grace Sporting Pavilion Update**

Building Approval has been obtained for the balance of the Lake Grace Sporting Pavilion structure on 15<sup>th</sup> April 2014. The concrete footings and pad works were undertaken under a separate building permit to enable the project to proceed whilst technical issues regarding compliance with fire engineering requirements was achieved.

An alternative fire engineering solution was submitted to DFES (Department Fire & Emergency Services) other than to provide a dedicated fire hydrant and onsite tank storage which was outside budget scope of the pavilion upgrade. The alternative solution proposed using fire rated building materials and compartmentalising the building to ensure fire safety design complied with the fire requirements of the National Construction Code of Australia. DFES compliance has been satisfied without compromising the original pavilion floor plans which is a significant benefit.

**What to expect from here on**

Works will recommence onsite around mid-May once the Shire building team obtains possession of materials. From May the community will observe the construction

phases staged like this:

- Timber framing erected onsite, timber truss and roofing
- Steel work
- Window and door frames
- External brick work
- Internal plumbing & electrical work
- Internal walls
- Internal material surface works including tiling, painting
- Fixtures (plumbing, electrical & furniture) & flooring
- External hard and soft landscaping

The timeframe for completion has not changed and it is proposed to complete the current scope of works by October/November 2014. If the community has any questions regarding the development please contact Manager Infrastructure Services at the Shire of Lake Grace.

Martin Harrop  
Manager of Infrastructure

**Shire of Lake Grace potential Day Care**



In order to secure the right kind of ongoing child care service we need to understand the potential demand that will be required. If you are requiring or think you may require using the Lake Grace Day Care in the next twelve months please fill in the form below and return to the Shire of Lake Grace by Monday 28 April.

Family Name: .....

Contact details: .....

Telephone: .....

Email: .....

Day care needed as both parents work: YES NO

Children needing care:

Child 1 age: .....Child 2 age: .....Child 3 Age.....

Times care needed ie: Example

Mon	Tue	Wed	Thur	Fri
8.30am–2.00pm		8.30am – 5.30pm		10.00am–4.30pm
Child 1		Child 1,2,3		Child 1,2,3

# Business Opportunity



If you enjoy working with children and you want the chance to earn a good income whilst working your own hours, consider becoming a Family Day Carer.

Shire of Lake Grace is currently looking for someone to operate their own Family Day Care Business within the Shire of Lake Grace.

In conjunction with the Children Services Support Unit (CSSU), assistance in obtaining your qualifications in Children’s Services along with ongoing support and mentoring will be provided.

To apply or gain more information please contact Manager Community Services, Lee Holben during Shire business hours 9890 2500.

**Closing date 30 April 2014**

## LG FITNESS – TIMETABLE

DAY	AM	PM
Monday		6.15 - 7.15 <b>RIP</b>
Tuesday	6.00 - 6.50 <b>SUPER THUMP</b>  9.00 - 10.00 <b>RIP</b>	
Weds		
Thursday	6.00 - 6.50 <b>RIP</b>  9.30 - 10.20 <b>FOREVER FIT</b>	

Coming 9 & 10 May 2014



## Aquatics and Recreation in the Community News

### Lake Grace

If you would like to see a particular class or training session for term 2 or your club would like some assistance with your sports training then have a chat with Letisha.

New timetable for term 2 will be out shortly, memberships available from the Shire of Lake Grace Office.

### Lake King

Bootcamp Tuesday 4—5pm

Any enquiries contact Rachel Hardey ☎9874 4055

### ARC Fees & Charges

- Regular participant - \$8.00 per class
- Senior participant - \$6.00 per class
- Child participant - \$5.00 per class

Classes in Lake Grace and Lake King are not held during the school holidays.

# WA Shearing Industry Report

*The following report from Darren Spencer, Chairperson of the WA Shearing Industry Association was provided at the WA Grains Group AGM on the 21<sup>st</sup> of March in Coorow.*

Since I last reported to the WAGG group the WA Shearing Industry Association has had its AGM and I was returned as Chairperson of the association.

We had some interesting speakers come along to our AGM and address the meeting. Rehabilitation Specialists Workfocus Australia sent representatives along to explain their role in getting injured workers back into the workforce. They work with the injured worker, employer and the medical practitioners to get the best outcome for all concerned. The organising of appointments and making sure that injured workers are making every effort to rehabilitate is the main objective of the organization.

David Webster gave a report from AWI in regard to where they are directing funds as far as research and development and shearer and shedhand training. AWI are directing funding into the novice shearers in competition shearing and the continued funding of in-shed training for shearers and shed staff is greatly appreciated by contractors and staff. Even the best of

shearers will tell you that they can brush up on their skills and make the job easier.

In the afternoon Christina Lee, Regional Migration Agent and Director of Pacific Migration Consulting addressed the meeting on regional migration in the shearing industry. Many of our members believe we need to address the fact that it needs to be easier to get shearers from out of other countries without the rigours of Visa's. We have Scottish and Irish shearers that would gladly come for the seasons if the Visa application was a more simplified process.

At the present the association is working with a woolhandler trainer to run three day courses training backpackers with the basic skills to go into a shearing shed. The association is looking at tapping into workers in the backpacker and harvest trail group of workers. Many backpackers are looking to do three months in rural areas with the compliance of their Visa's.

Dr Ray Batey came along and did a small survey on ram sedation in sheds. The sedation of rams seems to be a contentious issue in some areas. Farmers administering the sedation are not given sufficient information as to how big a dosage to give, where to administer the injection and how long before the animal is to be shorn do you administer. In some areas the availability of the drug is a very real problem.

Payroll tax and the condition of some woolsheds were addressed. The Association feels very strongly in regard to payroll tax and that it is a burden on industries such as ours, as we are an employment based industry. We have no other way to increase our business without employing more people thus increasing our payroll tax obligations. All industries need to lobby and get the threshold increased and get the threshold indexed along with wage increases.

The condition of some sheds was raised and the fact that in some areas the shearing shed looks like the poor neighbour in the yard in comparison with the machinery sheds and workshops on some farms. Some of the shearing plants in areas have been in place for three generations and are in great need of maintenance or even better, upgrade to the new plants with anti-lockup capabilities thus reducing injuries and lost time in the industry.

Finally WA Shearing Industry Association (formerly WA Shearing Contractors Association) is celebrating its 25th anniversary in 2014. As an association we are holding an expo at The Vines on the weekend of 21st of June with an anniversary dinner on the Saturday night. During the weekend we will have guest speakers on various topics related to the industry. I would like to extend an invitation to anyone who is interested in attending to please do so.

## OBORNE CONCRETE



Chemical Sheds \* Boomspray Pads  
House Pads \* Silo Pads \* Driveways  
Super Sheds \* Workshops

Tip truck and bobcat also available  
for any type of site works.  
Small and Large Loads

Grant Osborne - Lake Grace  
Ph/fax: (08) 9865 1367  
Mobile: 0427 651 367

## The Tipping Point Conference

The Natural Resource Management network of WA together with its major partners in DAFWA, Landcare and Regional Development Australia are determined to “set NRM on its ear” with the design and delivery of an a-typical conference program with reach and broad appeal.

According to conference chair and NRM Leaders Group executive officer Sue Middleton, this is a conference program like none others of the many she has attended through her various roles in agriculture.

“We have called it The Tipping Point Conference – as we are determined to address the big elephants in the room – and ask have we tipped the balance, now that we are in a new world of funding, social licence to operate and challenges to feed a hungry world,” Ms Middleton said.

The invited speaking team have welcomed their challenging briefs, spear-headed by Dr Harry Butler who shot to fame for his ABC In the Wild Series. Now 84, Dr Butler remains a vibrant and challenging lecturer and will suggest to delegates that indeed we have ‘tipped’ but at the same time offer up strategies for managing that tip.

Joining Dr Butler on the speaking podium is international marketing consultant Craig Davis – who opens the conference with his acknowledgement that marketing-led consumerism has been a recipe for environmental disaster. Mr. Davis sets the scene by inviting delegates to “re-imagine capitalism” and under that light consider what benefits it may bring to owners and managers of the land.

His theories will be tested by subsequent speakers including former young environmentalist of the Year Larissa Brown and Future Proof CEO Tom Tolchard. It is the Tolchard presentation however that is expected to weigh in to some of the biggest issues on the minds of NRM professionals and those in associated industries – as he draws on his business experience to suggest there is a new paradigm now for Not for Profits – and outlines new approaches to the business of

Landcare that will be essential for the future careers of those in the room.

The invited program also includes former CEO of the Northern Territory Cattleman’s Association, Luke Bowen; communications and registered lobbyist Donna Cole; and UWA Winthrop Professor Steve Powles. “With this speaking program – we aren’t hiding from anything,” Ms Middleton said. We’ve asked all of our speakers to be brave – and ensure our delegates do a little squirming on our seats as well as be challenged to make changes to the way they approach NRM in this state.

Over 60 abstracts were received from industry professionals vying for speaking spots in the concurrent sessions, so the plenary program is well supported by more technical and project specific sessions of choice on each day.

While the conference is designed for NRM professionals and agency groups, the invitation is open to all and farming, agricultural, fishery and forestry service providers will all find relevance in this program. The conference includes a gala dinner with quality entertainment, supported by RDA.

To register go to [www.nrmconferencewa.com.au](http://www.nrmconferencewa.com.au)



**OPEN**  
**ANZAC Public**  
**Holiday**  
**8:30<sub>am</sub> - 2<sub>pm</sub>**



### Lake Grace District High School



**Centenary Event**  
**Saturday**  
**18th October**

*For more information contact the school on 9865 1207*

## Inspirational Ideas

- Rome did not create a great empire by having meetings, they did it by killing all those who opposed them.
- If you can stay calm, while all around you is chaos....then you probably haven't completely understood the seriousness of the situation.
- Doing a job RIGHT the first time gets the job done. Doing the job WRONG 14 times gets you job security.
- Eagles may soar but weasels don't get sucked into jet engines.
- Artificial Intelligence is no match for Natural Stupidity
- A person who smiles in the face of adversity probably has a scapegoat.
- Plagiarism saves time.
- TEAMWORK.....means never having to take the blame yourself.
- The beatings will continue until morale improves.
- Never underestimate the power of very stupid people in large groups.
- Go the extra mile. It makes your boss look like an incompetent slacker.
- Indecision is the key to flexibility
- SUCCEED in spite of management
- Aim low, reach your goals, avoid disappointment.



## Merchandise Sales Manager

We currently have a vacancy in our Lake Grace branch for a motivated Merchandise Sales / Customer Service Manager. Your customer service skills will be exceptional and you will be passionate about developing strong customer relationships in a rural environment.

Reporting to the Branch Manager, your responsibilities will include providing service and sales to clients, process and monitor orders, admin support, inventory control and general shop duties. You will require a flexible; can do attitude and a broad range of skills and experience. A forklift licence is desirable.

FarmWorks is one of Western Australia's largest rural merchandising groups and trades under the CRT brand. The group operates in 15 locations across WA plus a further 8 agencies in key locations. Our expertise and experience with seed, fertiliser and chemicals with a strong focus on customer service is attracting strong support from the region's producers. FarmWorks also provides finance, insurance and agronomy services.

**Contact: John Ayers-Dillon, Branch Manager on 08 9865 1217  
or email application to jayersdillon@fwaus.com.au**

Local Service, National Strength.  
[www.ruralco.com.au](http://www.ruralco.com.au)



## Tech Support Scam Victims have Bank Accounts Raided

Victims of the tech support scam have recently reported having their bank accounts raided with two Perth men losing \$10,000 each.

The scammers gained access to one man's computer after calling him, claiming to be from Microsoft and convincing him that there was a problem that needed to be fixed. The scammers prompted the victim to inadvertently disclose sensitive personal information, allowing them to set up an internet banking account for the man who had never done his banking online.

Another man received a call from who he thought was Telstra offering to upgrade his Windows XP computer for five dollars. He allowed them access to his computer and had then logged on to his internet banking when told his accounts may have been hacked. The scammers stole \$4,000 from his bank account and then a further \$6,000 from his credit card when he used it to pay the five dollar fee.

Several other victims from WA's South West have reported losing money after being randomly contacted by scammers posing as technical support staff:

- A Bunbury woman lost \$5,000 when she gave personal details to a scammer selling a security package for her mobile phone and computer;
- A Busselton woman had almost \$1,200 stolen after a Western Union account was created using her personal details. The scammers said they were from Telstra;
- An elderly couple from Busselton had \$400 stolen when the scammers set up a Paypal account using their personal information.

Commissioner for Consumer Protection Anne Driscoll said these cases were an alarming escalation of a long-running scam that has caught out hundreds of innocent victims in WA.

"Losses to this scam in the past have been limited to two or three hundred dollars for most victims, but these recent raids on consumers bank and credit card accounts involving much higher amounts is disturbing," Ms Driscoll said.

"Apart from losing their money, victims also have the added cost of having their computers checked for malware or spyware and some have had to buy new computers.

"So the message is clear, hang up on anyone who calls out of the blue claiming to be from Microsoft, Windows Support, Telstra, BigPond, Apple or any reputable company and wanting to access your computer to fix a

problem. These companies will never do this, unless you contact them first.

"Never allow anyone to have remote access to your computer, unless you have initiated the contact. Your personal information is the key to unlock your financial accounts, so guard them carefully and ensure you don't become one of the many victims of this tech support scam."

Further information and advice on scams can be found on the WA ScamNet website

[www.scamnet.wa.gov.au](http://www.scamnet.wa.gov.au)<http://www.scamnet.wa.gov.au>.

Enquiries or scam reports can be made by email [wascamnet@commerce.wa.gov.au](mailto:wascamnet@commerce.wa.gov.au)<mailto:wascamnet@commerce.wa.gov.au> or by phone 1300 30 40 54.

### Lake Grace Golf Club

The 2014 golf season will kick off on Sunday 4<sup>th</sup> May and we would like to invite you to come along and join in.

The format of the day will be a '3 person ambrose', (teams of 3). Don't worry if you don't have any clubs; these can be loaned or borrowed.

Regular golfers, you will need to bring at least one guest for your team. Tea will be available after golf. Members please bring a salad.

Office bearers for this season are President, Kevin Eggers, ably assisted by Vice-President Craig Reeves.

Captain Chad Stanton, handicapped by Vice Captains Merv Spurr, Marty Carruthers & Marcus Owen.

Treasurer Kelly Hawtin

Secretary Gary Frost

The Lake Grace Golf Club offers social membership to those who no-longer play the game, partners and anyone who would like to be part of the club.

Subscriptions;

Full member - \$90 payable by 31<sup>st</sup> May 2014

Social member - \$45

Junior member – \$45

Follow us on FaceBook – Lake Grace Golf Club Inc

**NEW MEMBERS ARE MOST WELCOME.**

## 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



## Lake Grace Hockey Club



### Coming Events

26th April - First game v Kulin at Kulin

C Grade @ 11.15am

B Grade @ 12.30pm

10th May - Clash game with Lake Grace/Pingrup

We are joining in with Lake Grace Pingrup Winter Sports to support their PINK DAY—raising funds and awareness in the fight against Breast Cancer.

**Supporter wear**—See Annie Argent to arrange your jacket, hoodie or shirt. Beanies and stubby holders in stock available at reduced prices.

**Social Membership** only \$15, see Annie Argent to arrange yours today.

## Gardening

### Tips for....

#### April



#### Vegies to sow in April – Peas

The generation of kids who've grown up thinking that peas come in plastic bags from the supermarket freezer will be astonished to discover that peas grow on living plants. Introduce the children in your life to this miracle of nature, or grow fresh peas just because they taste so good. Snow peas, which do well in pots, are the answer if you lack space.

#### Flowers to sow in April – Cornflower

Cornflower is an old favourite that adds trendy blue touches to the garden. 'Mystic Blue' is the romantically named blue cornflower in Yates seed range but, if you want more than just blue, sow Cornflower 'Double Mixed', which blooms in a variety of colours.

#### Feed in April – Happy 50th Birthday Thrive

When planting out flower seedlings for a winter/spring display, settle them in by watering with some Thrive. Thrive, which is celebrating its 50th birthday this year, has long been used by professional gardeners to kick-start new plantings. Choose from the traditional Thrive powder or the new liquid concentrates.

#### Prune in April

The autumn tidy up continues in April. Cut off dead flowers, long whippy shoots and anything tired or burnt. Heavier pruning is best left until later in the year.

#### April pest watch – Black spot, Codling Moth

Remove black-spot-infected leaves from roses and pick off any other plant parts that are showing signs of fungus. Don't put diseased leaves or flowers into the compost. It's best to wrap them in plastic and drop them safely in the bin. Use new Success Ultra to control codling moth in apples and pears.

#### April job file – Check container plants

If plants have been in the same pot for a number of years, this is a good time to take them out and check the roots. Trim off anything that's damaged or rotten. If the potting soil is full of compacted roots, loosen them gently or use a sharp knife to cut through the outer edges of the root ball. Pot into fresh mix and, if necessary, into a larger pot filled with good quality Yates Premium potting mix.

Information from <http://www.yates.com.au/>

# St John Ambulance Lake Grace Sub Centre



Benefit Fund - Membership Renewals

## Are You Up To Date

**Check your membership card and make sure you are up-to-date**

Did you know that ambulance transport from somewhere in the Lake Grace Town site (even from the football oval) to the hospital will cost in excess of \$360—If you a benefit fund member this will cost \$0.00.

## A Great Investment

For the price of **\$79 for a Family** (over 18 require separate membership) or **\$48 for a Single** you get great benefits.

Membership covers you or your family for any ambulance transport on any urgency level over any distance (except if you choose to go from hospital to hospital i.e. public to private).

If you or your family need ambulance transport, simply provide your benefit fund number and the bill will be charged against the benefit fund locally and not you personally. How's that for peace of mind...you pay nothing.

**Not a member.....Not a problem.**

**Below is an application for you to fill in. Fill it in and pay the membership fee at the Lake Grace Post Office.**

**5 working days later you are covered. Simple & Peace of Mind**



### Ambulance Benefit Fund Application Form

(7 day qualifying period)

\$79 per annum for a family

\$48 per annum for a single

Joining Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

#### APPLICANTS DETAILS

Mr  Mrs  Miss  Ms  Other

Surname: \_\_\_\_\_

Given Names: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

#### COVER REQUIRED

Single or  Family\* (please complete details below of other persons to be covered)

Surname	Given Name	Date of Birth

\* See conditions for dependent children

#### PAYMENT DETAILS

Cover (tick one)  Single  Family

I enclose my cheque/money order (name and address on back) made payable to St John Ambulance

Send your completed application and payment to your local St John Ambulance Centre.

## Play It Safe, Stop for a Hot Beverage

Roadwise accessed funding. Good vans were hard to come by and the firies, who apparently just love to build things, decided to start from scratch! With Roadwise having accessed \$12,600 funding, the construction crew were unleashed.

With building starting in October 2010, the van (with temporary signage) made it's first outing for the Easter / ANZAC weekend in 2011 and was a big hit with the travellers. By this stage Lake Grace Ambulance and more community members had put their hand up to help staff the van.

The van has plenty of return customers and receives incredibly positive feedback from those who stop. This Easter 258 customers accessed the Driver Reviver. With sponsors supplying the tea, coffee and milk; travellers are always keen to put a donation in the RFDS tin on the counter. Donations of \$335.05 were banked this week and cover the Christmas and Easter period.

Roadwise thanks those who put up their hand to help out and to the Fire Brigade for housing the van and setting it up each time. If you are keen to put your name on the list to donate two hours of your time then please contact Suzanne Reeves at the CRC on 9865 1470.



*The blessing of the first Driver Reviver van. Father Pierre Repuyan, Nicole Pettit (Road Safety Officer), Meighan Stewart (Shire President), Geoff Daniels (OIC Lake Grace Police) and Steve McWhirter (Stevemacs covered the costs of repairing the van). Photo Greg Meston.*

### Desktop Publishing & Secretarial Services available

\$40 per hour - \$36 for members

We can produce and print your:

Posters - Letters - Party Invites

Sporting Fixtures - Brochures

Baby Announcements - Flyers

Enquiries to the Lake Grace CRC on 9865 1470

### Do you need help with some of those heavy jobs?

rock picking, fencing, etc

**Lake Grace Pingrup Football Club**

are looking for fundraising

opportunities, so they could be

just what you need!

If you have a job that the

Football Club might be able to

assist you with, call Grant O'Neill

on 0428 248 012



# CCL Hardware



**We will be closed Friday 25 April  
for ANZAC Day.**

**Open Saturday and Sunday  
8:30am to 11:30am**

***So we can be involved in winter sports, there's new  
weekend trading hours.***

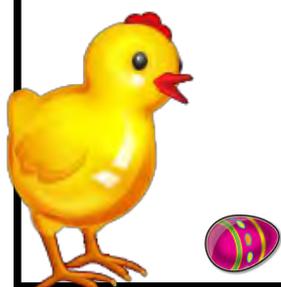
***Saturday's and Sunday's - 8:30am to 11:30am***

## **YouthCare Chaplaincy (Lake Grace, Pingrup, Kukerin) Raffle Results.**

Thank you to all those who participated and supported the Easter Youthcare raffle, it was greatly appreciated.

- 1st - Debbie Giles
- 2nd - Missy Clifford
- 3rd - Kelly Callope
- 4th - Ann Franks

Genni Curtin (Chaplain)  
Walter Perry (Chairperson)  
Lake Grace District  
Youthcare Council



**Lake Grace Pingrup**

**Football Club Inc**

welcome all players and  
supporters to the

**Jumper Presentation Night**

**Thursday 24th April 2014**

**7.30pm at the**

**Lake Grace Sportsman's Club**

**Pizza's available**

**1st Round: held at Jerramungup 26/4**

**2nd Round: Home game v's Borden 3/5**

**Come along and support your teams!**

# Puzzles & Stuff

Some words from the 10/04/14 edition of Boggle

- Racetrack
- Carrack
- cracker
- Tracker
- Arrack
- Carter
- Crater
- Racket
- Tacker
- Tracer
- Areca
- Caeca
- Carat
- Carer
- Caret
- Carte
- Cater
- Crack
- Crake
- Crate
- Creak
- Racer
- React
- Recta
- Trace
- Track
- Acre

- Cake
- Care
- Cark
- Cart
- Cate
- Ceca
- Race
- Rack
- Reck
- Tace
- Tack

Answers to 10/04/2014 Sudoku

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

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

B	B	A
E	T	S
N	R	O

*This week's Boggle*

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## Lake Grace Gymnastics Club

### REGISTRATION DAY

WEDNESDAY, 30TH APRIL

**CRC CONFERENCE ROOM 3PM - 4PM**

If you intend registering (OR if you are unable to make it to registration day) please contact Vynka Lay 0429 651 072 or email [bvlay@bevanlayspreading.com](mailto:bvlay@bevanlayspreading.com) and I will email the registration forms to you to complete prior to registration (to save everyone time on the day)

**Gymnastics and Kinder Gym will start on Monday 5<sup>th</sup> May**

**NO LATE REGISTRATIONS WILL BE ACCEPTED AFTER CLASSES HAVE BEEN SET! UNREGISTERED CHILDREN WILL NOT BE ALLOWED TO ENTER THE HALL ON 5th MAY**

Fees this year are \$100 for Kinder Gym and \$120 for all other sessions (per child). Please bring payment to Registration Day. As per previous years there will be a roster for all families to assist coaches to set up each week. Once the children have been placed into their sessions and times have been fixed, all parents will be contacted with this information.

# Runty (Reg) Fleay Memorial 20/20 Cricket Match



Wicket keeper Braden Reynolds and batsman Rohan Trevenen are feeling the pressure but Trumby is quite relaxed in his fielding position.



Don Fleay and Braden Reynolds look to be performing some new dance moves but they're intent on catching the ball (circled).



Above Left: Not sure if Andrew Walker could move the next day but he was keen to have a bowl.

Above: Tyron Pinney came under friendly fire and was bowled out.

Left: Damon Pelham is empty handed while Shaye Bowron inflicts some damage with his big hitting.



Photos Suzanne Reeves

# LAKE GRACE / PINGRUP FOOTBALL CLUB



in conjunction with HEALTHWAYS

*invite you to the*

## LAKE GRACE WINTER SPORTS

### FAMILY FUN DAY



**Renowned Perth  
DJ**

**DJ KENNY from  
5.30 til late**

SATURDAY 10<sup>th</sup> MAY at the LAKE GRACE SPORTING PRECINCT

SUPPORT all teams Netball, Hockey and Football, in the

**DERBY vs NEWDEGATE**



**BOUNCY  
CASTLE**  
for the kids  
from 5pm

Watch the Lake Grace Hockey Club play Karlgarin/Hyden

Support **PINK DAY raising funds in the fight against Breast Cancer**

Stay for dinner prepared by Junior Football

**Have a go at the**

# FAMILY FUN FAIR

Clowns, Rides, Games and more; here all weekend.

*Supported by Healthways, Shire of Lake Grace and Lake Grace Pingrup Winter Sports*

## Lake Grace Catholic Church

**Sunday 27th April**

Kukerin 8am

**Sunday 4th May**

Ravensthorpe 8:30am

Varley 11am

Lake Grace 6pm

For inquiries and request for home visitation,  
please contact Fr Gayan Thamel on 9865 1248.

## Anglican Church of Lake Grace

**Sunday 27th April**

Lake Grace 9.00 am

**Sunday 4th May**

Lake Grace 9:00am

Enquiries: Father Dave 0427 545 560  
Terry Gladish 9865 1022

# Looking After Ourselves in Busy Times

*Owen and the Team*  
*The Regional Men's Health Initiative*

Now that the Easter and ANZAC break has come and gone, we are now entering one of the extremely busy times of the year with seeding knocking at the door. One of the most important things to consider looking after, during this time, is our most valuable resource, "US"!

Because of this time pressure we can sometimes take short cuts, and if we take short cuts regarding our wellbeing it can increase our risk factors dramatically. It is a time when accidents can happen, relationships come under pressure and our physical health is ignored.

## Risk Taking!

What blokes in particular don't do well is consider the consequences of risk taking. It won't happen to me! Consequences are something we must live with, so in your seeding preparation limit your personal risk, and if what you're planning is an overstretch, reconsider your options.

## Wellbeing Guidelines

In addition to the usual seeding preparations perhaps we should follow the lead of other industries, such as mining and construction, where clear guidelines on safe parameters for work have been implemented.

## Some things to reflect on when considering your wellbeing include:

- Well briefed work crew; (often our partner and family) Keep those working with you briefed on daily activities, unfortunately with farming this doesn't happen as well as it could which often leads to unnecessary disputes and increased tension and frustration.
- Fatigue management; limiting your working time to no more than 14 hours in a 24 hour period. Seeding might be over a relatively short period but this work strategy should not be compromised. The only solution to fatigue is taking a break and SLEEPING. Getting off the tractor and doing other jobs is not good enough, you need to sleep.
- Factored in regular breaks; this also reduces the impact of fatigue and increases our capacity to beat boredom, which often leads to expensive mistakes and machine damage.
- Pre start exercises; I would be surprised if many farmers begin a shift with some limbering up exercises. It is a known fact that this type of start to the day significantly reduces muscle injuries.

- Suitable dietary needs; how often are you eating and what are you snacking on? It is not just about good meals it is also about good snacks that are nutritious and correctly timed. A good meal is very beneficial at the beginning of a shift and a light meal at the end is beneficial in helping to promote good sleep.
- Adequate sleep; for most people this is about seven to eight hours in every twenty four hour cycle. It is not possible to reduce this and still function properly. Remember this is "sleep" not just being in bed!

Seeding is hectic, a controlled and planned approach will pay dividends.

Enjoy seeding, it is a great time. If we look after ourselves most other things will fall into place.

## Lake Grace Sportsman's Club

### FRIDAY NIGHT CAN DRAW

All financial members are included and you must be present to win.

This week jackpot 48 cans, will be drawn until won.  
*Draw takes place between 7pm & 8pm*

### PIZZA ON THURSDAY?

May 1st & 15th

### ANZAC Day Hours

Opening at 12 noon

*Come and have 'one over the wood' in remembrance of the ANZACs then stay to watch the traditional ANZAC Day match*



**Collingwood  
v Essendon**

Followed by  
**Saints v Lions  
 Dockers v Kangaroos**



# CLASSIFIEDS

## PUBLIC NOTICES

### ARE YOU A WOMAN IN A FARMING ENTERPRISE???

In the paddock, in the office, in the kitchen, in the tractor...

Are you keen to share or broaden your knowledge with other local women?

Come and join us for a presentation by Lynette Gittos from the Varley WIFE Group

Free Light Luncheon

Brainstorm Session / Register Interest

Wednesday 18th June 2014

10am - 2pm at the

Lake Grace Sportsman's Club

**RSVP by 4th June to:**

Vynka Stanich: joelvynk@dodo.com.au

### Junior Hockey Players

All Lake Grace junior hockey players are reminded they must wear mouthguards and shin pads to all training sessions and games.

### Lady Doctor

Dr Linda Haines will be in Lake Grace on the 8th & 9th May.

*Appointments available.*

Lake Grace Doctors Surgery Ph 9865 1208

### Senior Citizens Luncheons 2014

On roster for Thursday 1st May is

**Lake Grace Hockey Club**

Still needed are groups to undertake catering in October and December.

Contact Annie Slarke 9865 1170 or Elsie Bishop 9865 1632 for details.

### Would You Like to Host Australia's Biggest Morning Tea??

As I am *not* hosting 'The Cancer Council Australia's Biggest Morning Tea' which is to be held on Thursday 22 May, I would like to offer it to anyone who would be interested. I have all the details and booklet for this year's fundraiser.

Please phone 0428 649 030.

Thank you Rita Marshall

### First Aid Course

Register with Terry Gladish at the Post Office or contact Ollie Farrelly on 0427 651 180 for more information.

### Busy Bee at the Golf Club

Sunday 27th April

10am

Bring a rake and an enthusiastic attitude.

## AVAILABLE

### Babysitting Available

I am an experienced babysitter with references. I have looked after newborn to school age. Currently studying Cert III in Children's Services.

Phone or text Storm Major 0457 501 690

### House For Rent

Available in a couple of weeks time.

3 x 1, Great location, Out door spa.

73 Bennett Street

Call: Paul on 0437 204 909

2014 ANZAC Day Service

Friday 25 April 2014

RSL Lake Grace Branch,

Stubbs St, Lake Grace

11.00 am

# Lest We Forget

# Community Clubs and Associations

Club / Association	Secretary	Contact Number	Contact Email
<i>Artist Group</i>	Tania Spencer	0429 041 063	spencertania@hotmail.com
<i>Camera Club</i>	Cheryl Chappell	08 9865 4058	rcchappell@bigpond.com
<i>Craft Group</i>	Meet at the CWA Building Saturdays from 11am onwards		
<i>CWA</i>	Annie Slarke	08 9865 1170	
<i>Development Assoc</i>	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
<i>Golf Club</i>	Gary Frost	0429 651 094	golfclub@lakegrace.wa.au
<i>Gymnastics</i>	Vynka Lay	0429 651 072	bvlay@bevanlayspreading.com
<i>Playgroup</i>	Kelly Hawtin	0427 651 053	kelbels@westnet.com.au
<i>School</i>	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
<i>Sportsman's Club</i>	Julie Hardy	0428 652 022	mjhardy1@bigpond.com
<i>Toy Library</i>	Amanda Trevenen	0488 216 601	amanda.harrower@hotmail.com
<b>Lake Grace / Pingrup (Ongerup Association)</b>			
<i>Football Club</i>	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
<i>Football Club (Auskick)</i>	Melissa Clifford	0407 190 177	missdazz@hotmail.com
<i>Football Club (D Grade)</i>	Janine Watson	0428 652 818	lgpjfc@gmail.com
<i>Hockey Club</i>	Taryn Borgward	08 9820 1049	taryn@pingruptraders.com
<i>Hockey Club - Junior</i>	Janine Watson	0428 652 818	baneen@bigpond.com
<i>Netball Club</i>	Vynka Stanich	0427 774 024	joelvynk@dodo.com.au
<i>Netball Club - Junior</i>	Wendy O'Neill	08 9864 9040	
<b>Lake Grace (Roe Districts Association)</b>			
<i>Hockey Club</i>	Danielle Robertson	0427 676 025	lakegracehockeyclub@live.com.au

## Crisis Care Numbers

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

## Justices of the Peace

Colin Connolly	0427 858 066
Ron Dewson	9865 1224
Amanda Milton	0429 654 011
Geoff Sabourne	9865 1171

## Lake Grace Shire Councillors

Councillor	Telephone	Fax
Andrew Walker ( <i>President</i> )	9865 1241	9865 1921
Len Armstrong	9871 1334	9871 1317
Ross Chappell	9865 4058	9865 4051
Debrah Clarke	9865 4041	9865 4032
Jeanette de Landgraft	9838 9062	9838 9041
Steve Hunt	9865 1650 0427 651 585	
Allan Marshall	9865 3022	9865 3012
Dean Sinclair	9874 7045	9874 7005
Murray Stanton	9865 1329	9865 1223

# COMMUNITY CALENDAR

## April / May

Fri 25 NO Fish & Chips at the Sportsman's Club  
ANZAC Day - Service at 11am

Sat 26 Rubbish tip open  
Craft Group at CWA 11am onwards  
Winter Sports - Jerramungup v LG/P  
Roe Hockey - Kulin v LG/Kondinin

Sun 27 Rubbish tip open  
Golf Club Busy Bee

Mon 28 Rubbish Collection & rubbish tip open  
EW Physio in Lake Grace  
Swimability in Narrogin

Tue 29 Chair Aerobics 10:45am at Village Hall  
SOYF Seniors Program-10am @ Shire Hall  
Men's Shed 9.30am-12 noon  
Football Training  
Playgroup (extra) starting

Wed 30 HACC Activity & Morning Tea 10-11:30am  
EW Physio in Lake Grace  
Hockey Training  
Gym Club Registration  
Occupational Therapist in Lake Grace  
Speech Therapist in Lake Grace

Thur 1 Pizza Night at the Sportsman's Club  
Senior Citizens Luncheon  
LLN Deadline  
Library Open  
Toy Library  
Football / Netball Training

Fri 2 Gutsy Stuff Workshop (Art Group)  
Fish & Chips at the Sportsman's Club  
Driving Assessor in Lake Grace

Sat 3 Rubbish tip open  
Mudcloth Workshop (Art Group)  
Harry Potter & the Total Ripoff Drama Show  
Craft Group at CWA 11am onwards  
Steak Night at the Sportsman's Club

Sun 4 Rubbish tip open  
Mudcloth Workshop (Art Group)  
Golf - 3 person ambrose

Mon 5 Rubbish Collection & rubbish tip open  
Recycling Collection  
EW Physio in Lake Grace

Tue 6 Chair Aerobics 10:45am at Village Hall  
SOYF Seniors Program-10am @ Shire Hall  
Men's Shed 9.30am-12 noon  
Football Training  
Building Surveyor in Lake Grace

Wed 7 Rubbish tip open  
HACC Activity & Morning Tea 10-11:30am  
EW Physio in Lake Grace  
Dietician in Lake Grace

Thur 8 Lakes Link News Published  
Football / Netball Training  
Dr Linda Haines in Lake Grace

### Coming Events

9th May - Dr Linda Haines in Lake Grace  
9th May - Beginner Word workshop at CRC  
9th May - Physio (Lee) available in Lake Grace  
10th May - Family Fun Fair  
13th May - Foot Clinic  
16th May - Microsoft Excel workshop at CRC  
20th May - Building Surveyor in Lake Grace  
26th May - Physio (Lee) available in Lake Grace  
30th May - As You Like It Simulcast on Westlink  
18th June - WIFE Brainstorming day  
27th June— PING Technology Workshop  
23rd July - Shire Audit Committee Meeting 11am  
27th July - National Tree Day  
18th October - LGDHS Centenary Event  
10th December - Shire Audit Committee Meeting 11am

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

Easy

### 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.

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

Tough