

# LAKE LINK NEWS

Produced at the  
LAKE GRACE COMMUNITY RESOURCE CENTRE  
School Place

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Vol 26 Issue 8

## ANZAC DAY 2020 - *A Remembrance With a Difference*

Suzanne Reeves



***The restrictions of COVID19 meant there was a crowd control needed at the Lake Grace War Memorial for ANZAC Day this year.***

There may not have been a formal service that people could attend but there was still an ANZAC Day in Lake Grace as many stood at the end of their driveways at 6am to show their respect. Candles were lit and radios were tuned for a 6am start.

Traditionally Lake Grace holds their service at 11am but with a huge display of enthusiasm being shown on social media it was decided that the amplifier could be put to use at the RSL building at 6am with the recitation of the Ode followed by the Last Post, Rouse and then the National Anthem. All before 6:30am!

With the flag run up the pole and then lowered to half

mast, wreaths laid and the building and surrounds adorned with poppies it was an opportunity to reflect on lives lost, health compromised and the futility of war.

It may have been a different kind of ANZAC Day for 2020 but I'm sure we'll be back enmasse in 2021.

To all of those who decorated their front yards, windows etc with poppies, well done and lets make this an annual event and really put on a show for years to come. Start to get those creative ideas percolating now - no point leaving it until the week before.

Because we couldn't have a service the CRC put

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### CRC Opening Hours

9:00am - 5pm

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

## Deadlines and Editions

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

**Next Deadline**  
Monday 18th May

**Next Edition**  
Thursday 21st May



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

Dick Phillips    Gwen Oliver  
Jacquie Garrett

Thank you also to our many contributors of articles.

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***280 copies circulated each fortnight***

# Editorial

- So are we twiddling our thumbs and busting to get out and socialise or are we sitting back enjoying all of the jobs we have managed to complete around the house? I must confess my garden is looking immaculate so enjoying that, a shame a bit more attention hasn't gone toward inside the house.
- With some relaxation of the rules we will look at restarting the weekly crochet group on Friday 15th May, 10am to midday. We will be needing to adhere to 10 people or less and keep our distance from each other, but at least you'll be able to talk across the table.
- Our new photo booth has arrived but we haven't as yet got it out of the box, it should be up and running by next week and we'll put some information about it in the next paper.
- Thank you for the wonderful feedback we have received about the ANZAC Day video that we put on our Facebook page. We would like to get more photos of our veterans with Lake Grace ties, particularly World War II, Vietnam and if there are any from Afghanistan and Iraq.
- As I have said in the last couple of papers there will be life after the pandemic and we do need to prepare for that. If you are interested in any of the following activities or workshops then please give us a call.
- Chemcert is another workshop we're looking at holding; if you are needing accreditation or reaccreditation please give us a call.
- HR training and accreditation and also HC and MC training and accreditation. Interested? Then please give us a call.
- And then there's our youth activities (12-18 years) which have been funded by the Department of Communities (see below). If you would like to know more about these then please call or email - these will be running during school holidays after we get the all clear.
- Christmas Festival will be held on Thursday 10th December
- The Shire has on their website a link to COVID-19 information, this is another good way to keep your knowledge current. Be aware that the advice can change quickly, if in doubt ring the COVID-19 hotline.
- It has been a hive of activity on the other side of the building as they replace the carpet in the library. It's looking good and will be an asset to the building, even better that it's not us at the CRC having to shift all of our goods and chattels.
- Don't forget we'll be looking for April photos for our Photo of the Month page in the next edition.

Suzanne Reeves



## Macramé & Mental Health

**12-18 yo girls only – Cost \$20**  
**Wednesday 8<sup>th</sup> July**  
**10am – 4pm**

All participants get to make a macramé wall-hanging, enjoy a shared lunch and enjoy a discussion on self-image, social media and healthy relationships.

Presenters - Tammy from Pots & Tangles;  
 Jo Drayton, Wheatbelt Suicide Prevention Officer  
 Contact the Lake Grace Community Resource Centre  
 on 9865 1470 or lakegracecrc@westnet.com.au to  
 book your daughters place.

## Provide First Aid

*A nationally accredited course by a St John trainer.*

**Thursday 16th July**

**8:30am - 4:30pm**

**For 16-18 year olds only.**

There are 10 fully funded places available  
 (course is valued at \$160).

Contact the Lake Grace CRC on 9865 1470 or  
 lakegracecrc@westnet.com.au to register your interest.





## About Town

- Congratulations to Yasmine and Reuben Smith on the arrival of their baby girl, Poppy Jade. Poppy arrived on the 4th May, weighing 7lb 15oz. All the best to your little family.



## Happy Birthday



8th May	Peter Hudson
9th May	Joe O'Neill
	Peter Dines
10th May	Cayson Earnshaw
11th May	Lawrie Dickins
	Nanette Wallace
	Tyson Newton
12th May	Aaron Dunham
	Griffin Naisbitt
13th May	Walker Zweck
14th May	Ron Willock
	Enzo Fyfe
	Kynan Fyfe
20th May	Laurence Bourne
21st May	Lucy Farrelly

## Anniversaries



12th May	Chris & Lee-Anne Trevenen
16th May	Alan & Devon Stubberfield (45)

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Authorised by Rick Wilson MP, Liberal Party of Australia, Shop 5, The Link Shopping Centre, St Emille Way, Albany WA 6330.

# Smiles for Miles

Rosie Timperley

The front doors of the CRC showed a colourful display this past week as the ANZAC colouring competition entries were proudly sent back in by excited children.

Such an impressive array of colourful work was entered which made the judging very hard! We ended up whittling it down to two artistic entrants, one for each of the younger and older age groups. Mirella Jones was the winner for the younger children's category and

Kiesha Pawsey's hard work paid off, taking away the winning spot for the older children's category. Congratulations to both girls!

The colouring competition is run through the CRC and proving to be very popular so will be an ongoing event. You will find the next competition entry up on our facebook page where you can download it or you may pop in and see us at the CRC and pick up a copy.



**Left: Mirella Jones (far left) and Kiesha Pawsey (middle) proudly display their winning artwork.**

## CCL Hardware

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- ☐ Nursery supplies & plants
- ☐ Bulk soils & mulches
- ☐ Tools, hardware, steel & timber
- ☐ ONEGAS Welding Gas

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# Alexander James Milton

21/03/1931 - 27/02/2020

## Graham & Wayne Milton

Alexander James Milton, known to most of us as "Jim", was born in Lake Grace on the 21<sup>st</sup> March 1931, at the height of the depression. He was born at the Australian Inland Mission Hospital in Lake Grace, and he was the third child to Scottish Beenong pioneering farming couple George and Annie Milton. His elder sister Annie known to most of us as Nancy, was a fantastic person and much-loved aunty to us all. Between Nancy and Jim they had a brother George, who passed away before Dad was born, at the age of 2 years and 10 months.

Jim went to the Beenong school before its closure, then boarded in Lake Grace in a house on the corner of McMahon and Absolon street. When going to Lake Grace he would ride his bike the 17 kilometres into town, pushing the bike up the rifle range hill. If it was raining, he would go in later on the train from Beenong Siding. On Friday nights he would sometimes get a lift home with farmers who lived further to the east.

After finishing at Lake Grace Jim completed a couple of years at the convent in Katanning. In Katanning Dad was glad he did not have to go to church, instead he would run errands around Katanning for the Nuns. The Nuns tried to teach Jim the piano, but he said he was not any good at playing, and the nuns would close the lid on his fingers when he kept making mistakes.

Like most kids in those days, Dad left school early. He returned home to help run the farm "Allumbia" with Aunty Nancy when he was 14. We believe that Nancy and Dad ran the farm out of necessity, as their father was unwell. Their father George Milton was a prisoner of war in WWI after being caught on the Western Front in the Battle of Lagnicort in April of 1917. George was held in German prison camps from his capture until the end of the war. Although he never spoke of his time in the camps, it is believed that his illness was from complications from being a Prisoner of War for two and a half years.

Like all farms at that time we had horses, and Dad always had a dislike of horses. It was his job from an early age to look after them and it was happy the day, when they were loaded on the train to go to the Zoo.

During the depression desperate times called for resourcefulness. One such time at the imminent outbreak of WWII, Nancy and Jim buried eight 44-gallon drums of petrol on the edge of the nearby salt lake. When the government came to confiscate the fuel for the war effort, Nancy and Dad said the fuel had all been used. The fuel and the gas producer helped them get through the war.

Dad never had a mechanical bone in his body, so when he and Aunty Nancy could not get the tractor going, they would get someone out from town to start the tractor. The "mechanic" hit the carburettor with a hammer and away the tractor went. That mechanical knowledge he has handed down to his sons.



Aunty Nancy and Dad, like other farmers in those days, sold eggs, milk and cream to survive. They would take them down to Beenong siding and put them on the train to Perth.

Aunty Nancy moved away after marrying Colin Rumbold and Dad was left running the farm. Dad had a strong bond with Aunty Nancy often visiting and talking weekly on the phone, mainly on Tuesday nights. If they didn't get one another on the phone, there would be subsequent phone calls to find out if something had happened.

Before Dad was married, he played basketball in Lake Grace and cricket for North Lake Grace at Beenong. He said he was never any good at cricket but would often recall stories fondly of those days. Despite the isolation, close friendships and bonds with neighbours were at the forefront of Dad's life during this period. He would have frequent contact with the Bishops, Argents, Duckworths, Boultons, Mantons, Chappells, Hardys, Clarkes, Englishs, Pelhams and Elliotts amongst others, forming a strong community of which the Milton farm "Allumbia" was in the middle.

I reckon if Dad had turned up somewhere it would have been morning or afternoon teatime. He always enjoyed his morning and afternoon tea.

He seemed to enjoy those days giving neighbours a hand, carting grain to Beenong Siding going to films in the hall and visiting neighbours. Dad often worked closely with Len and Shirley Elliott. Inevitably this often led to one of them falling off something and the person was left lying on the ground. When they saw each other on the ground they would say, "If we knew you were that bad, I would have brought the gun."

A long-term relationship was forged early on with Farmers Centre and this remained at the forefront of Allumbia. Dad formed strong friendships with Gary Frost and staff such as John Miles. He valued his business relationships and recognised the benefits of loyalty. He would say that "we have been lucky living in this community, businesses have been very successful", and Dad was always proud of their success, pointing it out when traveling around the state.

Dad's father George passed away in 1967 and his mother passed away in 1970.

## Alexander James Milton *(cont.)*

Dad married Christina Wyatt at Saint Anne's Anglican Church in Lake Grace on the 31<sup>st</sup> of August 1963. Dad proposed, "as you do" after showing mum his oat crop. Mum always said that he never grew a crop like that again. That was followed by "what went wrong, you used to top the sheep sales in town" she would say. Together they built a house on Allumbia not far from the original house in 1963, and Dad lived there until August 2019.

In 1965 Graham was born, followed by Wayne in 1969. Dad would take us to junior footy and would go with Mum to the Jam Patch for tennis. He also followed our cricket careers keenly.

As a family we would holiday in Albany with the occasional visit to Busselton. In Albany, Dad enjoyed taking us fishing at the Deep-Water Jetty and Albany wharf. We would fish with cockles, which we would collect. The cockles and whale oil burley with pollard would see us bringing home fish for breakfast. These were good times as when leaving school, we all worked together but would holiday separately. Our favourite swimming spot was at Goode Beach and sometimes Dad would even get his feet wet. Jim was no swimmer.

Mum and Dad sent us away to board at Hale School for years eight to twelve. After leaving school our future was not ever discussed, and we turned up to work on the farm. I do not think we even asked if we could. Guess it is a bit late now.

Dad was diagnosed a diabetic in his 50s, which for someone who loved food, this was going to be a challenge. Through great strength of character, Dad went on a sugar free diet immediately and followed it strictly. This must have taken some will-power as Mum was a good cook. Dad purchased many bikes from Peter Hudson, riding for miles and miles every day to help control his diabetes. Dad rode his bike up until his knee replacement when he was 78. Due to complications after the operation he was unable to continue riding, and due to his diabetes, he could not get his other knee fixed, and this restricted his movement in later life.

Dad's answer to this restriction was to drive his ute for miles and miles with ABC on "full bore", and if there was something in his way, he would push until he got through. Damage or no damage!

Dad lost his license a few years back which reduced his driving on the road, but not on the farm. If the gate was open, off he would go no matter the road rules. Picking oranges from his trees was a favourite pastime, he would drive the ute (literally) into the tree to pick them, then complain of the after effects of too many oranges.

Mum passed away in 1995, which would have been exceedingly difficult for Dad. Dad was 64 when Mum died, and he has spent the last 25 years of his life without her.

This began the next phase of our lives. We were bachelors together for 5 – 7 years after Mum passed away, then he was left to his own devices. Dad had a motto of "quantity over quality" cooking. A favourite pastime for him would be to go to town on a Friday and

Saturday nights for tea at the club. He would also frequent the roadhouse, until he was told to "purchase a recipe book" after which he cooked every evening meal in the pressure cooker.

Wayne's bachelor days ended in April 2000 when Wayne married Tracey Slarke. Dad became Grandad to Lachlan, Rafferty and Annie. Dad always had a keen interest in his grandchildren and despite not seeing them day to day, he was able to watch them grow and keep active in their lives through cherished farm visits.

Graham married Amanda Miller in October 2002. Amanda would always say that there were 3 in our marriage, as I was always checking on Dad, and always worried when I could not contact him on the phone. Dad had the knack of leaving the phone "not quite on the hook", so it was engaged for hours. I would go out to the farm and see if he was alright, or if away I would ring up a neighbour to check on him.

One day at 5pm in winter I could not get Dad on the phone when I was in Albany, so I rang Ross Chappell and asked if he would go check on him. I had given Dad a job to shift a mob of sheep that day, so when he was not at home Ross took the path Dad would have taken to the sheep. Ross found Dad lying on the ground at the gate as he had fallen over and could not get up. Gary Prater mused later on that Ross "just rolled him over and then he ran away like an old ewe". Dad thought that was funny and did not mind (at times) being laughed at. The event in fact involved the Police and the Ambulance and led to him spending a few days in hospital.

Dad had a liking for animals except sheep. His cats, dogs, magpies and butcher birds, required a weekly purchase of mince, bread and biscuits. He would sit in the cold in winter with the door open "just in case" the cat or dog needed to go outside after laying by the fire. Dad would name the animal after the person from whom he got the dog or cat.

One of the first things Jim did, when Graham came home from school, was to give him the farm budget paper from the R&I Bank. "You must fill that out for the bank" he said, then went on to say that Arnold Byass does his budget on the back of an envelope, "that should be good enough". When we upgraded to a computer for budgeting, Dad said that "the bank would believe anything on a printout". He hated computers and would often say how inefficient they were, and that if you gave him a pencil and bit of paper and he would get it done much faster.

When we came home from school Dad took a big backward step away from running the farm, leaving it up to us. He said "he didn't really care as long as he was fed".

Dad valued community involvement and he went to a lot of busy bees. He was President of the Lake Grace Recreation Council around the time of planning of the Lake Grace Sport Pavilion, and he was also involved with the Country/ National party Lake Grace branch. Other than these, we do not know of any other office bearer roles he may have had. Mum was involved with book "Across the Lake" which is a history of Lake

## Alexander James Milton *(cont.)*

Grace, and Dad was ever present at that time helping with research and interviews. Dad enjoyed events like “Back to Beenong” when the plaque was put on the old Beenong School in 1980. In 2007 Dad was given the honour of unveiling the plaque at Beenong Siding at the “Gone but not Forgotten” celebration of the Beenong and Burngup communities.

Farming with Dad was always interesting. Dad’s hatred of sheep work would often bring out the best side in him (not). He had the knack of standing in the precise place that would stop the sheep from running. We worked out early on not to get caught in between a shearer and Dad. Dad’s hatred of music in the shed was illustrated, when one day he threw the power cord to the stereo on the roof of the shed. In the 90s we “cocky shore” after the wool price collapsed. Jim enjoyed that time, spending January in the shed with Alan Thornton, Leon Morgan, Colin Jenks and Matt Argent to name a few. At lamb marking time when working on the cradle, if someone was getting behind, Dad would put his stomach in between the cradles to stop it moving. Dad hated buying rams. Rams gave you lambs. He is the only farmer that thinks 80% lambing is better than a 100%. The only time he was happy was when the sheep left the farm on the truck. I don’t think he even cared what price we got, just so long as they were gone.

Dad would talk fondly of the workers that gave him a hand on the farm. Frank Lewis, Bill Adriaen’s, Howard Smith, Alan Duckworth, and more recently Keith Higgs. He would always ask first “Is Keith out at the farm”, “What is Keith doing?” he would not ask what we were up to. Keith had a lot to do with Dad, taking him to town, buying groceries and checking on him, especially in the last 18 months when Graham had his double knee replacement and Amanda battled thyroid cancer. Jim would frequently say “you are lucky to have Keith”. Like everyone Jim had his foibles, he would “go crook” when we fixed something, or cleaned up, saying “when are we selling up” but if Keith did it that was OK. We would like to thank Keith and Anne for all they have done for us as a family.

Dad didn’t like farm advisors especially the one that told him to put ryegrass in with the wheat. He would say “if you got pig netting and sprayed it green, then put it through the chaff cutter it would be more nutritious than ryegrass”. When the agronomist would come to the farm, he would call them “sell more chemical men”.

Jim would read the Farm Weekly religiously telling us what people got for wool and sheep and whose machinery or farm was for sale. Dad would say “don’t buy the “Elders” (Farm Weekly), I can’t see to read it” but by the next Thursday he would not have missed a thing.

In 1983 when we could not get into our long-time holiday destination The Lilacs, Mum and Dad purchased a unit in Albany. It was meant to be their retirement home, and they managed to spend a fair bit of time there until Mums diagnosis with Leukaemia. Their first night at the flat, they were told that “we keep to ourselves here” and “this is not a country town”, but

Dad and Mum being such social people, struck up friendships with a lot of the other residents. A few of these people visited the farm and stayed a night or two. Dad enjoyed taking people around the farm showing them the sites around Beenong and showing off the local wildflowers.

Mum and Dad continued farming buying Kent’s, then Fred Bishop’s. They sold Kent’s to buy Mrs Burt’s, then in 1989, with Graham and Wayne, purchased Watsons at Buniche, then part of Elliott’s followed by part of McGlenn’s in 1999.

Dad was able to live out his final years as he wanted, “to be on the farm”. He did this with the help of the Lake Grace Home and Community Care (HACC) who helped with minor cleaning. HACC through “meals on wheels” provided Dad a daily meal, which we would collect frozen, and he would reheat in the microwave. For many years we would take Dad to town twice a week for a shower at the hospital, and a “vet check”, followed by lunch with the permanent residents at the hospital. This was largely Dad’s only interaction with people in his later years. He ALWAYS cooked his own breakfast of sausages and eggs every day, and when he couldn’t do that anymore he missed it dearly.

We would like to thank Lake Grace Home and Community Care for their services enabling Dad to live at home until we were unable to care for him there. We would like to thank Lake Grace St Johns Ambulance volunteers Ross Chappell, Grant Medlen and Keith Higgs for transporting Dad on several occasions, including his final trip home from Perth a few months before his death.

Dad had his first plane trip at 88 years of age on the RFDS in August of 2019, unfortunately he was not well enough to remember any of it.

Alexander James Milton passed away peacefully in his sleep on the 27<sup>th</sup> February 2020 at the Lake Grace Hospital at 2.30am. We would like to thank the staff that cared for Jim in his final days and hours, he made his wishes clear. Thankyou for honouring his wishes.

To all those who visited Dad and comforted him in his final years we thankyou for your generosity of time.

We would like to thank Annie and Michelle Slarke for the flower arrangement for Dad’s coffin. The arrangement was made up of flora from the Beenong area, a fitting tribute and beautifully done.

Dad wanted to be cremated in a simple pine box, and his ashes scattered between the shed and the house, so he “would always be in the road”. As a family we will honour those wishes.

We know, wherever Jim is now, he will be talking – we would like to think that it will be with Mum – no doubt he would have had an earnest discussion with whoever controls rainfall in Beenong, as “it always falls on the neighbours and not on Allumbia”.

Rest in Peace Jim.



# Getting to Know...

Rosie Timperley

1. **Name:** Justin McHugh (Macca)
2. **Occupation:** Goods Relocation Technician (Truckie)
3. **How did you come to be living in Lake Grace?** I moved here 5 years ago to drive a big flash green Kenworth for Fyfe Transport, it's a great town just the weather gets a bit cold sometimes.
4. **What would you love to be make a living out of if you could be paid for anything you wanted to?** I'm already doing it - driving a truck. But If I had to change, either travel the world as a TV cameraman or be a Common Sense Consultant and teach people common sense. Lol.
5. **Where is one place in the world you would love to travel to if you could and one place you have been that you loved?** I would love to visit Chernobyl power plant just for a look, you never know what you might find. Best holiday so far was the Maldives Island Overwater Villa.
6. **What is one thing you think the world needs more of?** That's easy, KFC chicken Nuggets, nuggets make you happy that's what my nephew Oli tells me and I agree. *(Oli makes a special appearance with Uncle Macca in the photo above.)*
7. **What is something that annoys you?** The lack of Common Sense in the world.
8. **Who would play you in a movie about yourself?** Since I've shaved my head, I've been mistaken for Vin Diesel so I'd have to say Vin.
9. **If you could only listen to one singer/musician again, who would it be?** Hard question, but Johnny Cash or John Williamson as there are only two types of music: country and western!!
10. **What is something you can't do no matter how hard you try?** I can't get my rain dances to work at the right time and the right quantity of rain. But I'll keep dancing anyway.



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8am-8pm (Mon-Fri) - 9am-5pm (Sat-Sun)

Applications can be started online via your myGov account, if you don't have a myGov account then ring the above number and an account will be sorted, please be patient!

The Lake Grace CRC is open if you need documents copied or ID'd.

If you are sick or have returned from international or interstate travel then you must phone or email - you can't come in to the centre.



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# Lake Grace Weather

Date	Min	Max	Rain
22/4	11.7	22.8	
23/4	12.2	24.2	
24/4	12.1	23.9	
25/4	14.7	23.8	
26/4	10.8	22.6	
27/4	8.3	25.4	
28/4	11.1	18.0	
29/4	4.8	18.0	0.2
30/4	6.1	18.9	
1/5	7.5	20.6	
2/5	7.8	23.6	
3/5	10.0	28.5	
4/5	13.4	24.3	
5/4	14.4		6.2

## South of Kalbarri and Kalgoorlie Watering Days

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

Bad weather makes for  
good photography.

Ansel Adams

## Don't be Distracted

The road is no place to check your likes



## Defibrillator locations in Lake Grace

- **Liberty Roadhouse**  
cnr Stubbs St and South Rd - publicly accessible AED  
Open 7 days 6:00am - 8:00pm
- **IGA - Lake Grace Plaza**  
Stubbs St (centre of town) - publicly accessible AED  
Open 7 days 6am-7:45am 8:30am-5:30pm
- **St John Ambulance sub centre**  
Stubbs St (accessible 24 hours a day)  
Contact 000 in case of emergency
- **Lake Grace Police Station**  
Stubbs St (accessible 24 hours a day)  
Contact 000 in case of emergency
- **Lake Grace Men's Shed**  
Bennett St.  
Open 8:30am to midday every Tuesday  
Contact 000 in case of emergency
- **Lake Grace Swimming Pool**  
Bishop St  
publicly accessible AED during opening hours
- **Sporting Pavilion**  
publicly accessible AED when pavilion is in use





# Allowing Ourselves to be Vulnerable

Wheatbelt Men's Health - Phone: 08 9690 2277 - Email: [menshealth@4blokes.com.au](mailto:menshealth@4blokes.com.au)

Vulnerability has many different connotations, for some people it may be when we:

- haven't got adequate protection around us or mechanisms in place to protect our physical or emotional wellbeing i.e. family support;
- are extremely susceptible, which can be reflected in our individual capacity to cope or deal with stuff;
- are physically or psychologically weakened, which can inhibit our ability to resist illness and failure(hardship?)

As blokes we are often referred to as being 'stoic' (ignoring our vulnerability) often toughing it out and getting the job done. One characteristic of Stoicism is, '*as humans we must accept suffering as part of human existence*'. We have all heard the saying '*life wasn't meant to be easy*' and we have all felt the harsh reality of this statement through the various hardships and challenges we endure in our lives. Whether we have suffered a serious health issue, cared for a sick or aging family member, financial stress, feelings of being trapped/isolated or alone or even the COVID-19 pandemic, we are all challenged at some stage.

I put this into context by the belief that quite often there are no rules as to why some things happen in life i.e. losing a job, having a partner or wife leave us, or getting sick. We can spend a lot of time questioning, why did this happen to me? When in fact the only explanation is that sometimes '*shit just happens*'. A stoic view would strengthen our ability to endure the ups and downs of life, however unfair and cruel they may be. Sometimes as a lot of blokes do, we just get on with it.

When we look in the rear-view mirror during these times of hardship, do we realise that there is an opportunity to do something different that can help us utilise the individual capacity we are all born with to survive and thrive? For we blokes it often means we need to make an effort and change the way we think to get through these tough times. Some of these changes may include:

- connecting more with loved ones or friends (relationships take time and effort);
- taking time to read, relax, watch a movie, write, paint, make music, garden, sort old photos (develop that passion and interest); and
- allowing ourselves to be vulnerable.

It's that latter point '*allowing ourselves to be vulnerable*' that encapsulates the often underdeveloped, underutilized and still scorned part of a bloke's DNA. As Brene Brown states in her book *Rising Strong* '*Vulnerability is not about winning or losing; it's having the courage to show up and be seen when we have no*

*control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage*'.

Allowing ourselves to be vulnerable is an empowering experience, it gives us permission to feel pain, fear or grief giving perspective to our own life journey. It can help us deal with stuff in a more realistic way, perhaps even to find and live with a solution. Take care.

## Men's Shed Battery Drive

The Lake Grace Community Men's Shed is continuing with their battery drive. This is an ongoing revenue raising project which will contribute to the running of the Shed.

Batteries can be left at Phil Clarke's shed or you can contact Phil on 0427 651 155 or Allan Duckworth on 0427 651 567 if you require them to be picked up. Thank you for your ongoing support.

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**Fax 9865 1328**

LIC NO :EC004197

RTA NO :AU29828



# New Look at the Community Library

*Rosie Timperley*

It's out with the old and dated and in with the fresh and new at the Lake Grace Community Library. Vibrant shades of navy blue carpet panels were recently installed, brightening up the building and giving it a modern look.

With 50% of the costs shared between the Lake Grace District High School and the Lake Grace Shire, Narrogin Carpet Court along with shire staff carried out the project, replacing the older green carpet which lasted an impressive 21 years!

Principal Scott Tapper is looking to purchase additional children's literature books and has also applied for a shire grant for extra funds to purchase additional adult literature books each year.

This upgrade coincides with a number of ongoing school upgrades completed within the last six months with many more to come including: new carpets in all classrooms, repainting of all internal and external areas of the school, new signage and installation of LED communication signs, revitalised guttering, downpipes and railing, upgraded seating, gazebos and play areas. The school is on its most ambitious school improvement program in its history to deliver an engaging, vibrant and student focused learning environment for the benefit of our students and wider Lake Grace community.



**From left: Lake Grace Shire Acting CEO Alan George, Library Co-ordinator Lois Dickins and LGDHS principal Scott Tapper in the newly furnished library.**

## Lake Grace Transport

Twice weekly freight service to and from Perth

- ♦ Secure depot in Perth to drop freight off. Depot is C/O BW James, 19-21 Hodgson Way, Kewdale.
- ♦ For all your wool and general freight
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- ♦ Accreditation to load at Midland Brick
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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



“Once you have read a book you care about, some part of it is always with you.”

– Louis L'Amour

## Katanning Vet Clinic



Phone: 08 9821 1471

Fax: 08 9821 1473

A/H Emergencies: 0427 017 462

3/114 Clive Street

PO Box 841

Katanning WA 6317

[www.kojonupvethospital.com.au](http://www.kojonupvethospital.com.au)

[kvc@kojonupvethospital.com.au](mailto:kvc@kojonupvethospital.com.au)





# Litterpick Update

Suzanne Reeves

Well the 'aerobics' classes seem to have taken off with some expanded areas having been taken care of during the month of April.

Well done to a very fit Stephanie Lay who has cleaned up both sides of Mallee Hill Road from Brookfield Road to the Lake Grace Pingrup road (that's about 7km per side). Some of this rubbish was old but Stephanie still had a plethora of alcohol, soft drink, water and iced coffee containers in her collection, a total of 18 bags.

Annie, Lindsay and Michelle Slarke family have been busy 10km east of Lake Grace, collecting on both sides of the road between Hilton and Beenong Roads, a distance of 2.07km. The rubbish that they picked up included the usual takeaway food and drink containers. Aside from that there were vehicle components, chemical tubs and fertiliser bags. Some of the litter has blown or fallen off vehicles but it is patently obvious that most is thrown and in some cases there were piles of dumped rubbish. While the strip of bush running between the road and farmland may be seen as a 'buffer zone' a portion of this rubbish is being blown and/or washed into the paddocks. The Slarke family collected 10 bags of general litter (these are generous bags), 5 x 20L tubs of recyclables, a tyre and a sheet of plywood.

If you have been collecting then please let us know where you have been busy and how much you have collected. It helps Keep Australia Beautiful with their data collection. The irony of this is that while the iced coffee aficionados are busy clogging up their arteries those picking up after them are getting fitter.

Sadly as a community we have a habit of blaming those 'passing through', however with COVID19 and the huge drop in traffic and the fact that rubbish is showing up a day after an area has been cleaned up



**Above: Annie and Lindsay Slarke with their collection from the Lake Grace-Newdegate road.**

**Left: Stephanie Lay's haul from Mallee Hill Road.**



it has become patently obvious that a large part of the problem is local.

The maximum penalties for littering offences are \$5,000 for individuals and \$10,000 for corporations, however forget about the fines and think about our community and how we would like to have it looking its best.

## Lake Grace Freight Depot

We are agents for:

	Toll Ipec
	Startrack
	Kalexpress / Quality
	Freightlines Group (Esperance)
	Stirling Freight



### Depot open:

7am - 11am and 3pm - 6pm weekdays  
7am - 10am Saturdays  
Closed public holidays

***For security reasons this depot will be locked when unattended. We apologise for any inconvenience.***

### Any enquiries contact:

Rex - 0429 649 021 Tracy - 0447 759 246  
rexwalker70@gmail.com

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## **6 Clark Avenue**

Deceased Estate – All Genuine Offers Considered

Solid brick & tile residence with many features, including;

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- Covered rear patio area with rural views



## **18 Stubbs Street**

Roomy tastefully renovated, fully furnished home on a large centrally located block, which would be ideal for a residence incorporating a business enterprise.

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Owner will also consider renting.

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Lake Grace WA 6353**

**eldersrealestate.com.au**

**Ron Dewson Real Estate Agent  
m: 0428 651 213  
p: 08 9865 3500  
f: 08 9865 3555  
e: ron.dewson@elders.com.au**



# Lost Lake Grace is the New Found

*Suzanne Reeves*

The 'Lost Lake Grace' Facebook page continues to maintain its popularity as it teeters on the brink of having 900 likes. Recently added photos from a golf club dinner in the 1990s had everyone discovering that some of those in the more mature age bracket were once young and hot!

There was some recent activity on a post put up in January 2018 about the Hotham Valley steam engine coming to Lake Grace in August 1994. This post was shared by the Hotham Valley Railway page over the Anzac long weekend, the sharing of this brought out the train spotters which meant a whole lot more activity on our page.

We are always looking for photos from local events and happenings that we can pop up on the page and we would love to include all age groups. If you have a batch of photos from an event, or perhaps you're holding the photo album for a now defunct club. We would love to have the opportunity to scan these photos to upload to the site.

Our preference is that we cover as wide a net across the community as possible, covering a multiple of age groups and a variety of interests. It's always great to see the evolving fashions, hairdos and

remember the many people who have lived in Lake Grace over the years.

If you haven't yet 'liked' the Lost Lake Grace Facebook page then now is the time to do it.



**Above: Looking positively glam from the Lake Grace Golf Dinner (early to mid 90s) are a youthful Nick and Laure-Ann Maalouf.**

## SAND 'N' SALT



FASHION FOR THE SALT OF THE EARTH



Shop 5, Lakeway Shopping Centre,  
22/23 Stubbs Street, LAKE GRACE

Telephone 9865 1465

From next Monday Sand 'N' Salt will be opening  
on Monday, Wednesday and Friday  
from 10.00am till 4.00pm, and  
Saturday from 9.30am till 11.30am

Please phone us if you require anything outside of  
these hours. We are happy to open for you.

**Don't forget Mothers day  
on Sunday, we have lots of  
lovely gift ideas for you.**





# POLICE NEWS

LAKE GRACE POLICE STATION  
56 STUBBS STREET, LAKE GRACE. 6353  
Phone : 9890 2000 Fax : 9865 1429

Email: [Lake.Grace.Police.Station@police.wa.gov.au](mailto:Lake.Grace.Police.Station@police.wa.gov.au)

Personnel: Sgt. Travis Taylor, SC Fiona Main. PC Scott Oatridge

Policing in town has become a little different for us all. There's less traffic on the roads, meaning less accidents. This is fantastic; however, it is an unrealistic outlook to say that this trend will continue after COVID19.

There has still been a considerable amount of infringements issued, mainly for speeding, however not as many as usual, and also a few people taking their chances by driving whilst fines suspended. Police in Lake Grace do not give second chances for driving whilst fines suspended; if you are suspended from driving, you are not insured to be on the road. We find that it is showing disregard to the other road users to just 'advise' of the fine's suspensions, especially if they date back to 2013!

You may have noticed more of a presence in relation to the stop/check point at the intersection of Stubbs St, South Road. You may have noticed some unfamiliar faces with officers coming down from Kondinin and Kulin to assist. This is to continue for the foreseeable future, and as much as it is an interruption to our usual policing, it is actually quite nice to have a chat and see a few of you around town. It's also nice to say that we have had very few breaches of the COVID19 restrictions during this check point, and have not had to issue any infringements here in Lake Grace.

Lately, we have had to issue a few infringements for expired firearms. We don't like to be the bad guys in town, when it's clear that some of you are just forgetful. When there is a lot going on, or as many farmers do simply blame the wife (that's a bit harsh when it is your gun licence) I will stress that the reminder you get to renew the firearms licence is just that, it's a reminder.



You are responsible for ensuring that you are licensed to carry and use the firearm you have in your possession, however, like I said, we sometimes hate being the bad guys, well I do anyway, so we will be doing monthly checks to ensure that you are all licensed and avoid the infringement.

Once your licence is expired, you have three months before the infringement is issued. This does not mean that you wait for the three months to pass to renew your licence. If during that three-month period of grace, an incident should occur, you will be hit with a conviction of being in possession of an unlicensed firearm, and this could result in the maximum penalty of 3 years imprisonment and a \$12,000 fine.

We will do monthly checks on the firearms registry and call all of those who have recently expired; this will all rely on police holding an up to date phone number on our police systems. If we don't have an up to date phone number, then unfortunately we will not have the time to go to every home address. It is your responsibility to ensure that your phone number is up to date, so just give us a call and we will update the police systems.

Again, do not rely on this process as it will only be done as and when staffing and time permits.

Schools are back, which is fantastic for the parents and students alike. It's also a good thing for the police. We will be popping round to the school at start or finishing times to ensure that everyone is sticking to the COVID19 restrictions, and keeping a safe distance whilst children are being dropped off or picked up from school. This is the perfect opportunity to come and have a chat (at a distance of course), and raise any concerns you may have about the current situation.

We have also done a random drug testing operation on our school bus drivers whilst we were there, and I'm pleased to say that all the Lake Grace bus drivers passed with flying colours!

In regards to crime, the trend of crimes in both Lake Grace and Newdegate is pretty low to non-existent. There have recently been a few suspicious incidents, however these have not evolved into anything serious.

Lake Grace are currently working in conjunction with Kondinin Police who have recently been targeting some local known drug users/dealers in their patch. We are assisting them by making the life of the drug dealers more difficult than normal, which is resulting in some good criminal outcomes for Kondinin. They are more than happy to assist Lake Grace when it comes to targeting local drug dealers/users. Although we don't

# POLICE NEWS *(cont.)*

seem to have any big-time drug users, we know that there are some in town who we would prefer to be doing their business elsewhere.

We can act more confidently and achieve more if we have local information, and this is where people in town come in. If you have any information about any suspicious activity in relation to drug taking or dealing in town, give us a call and we can assure you that any information received will be treated with confidence.

Or call us directly here at Lake Grace police station on 9890 2000 for a more proactive response.

The hours at Lake Grace will be changing to try and

cover a larger amount of the day, we will be doing a week of day shifts (7-3) followed by a week of afternoon shifts (11-7). This will be for a trial period starting with dayshifts on 18/05/2020.

With the cooler days coming, we hope you stay warm, and we look forward to some nice wet weather. I never in a million years thought I'd say that at any time in my life. In Scotland we look forward to our one day of summer!

Stay safe!

Fiona, Travis and Scott.



“There’s not a drug on Earth that can make life meaningful.”

Sarah Kane



## Mrs G's Meal Service

**\$10.50 Small, \$12.50 Regular, \$15.50 Large**  
served in foil or microwave containers

Orders in by 12th May for delivery on 14th May

### Spaghetti and Meatballs

Homemade meatballs, onion and spices  
cooked in a tomato sauce.  
Served with spaghetti.

### Shepherds Pie

Mince cooked with onion, vegetables in a  
gravy served with potato.

### Sausage Casserole

Sausages & vegetables cooked in a  
savoury based sauce. Served with rice.

### Roast Beef

Mixed vegetables, mashed  
potato and gravy.

### Chicken Korma

Chicken, onion cooked in a  
homemade korma sauce with coconut cream.  
Served with rice.

**Homemade SAUSAGE ROLLS \$2.50**  
**QUICHE egg, bacon, vegetable & cheese**  
**Single serve \$3.50**

Mrs G is once again offering meals for anyone who is interested.  
All cooked fresh and delivered to you to freeze.  
Please phone 0429 793 973 or email [mrs.g.catering@gmail.com](mailto:mrs.g.catering@gmail.com)  
for any further information.



# Find South Using the Southern Cross

*Astrotourism*

## First, Find the Southern Cross

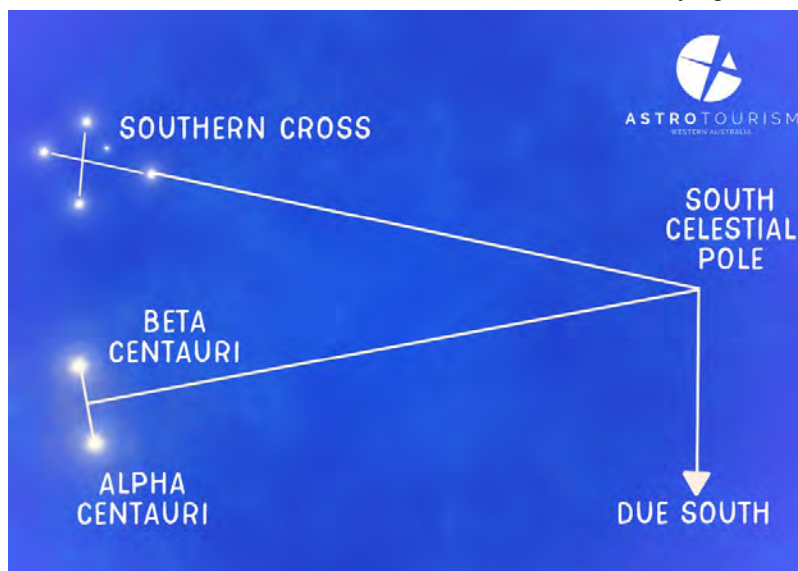
When you head outside to stargaze in the early autumn evenings, you will first notice two bright stars on a diagonal. The brighter of the two and closer to the horizon, has been commonly known as Alpha Centauri, but the International Astronomical Union officially refer to it Rigel Kentaurus from its old Arabic name "foot of the centaur". Together, the two stars are commonly known as the "Pointers", because they seem to point towards the Southern Cross. In early autumn evenings, the Southern Cross itself is above the Pointers. It looks like a diamond lying on its side and is actually made up of five stars.

## Finding South

First, imagine a line extended out from the long axis of the Southern Cross. At the same time imagine another perpendicular line extending from between the Pointers. Roughly, where these two lines intersect, marks our South Celestial Pole. Drop a line straight down to the horizon to find due south!

What's Up Night Sky? Visit: [www.astrotourismwa.com.au/stargazing/](http://www.astrotourismwa.com.au/stargazing/) to find out. Or follow the Shire Facebook page where latest news is shared.

*Image by Nyxel Digital*



## PRICED TO SELL

\$85,000

3 X 1 home on large block on main street

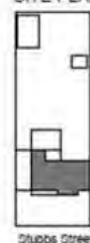
74 Stubbs Street, Lake Grace

Melanie Argent - 0451636929

Connie Argent - 0429445995



SITE PLAN



Approximate Areas

Internal	91 m <sup>2</sup>
Patio	25 m <sup>2</sup>
Carport	27 m <sup>2</sup>
Verandah	6 m <sup>2</sup>
Porch	12 m <sup>2</sup>
Workshop	32 m <sup>2</sup>
Shed	7 m <sup>2</sup>
<b>Total Area</b>	<b>189 m<sup>2</sup></b>

1 2 3 4 5  
Scale bar (metres)

N  
All measurements are estimates  
Plans are for demonstration only  
EJP Creative

74 Stubbs Street  
Lake Grace

# From the LLN Archives...May

## 1995 - Twenty five years ago

- The first Lakes Link came out on the 4th May.

## 2000 - Twenty years ago...

- Meeting is held for the establishment of a Roadwise committee in Lake Grace.
- DVD's now available for hire from Lake Grace Rural.
- Ladies golf played their first Sliver Spoon round with Eileen Mather being the nett winner on 71, runner-up was Margaret Clarke with the gross winner being Jeanette Bennett.
- Belly Dancing class was facilitated by the Telecentre.
- 160 attend the State-wide Bush to Beach Quiz Night at the Shire Hall.

## 2005 - Fifteen years ago....

- Lake Grace Telecentre obtains a grant to put together a 'Welcome Package' for new residents.
- Local shearing contractor and wool buyer Darren Spencer was one of 22 West Coast Wools clients, buyers and directors who toured wool mills in China last month, following the journey of Western Australian wool.
- Local Fire and Rescue Services and Police were called to a road train fire near the Tarin Rock siding on. Response was quick but unfortunately the prime mover was unable to be saved.
- LGDHS students attend their first Kojonup Speech and Drama Festival bringing home six first prizes and two gold medals (Braden Frost for yr 9 and Rebecca Reeves for yr 8) plus four highly commended.
- Work begins on the mosaic under the clock.

## 2010 - Ten Years ago....

- Council rejected a motion for funding of the new Daycare building.
- Local artist, Tania Spencer won the Alcoa Major Sculpture Award for recycled sculpture at the Rockingham Castaways Sculpture Exhibition.

- LGDHS students took part in workplace learning at various businesses around town.
- A brainstorming session took place for ideas to support the focus on Women in Agriculture at this years Newdegate Field Days.

## 2015 - Five years ago....

- Ex-service personnel Edd Duckworth, Neil Bishop and Shane Carruthers at Lake Grace's 2015 ANZAC Day Service.



- Megan Henry holds a launch for her book 'Always on My Mind' in Lake Grace.
- The early years nature playground is completed at the Lake Grace District High School.



Michael Watson

- Laurel Nannup's 'A Story To Tell' exhibition opens at the Lake Grace Regional Artspace.
- Centrelink's Mobile Service Centre is in Lake Grace.



## Book Review - *World War I, A History in 100 Stories*

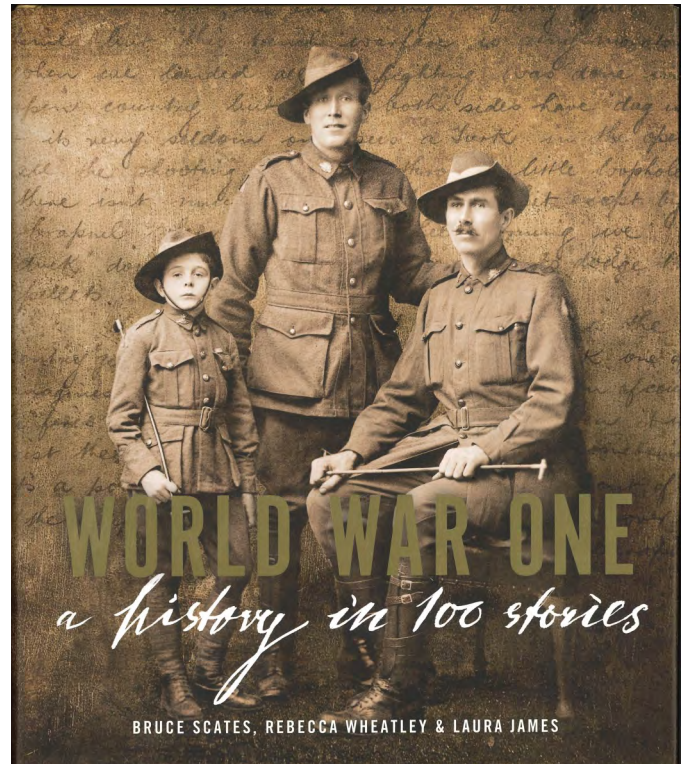
Suzanne Reeves

Now you may have already heard about this book, or perhaps you have been to the ANZAC Memorial in Albany and seen the rolling display they have of the 100 stories.

I was intrigued by these stories because it's not the usual heroic subject matter, this is a book about the everyman and the ugly side of war that came home with these embattled men and women.

Drawn from a unique collection of sources, including repatriation files, these heartbreaking and deeply personal stories reveal a broken and suffering generation - gentle men driven to violence, mothers sent insane with grief, the hopelessness of rehabilitation and the quiet, pervasive sadness of loss. They also retrieve a fragile kind of courage from the pain and devastation of a conflict that changed the world.

After being told by the husband that I couldn't stand at the ANZAC Memorial for 100 stories I elected to buy the book - it's not one that you can read all at once as the unfairness and fickleness of life is quite confronting. So to be honest I haven't finished it but I have to say it is a book that everyone should read, a reminder that most of us have a good life.



## Ajustabar HIRE

Lake Grace Engineering have AJUSTABAR machines available for HIRE in Lake Grace and surrounding areas

Please ring Tracey for further information, pricing and availability

Phone – (08) 98 651 845

Email: [adminlge@bigpond.com](mailto:adminlge@bigpond.com)







## Shire Community News

### From the Acting CEO

The Shire office reopened its doors on Monday 4 May and staff have been busy this week.

There are some restrictions in place, please ensure there are only two members of the public in the office at one time. We would prefer you to use the tap and pay system instead of cash and follow the 1.5 metres from others rule and stay home if you are unwell.

Due to the current COVID-19 restrictions keeping us to our own region there are some great local attractions to visit in the next few weeks.

#### Staff Changes

I am pleased to say that Brooke Williamson has been appointed as our new Development Services Administration Officer and commenced with us on Tuesday 28 April. We are excited to have Brooke on board and welcome her to the team!

A belated welcome to our new Final Trim Grader Operator, Shane Markham who joined the team at the beginning of April. We hope he has settled into the position and area well.

#### Licensing

Licensing is now available again however please be aware that as an agency we can process the majority of transactions however there are some which take time to process.

With every transaction we perform here, we try to offer the best service possible. We do ask all licensing customers to be considerate, even though we are aware of people being 'locals' it does not exempt us from following the rules set by the Department of Transport.

You can still visit the DoT to pay online at <https://www.transport.wa.gov.au/>. A reminder the Practical Driving assessments have been cancelled until further notice.

#### Helping Hand Project

The Helping Hands project is still available to people living in our towns. It is a way people can stay connected in their own homes. Your pack can still be placed on your front window to let neighbours know you are doing okay or if you need help.

If you are looking for some assistance or are able to help, please contact the Shire 9890 2500 or email [helpinghand@lakegrace.wa.gov.au](mailto:helpinghand@lakegrace.wa.gov.au).

#### Health Officer Returns

Shire's Environmental Health Officer, Brendon Gerrard, has returned to the office, you can contact him at the Shire office on 9890 2500 or email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au).

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

Fax: (08) 9890 2599 Email: [hire@lakegrace.wa.gov.au](mailto:hire@lakegrace.wa.gov.au)

#### Mandatory COVID-19 Hygiene Training

The state government and Australian Hotels Association's has rolled out a \$1.8 million mandatory COVID-19 hygiene training course.

The initiative announced last Wednesday ahead of a possible reopening of WA hospitality venues next month will require people working across the state hospitality and tourism industries to take the specialised COVID-19 hygiene course before venues can reopen.

The COVID-19 Hygiene Course would help the sector reduce risks associated with COVID-19 in respect to hygiene, cleaning and social distancing measures and cover the following modules:

- Understanding COVID-19 and venue restrictions
- Reporting personal health issues
- Maintaining personal and work environment hygiene practices, specific to COVID-19
- Reducing cross-contamination through procedures, specific to COVID-19

Effective cleaning and sanitising practices, specific to COVID-19

#### Council Meeting

The next Ordinary Council Meeting will be held on Wednesday 20 May 2020 at 1:30 pm.

Council meetings will be held online until further notice. Questions from the public will need to be provided to the Shire Office no later than 24 hours prior to the meeting.

*Alan George*  
Acting Chief Executive Officer

### Restricted Burning

The restricted burning season finished on 30 April, which means that you no longer have to apply for a permit to burn. However, after a hot and dry summer the soil moisture levels remain very low in the district and any fire that do start may spread rapidly.

Until we receive some decent rainfall, this situation won't change. Please also remember that this is the time of the year when we can expect strong winds ahead of cold fronts crossing the coast. Therefore, the Shire urges you to take extra care if you are planning to do any burning.

Please make sure that if you do start a fire, you have enough people and other resources to be able to put it out.

For further information go to:  
<https://www.emergency.wa.gov.au/>



## Shire Infrastructure News

Our staff and contractors carried out the following works:

- Removed bitumen surface next to Lake Grace skate park surface to prepare for new jumping pillow
- Trench and cover at Lake Grace tip
- Resheet a section of Biddy Camm Road
- Resheet a section on Whurr Road
- Resheeting and backslope clearing started on Duckworth Road
- Slashing verges on Newdegate North Road
- Slashing verges of Magenta Road
- Work on clearing the Newdegate sports dam catchment
- Replacement of rural road signage.



*Re-sheeting on Whurr Road*

The Lake Grace Maintenance Grader has carried out grading, rolling and backslope maintenance on:

- Biddy Camm Road
- Hilton Road

Contract maintenance Grading in the Newdegate area has been carried out on:

- Giles Road
- Lockhart Road
- Magenta Road
- Nields Road
- Old Ravensthorpe Road
- Taylor Road

Contract Maintenance Grading in the Lake King-Varley area has been carried out on:

- Biddy Camm Road
- Broombush Flat Road
- Finlay Road
- Hogan Road
- Kathleen Road
- Mulcahy Road
- Pickernell Road
- Rose Road

### *Parks & Gardens*

The Parks and Gardens Crew has carried out the following work:

- Weed spraying around Lake Grace town
- Mowing and gardening the Lake Grace sports pavilion areas
- Mowing RSL Hall
- Mowing Lakes Village verge
- Mowing Doctor's house
- Investigate reticulation issues with Lakes Village Hall
- Removal of dead trees around town
- Mosquito treatment around Lake Grace waterways.

### *Building*

The Building Maintenance Crew has carried out the following work:

- Moved furniture in library to enable installation of new flooring
- Repair of fencing in front of the Newdegate Pavilion
- Installed white picket fence along the new footpath through the Lake Grace Sports Precinct.

*Craig Elefsen*

Manager Infrastructure Services

## *Help stop the spread of caltrop*

Following the recent rainfall the townsites have experienced an outbreak of caltrop.

### **What You Can Do:**

You can assist by spraying and/or removing any caltrop on your property or verge, please do not put into your rubbish bin as this will contaminate our waste facility and the neighbouring farm lands.

### **Disposing of Caltrop Plants**

To dispose of any removed caltrop plants please:

- place them into a marked and sealed plastic bag and keep them until winter when they can be safely burnt

or

- take them to the Shire Depot at Absolon Street Lake Grace, where there is a specially marked caltrop wheelie bin facility located just outside the main depot gate.

or

- Newdegate: place them in one of the two blue bins specially marked **Caltrop** on Lot 12 May St (vacant block) Newdegate.





## Community Info

### Office Open Hours

Monday - Tuesday - Wednesday - Friday

8.30am - 4.30pm

Thursday 8.30am - 4.00pm

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

### Transport & Licensing

All licensing payments are to be made in person at the Shire of Lake Grace Administration office, 1 Bishop Street, Lake Grace.

Monday, Tuesday & Wednesday 8.30am - 4.15pm

Thursday and Friday 8.30am - 4.00pm

As an agency we process the majority of transactions, including: renewals, transfers, number plate orders, boat registration renewals and new licence applications. With every transaction we perform here, we try to offer the best service possible.

We do ask all licensing customers to be considerate, even though we are aware of people being 'locals' it does not exempt us from following the rules set by the Department of Transport.

### Driving Assessor

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

Bookings are essential for all Practical Driver's Licence Assessments and we advise booking in advance as there is often a waiting list.

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



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

### Libraries Closed

Library members have access to a state-wide collection of eBooks, eAudio, eMagazines and video streaming, all for free. Sign in with your library card and enjoy BorrowBox for a wide selection of bestselling eAudiobooks and eBooks.

Visit the Shire website in the library tag at [www.lakegrace.wa.gov.au/facilities/libraries/](http://www.lakegrace.wa.gov.au/facilities/libraries/) for more details on how to access and enjoy these free resources.

### Town Planner

Planning Officer, David Johnston and Building Surveyor, Gary Bruhn can be contacted through the Shire Office at 9890 2500 or email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au).

### Environmental Health Officer

The Shire's Environmental Health Officer, Brendon Gerrard. Contact the Shire on 9890 2500 or email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au).

### Tip Times

#### Lake Grace

Monday & Wednesday 9am - 2pm

Saturday & Sunday 9am - 4pm

#### Newdegate

Wednesday 9am - 1pm

Saturday 9am - 1pm

#### Lake King & Varley

Open every day

### Recycling Services

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

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

Lake Grace	Newdegate
Tuesday 12 May 2020	Tuesday 19 May 2020
Tuesday 26 June 2020	Tuesday 2 June 2020

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

The recycling bins are collected by Warren Blackwood Waste and transported to a recycling facility. If items which are not recyclable are found the content can't be recycled and the load will be directed to the landfill.

If an item is covered in food, it is not recyclable. Food is one of the worst contaminants in the recycling process.

By using the yellow top recycling bin correctly you are contributing, in a combined community effort, to reduce the amount of rubbish that is directed to landfill facilities each year. For more information on Waste Management visit the Shire's website [www.lakegrace.wa.gov.au](http://www.lakegrace.wa.gov.au).



Check out our Facebook  
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Check out our website  
[www.lakegrace.wa.gov.au](http://www.lakegrace.wa.gov.au)



# WHEATBELT NRM MOST WANTED!

Have you seen any of these?



## Malleefow

Did you know this amazing bird is losing its fight against feral predators and habitat loss. Did you know they are part of a group known as Megapodes – which means 'large foot' due to the strong legs they use to dig their nesting mound.



## Black cockatoos

There are three species of black cockatoos in WA and they can all be found in the Wheatbelt. The iconic Carnaby's cockatoo is known as the bringer of rain. This is probably related to their habit of returning to the Wheatbelt in winter to breed. Did you know they nest in tree hollows and only eucalypts around 150 years old have the right type of hollows.

## Wheatbelt Woodlands

The Wheatbelt Woodlands include some of our iconic eucalypt woodlands such as Salmon gums, York gums and about 31 other species. We are working to protect patches of remnant bushland in good condition. Do you have your favourite patch of eucalypt woodland? Do you want to protect it and restore it?

Have you seen any of these special birds, or do you have a patch of woodland? Contact us to share your knowledge and help us protect our Wheatbelt wonders.

The WA Wheatbelt is home to a huge number of unique flora and fauna species. And Wheatbelt NRM is on the lookout for some of our most wanted. These species are considered threatened and we are working with community to ensure they don't go extinct.

Let us know so together we can ensure their survival. Contact Anika Dent on [adent@wheatbeltnrm.org.au](mailto:adent@wheatbeltnrm.org.au) or 9670 3104.

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



# Time for those Projects

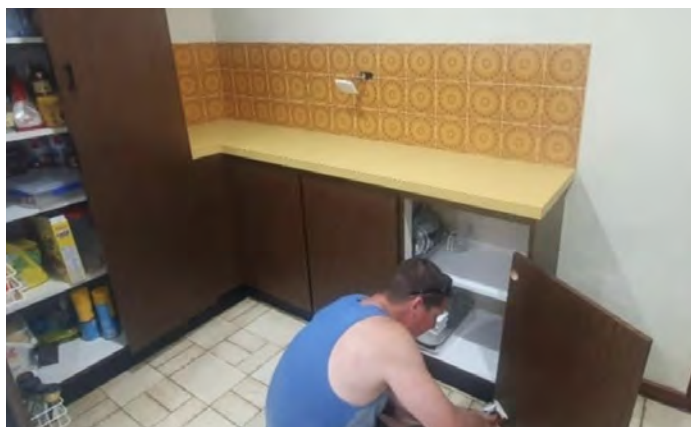
*Rosie Timperley*

Whether you were already a homebody or you thrived in social situations, we are all in the same boat now due to the 'Stay Home' order following the COVID-19 outbreak. For some of us life hasn't changed a lot as we continue to do what we always did and bury our noses in a book or spend any free time in the garden! But for others, following these restrictions has resulted in more time spent at home where some long-awaited projects have been able to be undertaken and more time for hobbies has opened up.

Whilst some people are itching to get back to their sport and social activities, others have a new-found love for the quiet life at home, finding that completing a project which had been put off 'until they find time' has brought a great sense of accomplishment. Likewise, enjoying hobbies such as horse-riding at a more leisurely pace, has reminded people that it's the simple things in life that bring a lot of joy and contentment.

Hopefully life will soon get back to normal for everyone but maybe a lesson we will learn from this is to appreciate the slower, quieter pace of life. Often we subconsciously compete to see who is busier, more stressed, has more social engagements but perhaps we should instead be encouraging contentment, happiness and being there for each other in times of stress.

***Below: Tai Bell and Teneeka Morgan make the most of the Stay Home order by updating the look of their kitchen with a clean, crisp, white tone.***



***Above: George and Rosey Chircop create a new and inviting look to the front of their house with the help of their daughters.***

***Below: Milla Prater spending some downtime with Mum Maggie on Auntie Shenae's pony.***





# ANZAC DAY 2020 *(cont.)*

together a slideshow of photos of our veterans to the music of Vera Lynn. Unfortunately we only had those photos already in our archives from World War I articles done in the Lakes Link, photos from the VP Day held in 2005 and those in my own private collection.

We would love to add to the collection we already have and would like people to send in photographs of veterans within their family with a short blurb in readiness for 2021.



**Above:** Devon Stubberfield displayed a poppy wreath in her front garden.



**Above:** Poppies are competing with geraniums

**Right:** Some more giant poppies, this time adorning the front fence of Craig and Suzanne Reeves house.



**Above:** Tania Spencer had the fertiliser out to be able to 'grow' this giant poppy hanging at the front of her residence.



**Above:** Phyllis Dunham was fortunate enough to have some poppies 'blow in and grow alongside her front path'.





# Centrelink to Invest in Second Phone

*The Chaser*

Centrelink has announced that it will address soaring demand for its services by installing a second phone line at its call centre. The move comes after figures were released showing that 31% of Australians are currently on hold to Centrelink.

A spokesperson for Centrelink said that while it was against government policy to meet the needs of those needing its services, the demand was so overwhelming that they could continue to not meet people's needs, even with a doubling of their capacity.

The Prime Minister agreed to the move after it was revealed that many people trying to access Centrelink are doing so for the first time in their lives. "It was fine when it was just bogans who were being inconvenienced, but when I heard that people from Sydney's North Shore were being inconvenienced, I knew something had to change."

Mr Morrison said he wanted to make it clear that the measure was only temporary, and that Centrelink would go back to having just the one phone line the moment the crisis was over.

Mr Morrison faces a backlash from within his own party for letting Centrelink have a second phone. The hard-

line faction in his party opposes all government assistance except to large corporations and mining executives.

As a compromise with anyone accessing the new phone line will be immediately added to Centrelink's notorious robodebt scheme, and harrassed about unpaid debts that they don't owe until they kill themselves. Peter Dutton is said to be "satisfied" with that arrangement.

The new phone is being installed by the NBN, and is expected to be operational by the time everyone no longer needs to call Centrelink anymore.



## Palm & Tree Lopping Service



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# Puzzles and Stuff

Some words from the 23rd April edition of Boggle

Answers for the 23/04/20 edition of Sudoku

Potential	Piano
Tinplate	Plant
Elation	Point
Paline	Taint
Patient	Talon
Polenta	Ante
Toenail	Into
Alpine	Lean
Entail	Lent
Latent	Line
Notate	Lion
Patent	Neat
Planet	Note
Potent	Open
Talent	Pane
Alien	Pant
Alone	Pine
Inlet	Plan
Paint	Tent
Panel	Tine

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

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

L	G	I
S	O	I
E	B	O

This week's Boggle (Every word must include the middle letter)

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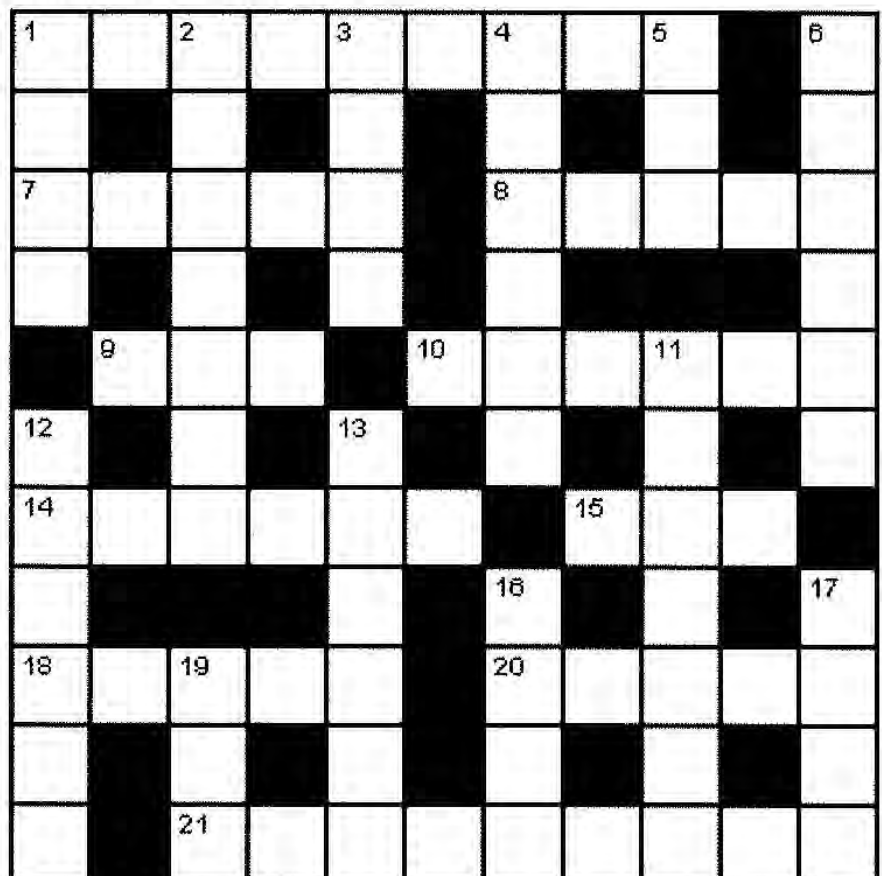
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## Across

1. Group of musicians (9)
7. Eye socket (5)
8. Jockey (5)
9. Epoch (3)
10. Part of the foot (6)
14. Shrewd (6)
15. Cacophony (3)
18. Thighbone (5)
20. Ice hut (5)
21. Court game (9)

## Down

1. Woodwind instrument (4)
2. Floor show (7)
3. Consumes (4)
4. Despot (6)
5. Assistance (3)
6. Precipitous (6)
11. One of three (7)
12. Perplex (6)
13. Gaped (6)
16. Flightless bird (4)
17. Metal money (4)
19. Disorderly crowd (3)



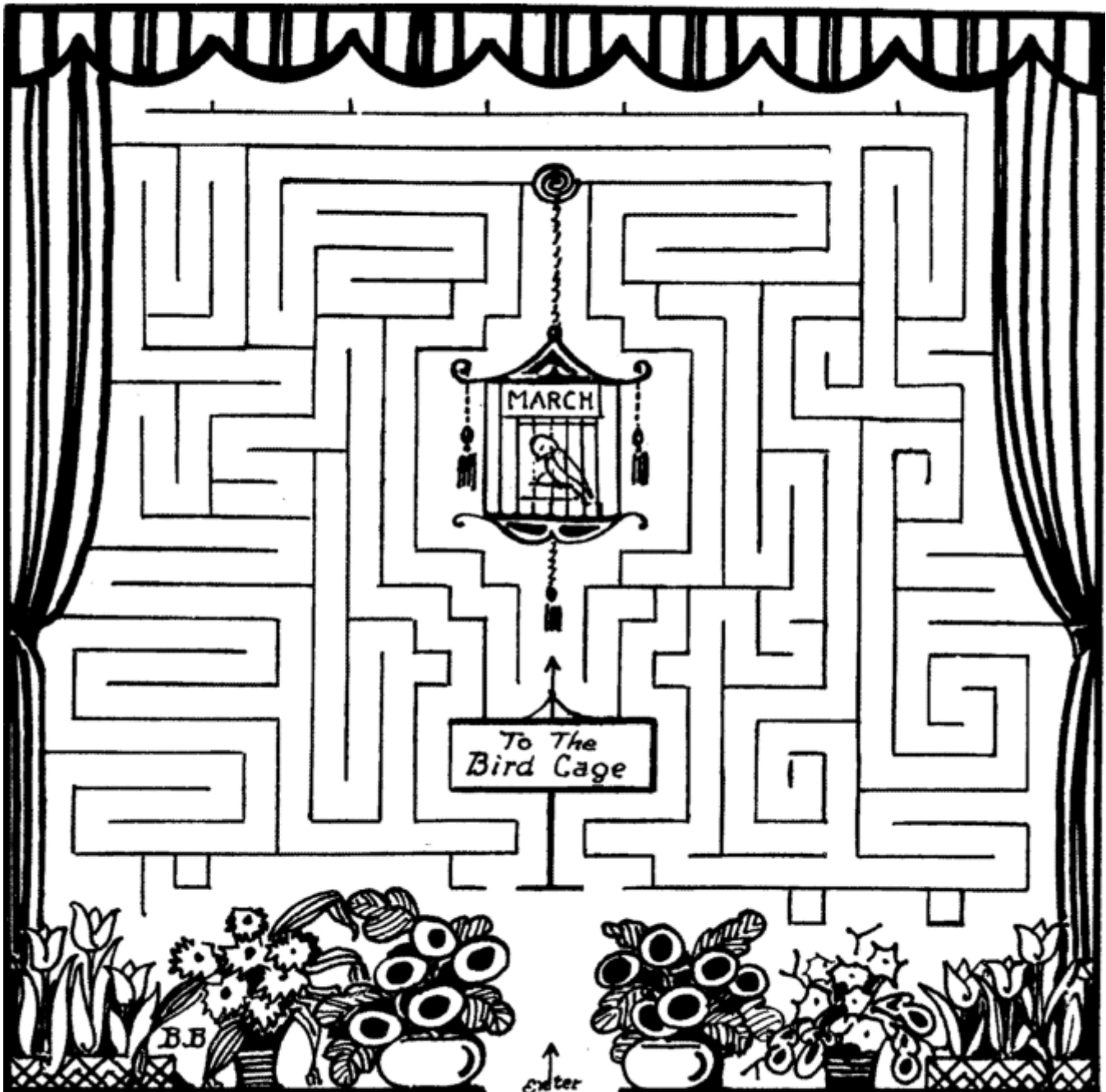
# Children's Activity

What do you get when you cross a  
vampire and a snowman?

Frost bite!

Why did the biscuit go to  
hospital?

Because he felt crummy!





# Post Sydney - Emden

Allan Zweck

Last issue of Lakes Link told the story of the Battle of the Emden. In brief, as the convoy of our Australian and New Zealand soldiers was on its way to the War, the German raider *Emden* was destroying the wireless Communications at Direction Island. *HMAS Sydney* received an S.O.S. and immediately steamed away from the convoy, and engaged in battle with *SMS Emden*. After a 90minute fight *Sydney* had smashed the *Emden*. This story is about events and life after the battle.

After the medical team had attended to the 65 injured men from the *Emden*, the *Sydney* resembled a hospital ship, as the crewmen were laid out side by side on the deck, though the more seriously injured were accommodated below. It was a tragic loss of life that 134 men had died, and yet more of the injured died later. When Captain von Muller came aboard, *Sydney's* officers respectfully welcomed him. It was said, "To the shrill of a bosun's call, Glossop and the officers came to attention and saluted their beaten foe ... von Muller gravely returned the salute ... Glossop took him gently by the arm and led him below to his cabin, where a meal had been prepared".

When the *Empress of Russia* came alongside *Sydney*, the majority of the German personnel were transferred over to be taken to Colombo, except the officers and those too injured to be moved. The *Sydney* also proceeded to Colombo with their cargo, and another conciliatory gesture preceded their arrival. There were no celebrations of *Sydney's* success as the cruiser entered the harbour: Captain Glossop had signaled ahead to request that the sailors and soldiers aboard the warships and transports refrain from cheering, out of respect for the German wounded being carried aboard. At Colombo, the wounded were placed in hospital, and the *Sydney* then rejoined the troop convoy, heading for the Suez Canal. The defeat of the *Emden* allowed RAN

warships to be deployed in other theatres, and troopships were able to sail unescorted between Australia and the Middle East until renewed raider activity in 1917.

Captain von Muller, and a small complement of officers were sent to Malta and imprisoned. He died in 1923, aged 49 years. The rest of the personnel were taken to Australia and placed in prisoner-of-war camps at Holsworthy, Trial Bay, and Berrima. After being abandoned, the 50 man shore party from the *Emden*, who were on Direction Island escaped on the sailing ship *Ayesha*, and promised they would replace the food supplies they took, if possible. After seven months, by various means of transport they arrived at Constantinople and reported to a German admiral stationed there, having lost three men, then journeyed home by train.

After completing escort duties the *Sydney* was deployed to the North American and West Indies Station before attaching to the British Grand Fleet. At the surrender of the German High Seas Fleet, November 1918, *Sydney* was assigned to escort the **new Emden**. *Sydney* remained in service until 1928, and was broken up for scrap in 1929. For the battle, *Sydney* was awarded the battle honour "*Emden 1914*". This was the first honour for a single ship action awarded to a RAN vessel, and one of only three awarded to any British Commonwealth ship during the 20<sup>th</sup> century. Captain Glossop was appointed, Companion of the order of the Bath. (An award for chivalrous action; by showing consideration for others).

Later, during the war, Sydney Russell was transferred from the RAN, to the Australian Imperial Force in October of 1916. When he mobilised to France, he saw plenty of action and after an event in Le Cateau,

France, he was awarded a Military Medal for tending wounded under heavy fire on the open battlefield, among falling shells and gas, before dragging four of them to his own lines. Sydney and another Gunner worked together in their action, which was voluntary, and actuated by a sense of comradeship – they were not ordered to undertake the rescue. Just before the Armistice in November 1918, a gas bomb landed in his trench. It killed his mate next to him and he suffered gas inhalation, affecting him for much of his

***The gazebo on Direction Island, Cocos (Keeling) Islands, has a display of the 1914 naval battle between the light cruisers HMAS Sydney and SMS Emden. Also has the names of all the seamen who took part in the battle.***



## Post Sydney - Emden (cont.)

life.

Sydney's discharge from Military service was 1919, and he took up land in Serpentine, along the Serpentine river. On the other side of the river lived William Rudall, a well known surveyor/explorer of our outback, and a JP. Sydney needed his signature on a couple of occasions to redeem War gratuities – he later married his daughter Doris. Sydney established a neat productive orange orchard, and also a “show place” dairy, which became their main source of income. The dairy provided milk for the cheese factory which Sydney helped establish. A story in the paper highlighted his change; From “Emden wrecker – Now milking cows”. With a splendid block of land, he achieved the ambition of every seafarer to “chuck the sea and own a farm”. The same story said his quarterdeck gun fired the first and last shot at the *Emden*! After settling in the Perth region, Sydney and his mate, Nat Clifford, (the rating who took the S.O.S. call that pitched them into battle), would regularly meet on a Friday night to play cards. Sydney had no family, and lived to age 80 years.

Fast forward 100 years to November 9, 2014; It was the 100<sup>th</sup> anniversary since the battle of Cocos, between *Sydney* and *Emden*. 200 people were present for the commemoration celebrations. A gazebo with information boards telling the story of the *Sydney* and *Emden* and detailing crew lists of the two ships had been erected as a memorial. This was followed by the dedication of a Friendship Mast memorial. Included in the gathering were the Governor General Sir Peter Cosgrove, Vice-Admiral Tim Barrett, chief of Navy, the German Ambassador to Australia and descendants of crews of both ships, (20 from Germany), and Cocos Island locals.

In speeches opening the “Sydney/ Emden Gazebo” and the dedication of the Friendship Mast, Sir Peter said it was a victory the Navy still celebrates. “This was a coming of age for Australia’s fledgling Navy. It proved to us that we could hold our own in the heat of a battle against an experienced adversary. He also paid tribute to the skill and humanitarian spirit of *Emden*’s captain, Karl von Muller.”

The German Ambassador, Dr Christoph Muller said; “It defies imagination on a morning exactly like this, in view of this peaceful island, young men were preparing to fight and die. It was a battle that soon transformed the *Emden* into a battered inferno. In Germany the Great War triggered a chain of events that 30 years later, nearly finished our country off, both politically and morally. History can never be undone, but we can learn. We should never send our young men into war against nations that should be our friends, not our enemies”.

Last speaker was John Clunies-Ross, the remaining descendant of the ‘King of Cocos’, “We are not used to having so many big frogs in our pond”, he says with a smile! “It’s taken you all 100 years to bring back part of the *Ayesha*, don’t take 100 years to bring back the rest,” referring to a lifebuoy returned from the seized *Ayesha*!



**HMAS Sydney - SMS Emden Friendship Mast. The monument commemorates the sailors of Australian and Germany who were killed in action during the engagement of HMAS Sydney and SMS Emden in November 1914.**

The Friendship Mast is a pole like a cross set in a plinth. On the arm of the cross are replica ship bells, one on each side, one being of the *Sydney*, silver, and the other of the *Emden*, black. After the dedication, the bells were rung. The text on the plinth reads; “This memorial was placed here as a sign of enduring friendship by the descendants of those who served aboard HMAS Sydney (1) and SMS Emden (1) during the Battle of the Cocos Islands on 9 November 1914. It honours the men of both nations and remembers the many who lost their lives in the waters north of this site. Friends Today,

**A Ship in Harbour is Safe, but  
that's not what ships are built for.**

*John Shedd*



# Bits and Pieces

Kevin Seaman

Firstly, I must emphasize that I am in no way trying to undermine Suzanne's book reviews in each edition of the Lakes Link. The review in the last edition was Michael Connelly's 'Black Echo', which gives you a good insight into the detective Harry Bosch, who is to say in the least, a detective extraordinaire. A very good read if you like fast moving action stories.

But! (and I should not, according to my darling daughter Kelly, who is a librarian at the Jerdacup School) start a sentence with the word 'but' as it negates the previous sentence. But while we have book reviews on our mind, and with plenty of time to read in this time of 'you know what,' may I bring to your attention an Australian author who is nothing but a fabulous, thought-provoking, astounding writer. In composing his books, he passes onto you, the reader, an experience you will never forget. I'm sure you will (and hope you can) find more of his books to read and enjoy and learn more about the history of Australia. Who is this author? Peter Fitzsimons.

Peter Fitzsimons is a journalist with the *Sydney Morning Herald* and *Sun-Herald*, and a busy events and motivational speaker. He is the author of over twenty-six books, including *Tobruk*, *Kokoda*, *Batavia*, *Eureka*,

*Ned Kelly* and biographies of Douglas Mawson, Nancy Wake, Kim Beazley, Nick Farr-Jones, Les Darcy, Steve Waugh and John Eales, and is one of Australia's biggest selling non-fiction authors of the last fifteen years. He lives with his wife, Lisa Wilkinson, and their three children in Sydney.

His passion is to tell Australian stories, our own stories; of great men and women, of stirring events in our history, and to give a stirring rendition of what it was to live in past times. Other publications written by him in his unique way of combining historical facts and promoting individual characters in his novels. For you to get a full understanding of how, what, and wherefore some titles to read are *Gallipoli*, *Tobruk*, *Charles Kingford Smith* and ones I have just finished, *Mutiny on the Bounty* and *Captain Cook*. Two big adventure stories of 600 plus pages that make you feel like you are at an adventure on the high seas. Do yourself a favour, grab a book of Peter's and not only fill in the time but learn about our historical past. Enjoy.

Another Australian (Tasmanian) author whose books are in the forefront of my bookshelves, full of wit and wisdom, is Philip R. Rush. Philip's main claim to fame is writing poems with a humorous flavour but interesting

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## Bits and Pieces (cont.)

storyline, ie. *Poems That Would Humour a Horse; Poems That Would Captivate a Koala; Poems That Would Cheer a Chook and Poems That Would Satisfy a Sailor*. These are some from his 20 book collection of poetry. The following is one for this appropriate time of year, from his 'Australian' poetry series, *Poems That Would Delight a Duck*.

### *Preparing for Winter*

Officially it's Autumn still,  
But we have felt the winter's chill  
Several times these past few nights,  
Reminding us that March delights  
Of balmy evenings now are past;  
And soon the south wind's icy blast  
Will see us dressed in warm attire,  
Or sitting by a friendly fire.

Or maybe not! A fire needs wood!  
I've left it later that I should  
To fill our rather empty shed  
With winter's wood! The days have fled  
Since summer died - but I've begun  
To gather wood while autumn's sun  
Is still abundant in the sky;  
And days are relatively dry.

I hope it stays that way a while;  
I trust the weather gods will smile  
Upon our forty-acre block  
Of trees and shrubs, and sand and rock;  
For long enough for me to store  
A dozen tonne, or even more,  
Of cut, dry logs in sheltered stacks, secure from winter's  
worst attacks!

Yet other jobs I need to do  
Ere autumn's gone - for both the flues  
Need sweeping - far too long it's been  
Since last I gave them both a clean!  
The slow combustion stove, I know,  
Needs cleaning out; and on it goes!  
I think the firebox needs repair,  
I'm sure some bricks are cracked in there!

But, most of all, I need the wood!  
With two fine weeks, I think I could  
Collect enough to keep us warm,  
In spite of winter's frost and storm.  
For we have several fallen trees  
On our block, and most of these  
Are dry and solid, so I should  
Quite quickly fill the shed with wood!

So that, at any rate's, my plan,  
And I will do the best I can  
To see that it is carried out;  
For, I would say, without a doubt,  
When outside there's a raging storm,  
And inside you are safe and warm,  
Then sitting by a fire at night,  
Brings a sense of pure delight!

So it is time to get the doona out, light the fire and keep warm and safe.

K

## Lake Grace CWA Cookbook



*The reprint is now available.*

**\$23 a copy**

This is a fundraiser for the Lake Grace branch.

Copies are available from the Lake Grace CRC

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# Exercise Right at Home

<https://exerciseright.com.au>

## No gear, no idea? Ways to workout without equipment and gym free!

When it comes to exercising, you really don't need much more than a good sports bra (for the girls) and a healthy dose of motivation to get started!

If you're looking for some motivation, look no further! We've put together some simple ways to exercise gym free, without needing to buy any equipment.

## Use Your Body

Your body is **THE** best piece of workout equipment you could possibly need! Without even leaving your house, or needing any other fancy equipment, you can train practically every muscle group in your body effectively. As with any exercise, it is still important to ensure you're doing exercises correctly so as not to cause any injury or strain to your joints.

**Here are a few examples of body weight exercises, anyone can do, anywhere!** (all video demonstrations can be found on the website [www.exerciseright.com.au](http://www.exerciseright.com.au))

**Squat Jumps** – They strengthen the entire body, and improve your flexibility. They're also a great move for

*getting your heart rate up!*

Start position is standing with the feet shoulder width apart. Lower into a squat with the knees aligned over the toes. The heels should be on the floor with the back straight and the head upright, eyes looking forward. Leap upwards out of the squat by swinging your arms behind you and extending through the hips, the knees and the ankles to jump as high as possible. Use the motion of the arms swinging forward to carry through to the leap upwards.

**Right: Image depicts a squat jump. Please look up the website [www.exerciseright.com.au](http://www.exerciseright.com.au) for video demonstrations of exercises**

Land back into the squat position with the knees bent to absorb the impact through the leg and hips.



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## Exercise Right at Home (cont.)

**Burpee's** – *They target the entire body, and give you both a cardio & strength workout.*

Start position is standing upright.

Drop down into a press up position and then fluidly move up into the squat thrust position, then without pause use both legs to leap upwards, extending the arms overhead during the upward movement.

Control the landing using the knees and hips to absorb the impact and return to the start position.

The overall movement should be fluid and continuous.

**Use 'Objects' e.g. picnic benches or a sturdy chair**

### Incline Push Ups

Place your hands on a step, shoulder width apart.

Lift your body up onto your toes, so that you have a straight line from your head to your feet.

Bend your elbows, lowering your chest down towards the step, keeping your body completely straight.

Control the movement as you straighten your elbows back out to the start position.

### Split Squat with foot elevated

Stand with your back to the step and place your good leg onto the step.

Make sure there is a large distance created between your front foot and your back foot.

Place a stick behind your shoulders for balance if you need it.

Bend your knee, dropping your hips straight down towards the ground, and then straighten back up.

Make sure your front knee doesn't go in front of your front toe and that your hips come straight down.

### Exercise Benefits for Children

***Please see website for unique activities aimed just at children.***

Exercise Right for Kids has been developed to help inform parents, coaches, teachers, friends and family of children who may be living with, or at risk of, a chronic condition to exercise safely for a healthier life.

Children should not be held back from being physically active because of any condition, disability or injury. In fact, exercise can play an important role in helping

them manage their quality of life and help ease or treat their condition.

Each condition comes with individual traits and complexities, hence the importance for children to exercise right for who they are.

It is crucial that you get in touch with your local Accredited Exercise Physiologist who can provide expert care and exercise prescription for your child's condition and physical activity needs.



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“  
EXERCISE IS A  
CELEBRATION OF WHAT  
YOUR BODY CAN DO.  
NOT A PUNISHMENT FOR  
WHAT YOU ATE.  
”

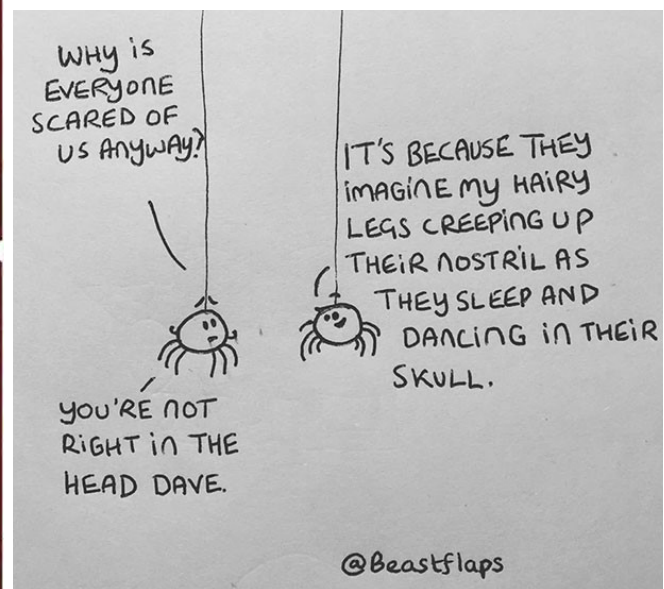
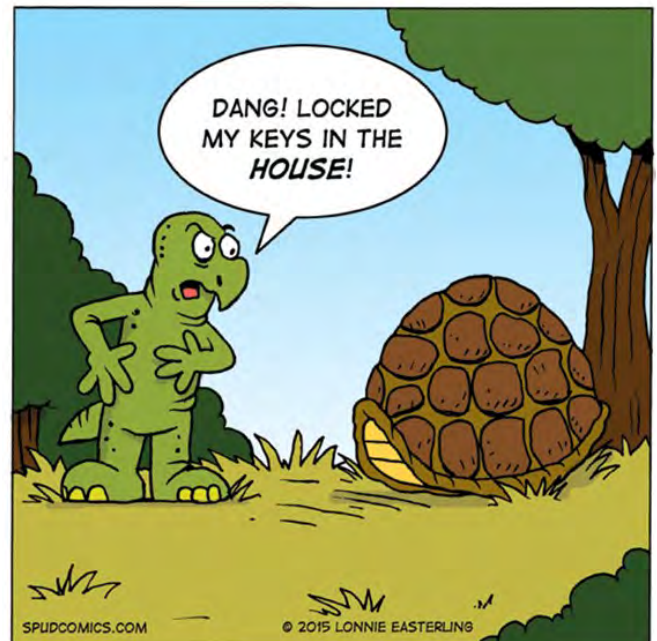
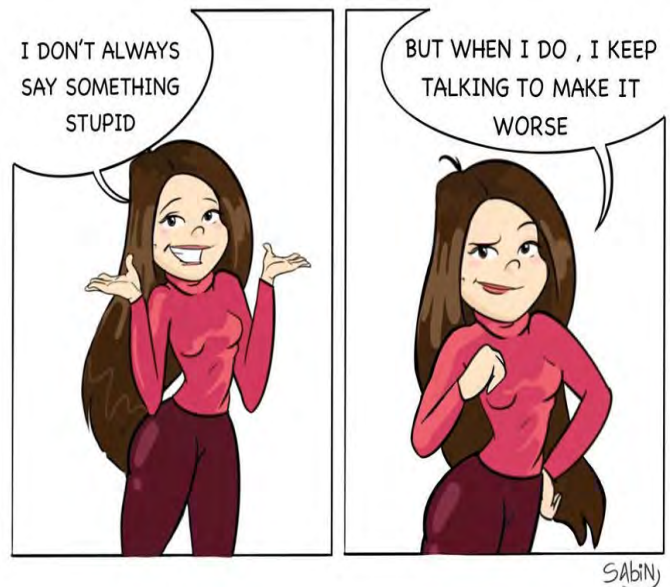
# Laughter: Good for the Brain

## Laughter helps you stay mentally healthy.

Laughter makes you feel good. And this positive feeling remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious - just hearing laughter primes your brain and readies you to smile and join in the fun.

<https://www.helpguide.org>





# Recipe - Chicken Cardamum Curry

<http://allrecipes.com.au/recipe/10855/chicken-cardamum-curry.aspx>

## Ingredients

Serves: 6

- 3 tablespoons oil
- 1 red onion (thinly sliced)
- salt (to taste)
- 1 bay leaf
- 3 tablespoons water (divided)
- 1 tablespoon turmeric
- 1/2 teaspoon chilli powder (or to taste)
- 1/2 teaspoon paprika
- 2 tablespoons ground ginger
- 2 tablespoons minced garlic
- 1 kg chicken breast meat, cubed
- 1 tomato thinly sliced
- 1/4 teaspoon sugar
- 1 (5cm) piece of cinnamon stick
- 3 cardamum pods, lightly crushed
- 3 cloves
- 1 tablespoon ghee
- 1 tablespoon ground coriander
- 1 large bunch fresh coriander, chopped



## Directions

Preparation: 15min › Cook: 1hour › Ready in: 1hour 15min

1. Heat the oil in a wok or deep frypan over high heat. Add 1/3 of the onion, sprinkle a little salt and fry for a few minutes, or until golden brown and crispy. Remove from oil and drain on a paper towel.
2. Add the bay leaf and the rest of the onions to the oil. Season with a little salt and fry until golden brown. Add a spoonful of water and stir so that the onions break down – the water should turn a caramel colour. Add the turmeric, chilli, paprika, ginger and garlic; stir well. Reduce heat to medium high. When the fat comes to the surface add a spoonful of water, and stir again.
3. Add the chicken and the sliced tomato. Season with salt and sugar; stir. Add the cardamum, cloves, cinnamon, ghee and a spoonful of water. Reduce heat to low, cover and simmer for 30 or 35 minutes.
4. Remove the lid, if there is water left in the pan, raise the heat to medium. Add the ground coriander and cook until all the water has evaporated (or you can leave as much sauce as you like).
5. Spoon onto serving plates and sprinkle with the fresh coriander and the reserved fried onions. Serve with naan or basmati rice.

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# The Dark History of Mother's Day

Brian Handwerk - National Geographic

**The day started as an antiwar statement, but battles over who owned Mother's Day kept coming.**

Mother's Day seems harmless enough. Treat mum to brunch. Buy flowers. Good times. But the story of the modern holiday is rife with controversy, conflict, and consumerism run amok. Some strange-but-true facts you probably don't know:

## 1. Mother's Day started as an anti-war movement.

Anna Jarvis is most often credited with founding Mother's Day in the United States.

Designated as the second Sunday in May by President Woodrow Wilson in 1914, aspects of that holiday have since spread overseas, sometimes mingling with local traditions. Jarvis took great pains to acquire and defend her role as "Mother of Mother's Day," and to focus the day on children celebrating their mothers.

But others had the idea first, and with different agendas.

Julia Ward Howe, better known for writing "The Battle Hymn of the Republic," promoted a Mothers' Peace Day beginning in 1872. For Howe and other antiwar activists, including Anna Jarvis's mother, Mother's Day was a way to promote global unity after the horrors of the American Civil War and Europe's Franco-Prussian War.

"Howe called for women to gather once a year in parlours, churches, or social halls, to listen to sermons, present essays, sing hymns or pray if they wished—all in the name of promoting peace," said Katharine Antolini, an historian at West Virginia Wesleyan College and author of *Memorializing Motherhood: Anna Jarvis and the Struggle for Control of Mother's Day*.

Several American cities including Boston, New York, Philadelphia, and Chicago held annual June 2nd Mothers' Day services until roughly 1913, Antolini says.

These early Mother's Day movements became popular only among peace activist groups and faded when other promoters took centre stage.

## 2. A former football coach promoted an early version of Mother's Day—and was accused of "kidnapping" the holiday.

Frank Hering, a former football coach and faculty member at University of Notre Dame, also proposed the idea of a Mother's Day before Anna Jarvis. In 1904 Hering urged an Indianapolis gathering of the Fraternal Order of Eagles to support "setting aside of one day in the year as a nationwide memorial to the memory of Mothers and motherhood."

Hering didn't suggest a specific day or month for the observance, though he did note a preference for Mother's Day falling on a Sunday. Local "aeries" of the Fraternal Order of Eagles took up Hering's challenge. Today the organization still bills Hering and the Eagles

as the "true founders of Mother's Day."

Anna Jarvis did not like the thought of Mother's Day having a "father" in Hering. She blasted him in an undated 1920s statement entitled "Kidnapping Mother's Day: Will You Be an Accomplice?"

"Do me the justice of refraining from furthering the selfish interests of this claimant," Jarvis wrote, "who is making a desperate effort to snatch from me the rightful title of originator and founder of Mother's Day, established by me after decades of untold labour, time, and expense."

Antolini says that Jarvis, who never had children, was acting partly out of ego: "Everything she signed was Anna Jarvis, Founder of Mother's Day. It was who she was."

## 3. FDR designed a Mother's Day stamp. Or at least he tried.

Woodrow Wilson wasn't the only president to put his stamp on Mother's Day. Franklin Delano Roosevelt personally designed a 1934 postage stamp to commemorate the day.

The president co-opted a stamp that was originally meant to honour 19th-century painter James Abbott McNeill Whistler and featured the artist's famed "Whistler's Mother" portrait, of Anna McNeill Whistler. FDR surrounded the iconic maternal image with a dedication: "IN MEMORY AND IN HONOR OF THE MOTHERS OF AMERICA."

Anna Jarvis didn't approve of the design and refused to allow the words "Mother's Day" to appear on the stamp—so they never did. "Overall, she thought the stamp ugly," Antolini says.

## 4. Mother's Day's founder hated those who fundraised off the holiday.

Since Mother's Day's early years, some groups have seized on it as a chance to raise funds for various charitable causes—including mothers in need. Anna Jarvis hated that.

"She called those charities Christian pirates," Antolini said. "Today most of us would think it was wonderful to use the day to raise funds to support poor mothers or families of World War I veterans or another worthy group but she hated them for that."

Much of the reason why, Antolini says, is that in the days before charity watchdog organizations Jarvis simply didn't trust fundraisers to deliver the money to the people it was supposed to help. "She resented the idea that profiteers would use the day as just another way of making money," Antolini says.

## 5. The mother of Mother's Day lost everything in fight to protect her holiday.

It didn't take long for Anna Jarvis's Mother's Day to get commercialized, with Jarvis fighting against what it became.

"To have Mother's Day the burdensome, wasteful, expensive gift day that Christmas and other special



# The Dark History of Mother's Day

days have become, is not our pleasure," she wrote in the 1920s. "If the American people are not willing to protect Mother's Day from the hordes of money schemers that would overwhelm it with their schemes, then we shall cease having a Mother's Day—and we know how."

Jarvis never profited from the day, despite ample opportunities afforded by her status as a minor celebrity. In fact, she went broke using what monies she had battling the holiday's commercialization.

In poor health and with her emotional stability in question, she died penniless at age 84 after living the last four years of her life in the Marshall Square Sanitarium, Antolini says.

## 6. Courts Heard "Custody Battles" Over Mother's Day

Anna Jarvis always considered Mother's Day her intellectual and legal property and wasn't afraid to lawyer up in its defense.

She included a warning on some Mother's Day International Association Press releases: "Any charity, institution, hospital, organization, or business using Mother's Day names, work, emblem, or celebration for getting money, making sales or on printed forms should be held as imposters by proper authorities, and reported to this association."

Antolini says it's difficult to determine from scattered court documents just how litigious Jarvis was, but a 1944 Newsweek article reported that she once had as many as 33 simultaneously pending Mother's Day lawsuits.

## 7. Flowers are an original tradition that endures (sort of).

The white carnation, the favourite flower of Anna Jarvis's mother, was the original flower of Mother's Day.

"The carnation does not drop its petals, but hugs them to its heart as it dies, and so, too, mothers hug their children to their hearts, their mother love never dying," Jarvis explained in a 1927 interview.

The most popular flower choice today seems to be "mum's favorite."

**Honourable Mention:** Mother's Day 2019 was a \$25 Billion Cash Cow in the US. It will be interesting to see the flow on affect that COVID19 will have on spending.

Interestingly enough sons spend more than daughters on their mother, however the daughters tend to be more organised and have gifts arranged earlier. Dad tends to miss out when it's his turn as the children seem to spend more on their mother.

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# Profile on a Pangolin

Suzanne Reeves

1. **What am I?** A mammal belonging to the Pholidota order (remember your biology). There are eight species of us, four living in Asia and four in Africa. We are all facing extinction.
2. **A little bit about me:** I am covered in keratin scales (same as our fingernails), the only mammal that has these. I live in hollow trees or burrows and prefer to go out at night. I range in size from 30cm to 100cm, depending upon my species. I like to eat ants and termites and prefer to live on my own, only getting together to mate. I produce one to three offspring which I raise for about two years.
3. **How do I defend myself?** I roll up in a ball and tuck my head under my tail, my scales are sharp and can be a good defence. I can also emit a noxious smelling chemical to keep predators at bay.
4. **My biggest threat?** Humans. Pangolins are in high demand for Chinese traditional medicine in southern China and Vietnam because their scales are believed to have medicinal properties. Their meat is also considered a delicacy. 100,000 are estimated to be trafficked a year to China and Vietnam, amounting to over one million over the past decade. This makes it the most trafficked animal in the world. This, coupled with deforestation, has led to a large decrease in the numbers of pangolins. Some species, such as *Manis pentadactyla* have become commercially extinct in certain ranges as a result of overhunting. Pangolins are also hunted and eaten in Ghana and are one of the more popular types of bushmeat, while local healers use the pangolin as a source of traditional medicine. Though pangolins are protected by an international ban on their trade, populations have suffered from illegal trafficking due to beliefs in East Asia that their ground-up scales can stimulate lactation or cure cancer or asthma.<sup>1</sup> In the past decade, numerous seizures of illegally trafficked pangolin and pangolin meat have taken place in Asia. In one such incident in April 2013, 10,000 kg of pangolin meat were seized from a Chinese vessel that ran aground in the Philippines. In another case in August 2016, an Indonesian man was arrested after police raided his home and found over 650 pangolins in freezers on his property.
5. **Why is Everyone looking at me?** Initial investigations into COVID-19 had scientist's pointing the finger at me and saying that I was the link in the initial outbreak due to similarities in the genome of the human version of the virus compared to the pangolin one. Further investigations have shown that this information was flawed and bats are now back under the microscope.
6. **Silver Lining of COVID-19 for me?** The world has discovered how cute I am and that I may be worth saving. The Chinese government has taken some action and if more follows then this could be a turning point in the conservation of my species.



*Coming up at the*

## Lake Grace Sportsman's Club

### Mothers Day Roast - Sunday 10th May

Choose between Roast Lamb or Beef, all served with roast potatoes, roasted carrots, pumpkin, sweet potato, peas, corn and gravy for \$20.

Please include your contact number and any orders for package beer, wine or spirits so we can have it all ready for payment, convenience and safety requirements to keep our community in good health.

*Friday 8th – Fish and Chips  
Sunday 10th – Mothers day Roast  
Friday 15th – Fish and Chips  
Saturday 16th – Italian Night  
Friday 22nd – Fish and Chips  
Saturday 23rd – Kebab Night*

Available for collection or delivery (\$5) for MEMBERS at your club from 6-8pm. Please call 98651239, Call or Text 0457 207 749 (anytime) or email [lgsportsmansclub@bigpond.com](mailto:lgsportsmansclub@bigpond.com) to book a treat for your Mum.

(BOOKINGS ESSENTIAL TO AVOID DISAPPOINTMENT)



## Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
CWA	Suzanne Reeves	0427 651 310	lakegracecwa@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	lakegraceelc@gmail.com
LIFT Lakes Information and	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Lions	Robert Trescuri	0477 462 639	rgt.maint.services@gmail.com
Men's Shed	Wally Perry	0448 795 070	allwood93@yahoo.com.au
Playgroup	Sarah Clarke	0438 634 152	lakegraceplaygroup@mail.com
Sportsman's Club	Claire Pelham	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Lauren Duckworth	0488 559 860	laurenalex@westnet.com.au
Visitor Centre Committee			
<b>Winter Sports</b>			
LG-P Football Club	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
LG-P Netball Club	Chloe Bairstow	0458 656 791	lgpnc@outlook.com
LG-P Hockey Club	Donna Skerris	0429 197 806	
LG-Kuk Hockey Club	Michelle Gooding	0427 637 221	lgkhockeyclub@outlook.com.au
Lake Grace Golf Club	Craig Reeves	0429 511 310	63reevo@gmail.com

## Crisis Care Numbers

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

## Justices of the Peace

Colin Connolly	0427 858 066
Ron Dewson	0428 651 213
Amanda Milton	0429 654 011
Geoff Sabourne	0429 651 171

## Church Times

Catholic Church	Anglican Church
Sunday 26th April - CANCELLED Sunday 3rd May - CANCELLED	Sunday 26th April - CANCELLED Sunday 3rd May - CANCELLED
For inquiries and request for home visitation, please contact Fr Abraham Uchenna Chukwu on 9865 1248.	Enquiries: Father Dave 0427 545 560 Wally Perry 0448 795 070

# COMMUNITY CALENDAR

## May

Fri 8 Takeaway Fish and Chips @ Sports Club  
 Sat 9 Rubbish tip open (9am-4pm)  
 Takeaway Meals @ Sports Club  
 Sun 10 Rubbish tip open (9am-4pm)  
 Mother's Day - *perhaps a drive to the rubbish tip?*  
 Mon 11 Rubbish tip open (9am-2pm)  
 Tue 12 Rubbish Collection  
 Recycling Collection  
 Wed 13 Rubbish Tip open  
 Thur 14  
 Fri 15 Takeaway Fish and Chips @ Sports Club  
 Sat 16 Rubbish tip open (9am-4pm)  
 Takeaway Meals @ Sports Club  
 Sun 17 Rubbish tip open (9am-4pm)  
 Mon 18 Rubbish tip open (9am-2pm)  
 Lakes Link News Deadline @ 3pm  
 Tue 19 Rubbish Collection  
 Wed 20 Rubbish tip open  
 Thur 21 Lakes Link News Published

### Coming Events

25th May - Forklift Workshop  
 26th May - Forklift Workshop  
 8th July - Macrame & Mental Health for Girls  
 16th July - Provide First Aid (Youth)  
 10th Dec - Harvest Festival

### Day 9 of quarantine



Answers from 23/04/2020

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G				A		N		T		E	
O	B	L	I	G	A	T	I	O	N		

### Lake Grace Shire Councillors

Councillor	Telephone
Cr Jeanette De Landgraft – Shire President	0429 389 062
Cr Peter Stoffberg – Shire Deputy President	0447 281 181
Cr Len Armstrong	0429 843 785
Cr Ross Chappell	0428 654 058
Cr Debrah Clarke	0428 654 041
Cr Roz Lloyd	0428 711 534
Cr Allan Marshall	0427 943 291
Cr Helen Steicke	0431 892 514
Cr Murray Stanton	0429 900 870

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