

7th May 2015

\$1.20 inc GST

Vol 21 Issue 8

A Centenary of ANZAC

Suzanne Reeves



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

Lake Grace had their largest attendance in many years for the Anzac Day service with more than 150 present. Organisers were expecting a downturn in numbers due to there being a long weekend; however recognition of the centenary of the Gallipoli landing was at the forefront of many people's minds.

Brought together by the Catholic Parish, the event was a credit to those involved. Ex service personnel in attendance were Neil Bishop, Edd Duckworth and Shane Carruthers. Apologies were given by Anne Franks, Henk Doelman and John O'Neill who were unable to make it on the day. Sadly Lake Grace has lost three of their veterans in

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CRC Opening Hours

9:00am - 5pm

Closed from midday to 1pm for lunch on Mondays.

Deadlines & Editions

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

Next Deadline
Monday 18th May

Next Edition
Thursday 21st May





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

Dick Phillips

Elsie Bishop

Gwen Oliver

Thank you also to our many contributors of articles.

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335 copies printed and sold each fortnight

Editorial

- In case you are still unaware the Department of Human Services (Centrelink) Mobile Service Centre will be in Lake Grace next week on Wednesday 13th May. This is the perfect opportunity to get any problems you may have sorted out. Is your Medicare card valid (ie. in date)? Do you want to boot one of the kids off your card? Perhaps you need to update your contact details or want to find out about Youth Allowance...drop into the van and have a chat.
- We have put a little something in about the Medicare App on page 18, this is a great tool for doing Medicare claims, updating your details and ordering a dual card. All I'm waiting on now is a doctors bill so I can test it out!
- We had the last week of our Food Sensations course this week, thank you to everyone who came along and apologies to Linda Carruthers in the Library who had to put up with the yummy smells drifting her way. These courses seem to come along every six months, if you would be interested in taking part then please let me know. If we have enough names I'll put Lake Grace forward the next time the courses become available.
- A big thank you to everyone who came along to Megan Henry's book launch last week, a good time was had by all. The launch was very well presented

- and I know once Megan's second book is available we will be inviting her back again!
- To commemorate the centenary of ANZAC the Lakes Link will be running a feature on each of the veterans featured on the WWI Honour Roll. We will coincide each soldier with the centenary of their enlistment. Needless to say we're already behind but hope to begin in the next edition of the Links. A big thank you to Allan Zweck for his help with this project.
- We have a few names for a forklift workshop so will try to organise one for post-seeding. Would you like to do your forklift ticket? If you haven't already got your name down then please give us a call/email and we'll add you to the list.
- I also had a visit from Sonia Hogermeer, Manager of the Narrogin campus of TAFE who is interested in coordinating training for Lake Grace. In regional areas we are faced with the problems of knowing what people want, accessing trainers and getting the numbers to workshops. We will be doing up a survey for the next Lakes Link so please help us fulfil the training needs for Lake Grace by filling this in

Suzanne Reeves

Westlink Programme

Captain Cleanup

Meet our WA environmental superhero, Captain Cleanup. He is here to help educate young Western Australians about keeping Australia beautiful. May 11, 13, 15, 18, 20. 9.10am and 1.10pm.

Rules are Cool

Will Larfalot from the Cosntitutional Centre of WA along with fireinds from the town of Parkesvill come up with a set of rules - a constitution for their town.

May 11, 13,15,18, 20. 9am and 1pm.

Charlies Kitchen - everyday people are invited to cook their r delicious home-style meals.

May 7,8,9,10,20. 6pm

Beyond Gardens Live - The team returns in 2015 for another series of gardening tips. Email your questions to Westlink@drd.wa.gov.au now or call us Live on 1800 678 208. May 7,8,9,10,20. 6:30pm

Cover to Cover - A new monthly program from writingWA. Meet WA authors as they discuss their latest books with host Meri Fatin. This month meet Alan Carter, author of 'Bad Seed'. May 7,8,9,10,20. 8pm

Westlink is available on your home TV (channel 602), if you would like to watch at the CRC then please call us on 9865 1470 to arrange.



Applications are invited for the position of *Trainee* with the *Lake Grace Community Resource Centre*.

We are seeking a person who is well presented, community orientated and keen to commit themselves to a Traineeship for a period of 12 months, commencing in July 2015.

The successful applicant will receive training in a busy office environment in conjunction with formal TAFE modules completing a Certificate III in Business.

The successful applicant will have the opportunity to gain valuable work experience while earning.

This is a full time position but can be tailored to suit other commitments.

Interested persons are asked to contact
Suzanne Reeves at the Lake Grace Community
Resource Centre for an application package.
Applications close Friday 22nd May.

Sowing For the Future

Suzanne Reeves

Following their success from the 2014 harvest the Community Cropping committee are hopeful of a positive season for 2015. After harvesting 118ha of barley in 2014, the group has opted to sow canola for the 2015 season. For this to happen a lot of preparation had to be undertaken.

Reuben Smith, Rohan Trevenen and Yasmine Featherstone took on the task of burning the header rows. Once completed, spraying to knock down weeds was done courtesy of Tom O'Neill and his crew; Andy Walker, Jason Robertson, John Read and Dylan Robertson.

Pre-emergent spraying was completed by the Strevett family; Scott, Natasha, Kingsley and Anna with gypsum spread by Kristian and Fiona Chatfield. Once these initial barriers were crossed the canola was seeded by Greg, Paula and Justin Carruthers on the 28th April.

Chemical needs and agronomy has been coordinated by Grant O'Neill and Chloe MacDougall while Greg Pinney has organised the fertiliser.

The 'more senior' members of the community cropping group are revelling in the 'younger brigade' taking charge and facilitating the cropping; saying that it is



Justin and Greg Carruthers seeding the community crop.

fitting they are taking on a more dominant role as they are the future of the community.

It has been a great effort by all involved and now everyone is hopeful of a season like last year, bringing the committee closer to their dream of paying off the land and creating a means for the community to fund more of its own projects.



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What's Happening?

- It's ideal weather for knitting and if your needles are at a bit of a loose end then have a chat to Genni Curtin as she's organising 'Knitting for Nepal'. Genni is wanting people to knit up squares which will all be joined together to create blankets. Just cast on 20 stitches and make it a square. For more information contact Genni on 0400 651 677.
- The Lake Grace Artist's Group had the opening of their 'Black and White' exhibition in Narrogin at the Narrogin Nursery and Café last Saturday 2nd May. The exhibition will be there until the end of the month so if you're in Narrogin drop in for a look.
- Dumbleyung Landcare is planning for a rock crushing machine to be demo'd on site at North Kukerin, sometime between 8-13 May (the exact day will depend on weather conditions and seeding). This machine has the capacity to rip and crush ironstone country which then allows rainfall to infiltrate on the slopes and lessens water runoff. Hopefully, the Machine Representative will also be on site to answer questions. More info will be sent out when details are confirmed.

Until then, for any queries, ring Darren Smith on 0499 866 813 or Claudia Hadlow at the Dumbleyung Landcare Office on 9863 4225.

 Do you have any 'About Town' news that you would share with the Lakes Link readers? If so we would love to hear from you.

Ratcliffe (Audrey)

Many thanks to everyone who sent flowers, cards and made phone calls on the recent passing of Mum.

Coral Pelham and Family.



Happy Birthday



9th May	Joe O'Neill
-	Peter Dines
10th May	Cayson Earnshaw
11th May	Lawrie Dickins (?0)
•	Nanette Wallace
12th May	Aaron Dunham
•	Griffin Naisbitt
13th May	Walker Zweck
14th May	Ron Willock
18th May	Nat Curtin (21)
20th May	Laurence Bourne
21st May	Lucy Farrelly
•	Sheridan Fyfe (21)

Anniversaries



11th May	Sandra & Tom Dickins
12th May	Lee-Anne & Chris Trevenen
16th May	Alan & Devon Stubberfield (40)

Expression Of Interest

At your local Sportsman's Club we are looking to hold a series of events for members and/or businesses to compete in on a Wednesday evening.

We would like to hear from any interested parties who would like to put forward teams for a darts night and a quiz night to be held over the next couple of months.

Please respond via email with any queries, ideas and prospective teams (of 4 people) to lakegracesportsmansclub@bigpond.com or phone to Claire on 0457 207 749.

Lake Grace Weather

- Terry Gladish



May Extremes

Highest Max Temperature	32.7	3/05/1972
Lowest Max Temperature	9.6	31/05/2004
Highest Min Temperature	20.2	2/05/2002
Lowest Min Temperature	-0.3	27/05/1964

Date	Min	Max	Rain
22/04	6.6	25.7	
23/04	9.5	20.8	
24/04	10.9	16.8	
25/04	8.8	18.3	
26/04	9.3	21.1	
27/04	9.5	21.7	
28/04	9.3	22.9	
29/04	10.1	24.9	
30/04	14.3	28.3	0.4
1/05	10.7	19.0	
2/05	6.2	20.6	
3/05	10.2	21.4	1.0
4/05	6.7	14.3	2.8
5/05	7.6	18.2	
6/05	4.1		



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Always On My Mind

Suzanne Reeves

Writing a book was a dream many years in the making for Megan Henry so the launch of 'Always on My Mind' has at times felt like someone else's reality. Launched in March in her home town of Wagin, an invitation from the Newdegate and Lake Grace Community Resource Centre's had Megan, her sister Shelley Hamersley and friend Tara Green travelling east to meet some new bibliophiles.

Following a successful morning in Newdegate, the 'Always On My Mind' entourage arrived in Lake Grace after lunch to set up, creating an intimate setting adorned with antique china and silk roses. Megan has been a dedicated diarist since a young girl, she was also a prolific letter writer but found the honesty of a diary more appealing - never having to curb her feelings in order to protect those of others.

In 2013 Megan had the stimulus to start writing, and so began her journey into the literary world. Believing strongly in the power of sharing, Megan re-walked the path of her childhood and family roots, talked about her love for a man 23 years her senior and their shared business in the shearing industry before travelling into the dark areas of her battle with depression and anorexia.

The subject matter within the book is confronting but Megan's family has been positive, many within her community of Wagin have spoken of their ability to identify with the themes. Megan's friend, Tara Green, introduced Megan to the audience and gave a potted history of Megan's journey into the literary world before reading 'When the Ladies Come to the Shearing Shed' by Henry Lawson.

It is a convoluted path to become a published author; the ideal word count for a book is 80-120,000 words; something that Megan discovered following the submission of her 300,000 word manuscript. She said it was painful to let go of so much of what she had written, but the final version is so much better than her original manuscript.

Megan said that anyone aspiring to write should have faith in their themes and 'keep at it'; she acknowledged that her understanding of getting published was limited prior to this book. And yes, she has started writing her second book; this one however will be a work of fiction.

Published by Jane Curry Publishing the book is available in hard copy from Paperbark Merchants



Wagin author Megan Henry with Lake Grace CRC Chairperson and avid reader Paula Carruthers.

Bookstore in Albany, Wagin Newsagency, Narrogin Cafe, Nursery and Gallery. Signed, vintage-wrapped copies of Always On My Mind are available from my website www.meganhenry.com.au and delivered right to your door. Ebook is available internationally from all great ebook sites such as Amazon, Google, Kobo, Kindle.



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Making Decisions For the Future

Contributed by Shire of Lake Grace

A small conscientious group of six students from Lake Grace District High School participated in the school Youth Forum on Thursday 30 May 2015 at the Lake Grace Community Resource Centre.

Christine Eales and Raelene Warburton travelled from Narrogin Leisure Centre YMCA to facilitate the forum, starting with some fun on the school oval as an ice breaker. Back indoors there were great discussions about activities young people do after school and on weekends in Lake Grace and what they would like to see available in the future.

It was recognised that the Lake Grace Pool is becoming a great summer hangout and the group would like to see a slide installed, doesn't have to be huge just large enough to have fun on.

Another was the Skate Park could do with some maintenance as it is still used regularly by young people. Go Karts and motor bike tracks were also on the radar.

The Shire recognises youth as an important part of the community and want to hear from all youth (aged 11-25) about activities and events they would like to see in the Shire.

The students who participated in the forum are interested in forming a group of students, parents, Shire staff and other youth in the Shire who would like to be involved in organising events and developing places for young people. If you are interested in participating in this group please contact the Shire on 9890 2500.



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Back: Abby Trawinski, Raelene Warburton, Caylah Vlasich,

Cody Giles, Christine Eales

Front: Rory Murray, Clancy Lay, Kyle Harradine.

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Funding Boost For Pastoral Care

Media Release

Prior to Christmas 2014 funding for chaplaincy services within public schools was up in the air. Then it was announced that some schools would receive funding for 2015; Lake Grace District High School was one of these.

With the chaplaincy programme only in it's infancy in many schools, it was a disappointing result. However on 20th April more funding was announced, with those schools having missed out earlier being included and the programme continuing into 2016.

YouthCARE, Western Australia's leading provider of school chaplaincy services, is pleased with the State Government's announcement of additional funding. According to Education Minister Hon Peter Collier, an extra \$2.7 million will be provided to an additional 179 public schools which missed out on NSCP funding for 2015-16.

Chaplains are autonomous and are a valuable asset to the school providing support not just for the students but also for the educators and parents. YouthCARE Chief Executive Officer, Mr Stanley Jeyaraj said "Our chaplains care for the social, emotional, mental and spiritual wellbeing of students, families and staff in public school communities throughout Western Australia."

"This support helps students achieve their potential, both academically and in their social and family lives," Mr Jeyaraj said. YouthCARE works alongside schools to develop a pastoral care programme that is specific to the school's needs and requirements.

"Each school is unique in the support they need from us and our chaplains. We are considered part of the student services team in schools that choose us for their chaplaincy services," he said. YouthCARE chaplains have delivered chaplaincy programs in WA public schools for more than 32 years.

"We appreciate the support from the local community and all sectors of Government for this valuable school programme, particularly the Minister for Education, Hon Peter Collier who, with the Treasurer Dr Mike Nahan, have listened to principals and communities and acted decisively," he said.

Mrs Genni Curtin will continue in her role as Chaplain at Lake Grace DHS and also as a support Chaplain for Kukerin and Pingrup Primary Schools.

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Where Are They Now?

Lake Grace DHS Board

The LGDHS School Board will be running a Student Profile page in the up and coming School Newsletters and Lakes Link News. We would like to acknowledge the achievements of our past students and find out where they are now and what they have achieved since finishing studying at LGDHS.

If you have completed to Year 9 or above and would like to be part of this profile page please email taniajared@yahoo.com and I will send you a copy or fill in the form & return to PO Box 166 Lake Grace. You could fill one out if you've done your high school here!

We would also love to hear about any achievements of our past students who are currently studying away. It is always nice to hear how students are going.

Our first profile is from Krystal King. Mrs Fairbrother and the Yr 3/4 class had the pleasure of Krystal's company in term 1 when Krystal completed her practical teaching.

Name: Krystal King

Years at LGDHS:

Kindergarten to Year 12

Highest educational level achieved at LGDHS:

At LGDHS I achieved an ATAR score that allowed me to get into Curtin University and successfully completed a Certificate II in Business

What do you feel are the positive factors of studying at LGDHS?:

- A major positive of studying at LGDHS was that I was able to stay at home on the farm with my family.
- The education which I received at LGDHS was also positive. Everything I learnt throughout my schooling at LGDHS provided me with ample knowledge and skills to successfully complete year 11 and 12 ATAR subjects.
- Studying year 11 and 12 though the School of Isolated and Distance Education (SIDE) has given me the independence and self-confidence to be self-directed and self-motivated in my learning which are essential skills required to be a successful university student. This has often been commented on by various university lecturers that I have had.

What do you feel are the negative factors of studying at LGDHS?:

- A major negative of studying at LGDHS was that all of my friends started to leave for other schools in year 8 as many people believed this would give them a better education
- Another negative is that I was made to feel as though I wouldn't have a very good education from not only studying year 8-10 at LGDHS but

through studying year 11 and 12 through SIDE at LGDHS

Study/career achievements since leaving LGDHS:

- I graduated year 12 with a Principal's recommendation scholarship
- I was accepted into a Bachelor of Early Childhood Education Degree at Curtin University
- * I entered Curtin university with the STAR Award scholarship
- I have successfully completed 3 years at Curtin University in a Bachelor of Early Childhood Education
- I am in my last year of university and planning to graduate at the end of the year with a Bachelor of Early Childhood Education
- I have been employed at CBH for 4 years as a casual grain sampler over the harvest period
- * I work as a relief Early Childhood Teacher in day care centres in Perth

Community Library Hours

Monday 9am—midday; 12:30pm—5pm

Tuesday 9am—5pm

Wednesday 9am—midday; 12:30pm—5pm

Thursday 9am—midday; 12:30pm—5pm

Friday CLOSED



Early Years Nature Playground

Sharon Robinson

In 2013 the Lake Grace District High School received a grant from the Department of Education for the creation of a nature playground. The Lake Grace Parent & Citizens also contributed funding and support towards the project.

Planning for the area began during 2013 with the development of a committee involving parents and teachers. The site was levelled and the existing grass removed in readiness for the project to begin.

At the beginning of 2014 the services of Bruce Wyatt Landscaping were employed to assist the school and parents to create a space which would promote curiosity, exploration, fun, sensory experiences and imagination. Plans were established and the fun began!

Parents and the local community provided an enormous amount of support to ensure the playground was completed. We thank you for all of the assistance given and would like to acknowledge the businesses who helped this project;

- Lake Grace Home Improvement
- Bevan Lay Spreading
- Stevemacs
- Fyfe Transport
- Simon Trevenen
- Lake Grace Plaza
- Joe Trevenen
- Lake Grace Tyre Power
- Scott & Tash Strevett
- Lake Grace Men's Club
- CBH
- CCL
- Shire of Lake Grace

A special thanks to our school gardener Linda Vlasich who helped out during the project and maintains the space now. Also to Derek Stanton who donated his time and equipment on a number of days which we were so grateful for. Thanks to Kristie Stanton, Amanda Trevenen and Di Garard who helped me throughout the project. Thank you to Kim Walker for applying for the grant and providing us with the opportunity to develop an amazing play space.

The students from Kindergarten to Year 4 now have a playground which they love playing in and I love spending time there too! We are harvesting and cooking with our produce from the vegie garden regularly. Our latest Master Class has been zucchini muffins from the enormous holiday zucchini! Thanks again to the Lake Grace School, parents and wider community.









Decision Making Under Pressure

The Regional Men's Health Initiative

Coming off the back of some good rain across the State there is definitely some positivity and no doubt plenty of action beginning to happen in the paddocks, but before we can take action on something we have to make a decision first.

We make decisions every single day, sometimes without even knowing it, these are often the easy and simple decisions that are part of our routine of daily life. Decisions that are of a more complex nature, involve more risk, or a decision that has to be made under challenging circumstances or pressure can certainly cause us and those around us a bit of stress ... this is normal!

Being in a position to be able to make a decision is a good thing!

For many people making decisions may not be an issue, I'm sure we have all met someone who seems confident, sure of themselves and likes to be in control and take charge of situations and the decisions that go with it. Others of us may be a little more indecisive, seek others advice or approval first, or maybe just need a little more time to think about things. Regardless of which end of the scale we are at, it is a positive to be in a position to be able to make decisions, as this means

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at least two things; 1. We are in a position to have a say and make a choice; 2. We are not procrastinating.

So for those of us who sometimes struggle with our decision making process why is this so? What factors can impact on our decision making?

There are a number of things at play that can influence decision making. Listed below are a few examples, which are not limited to nor conclusive that all these things will impact on your decision making, rather some things to consider.

- ☐ **Uncertainty:** No matter who we are or what we do, none of us know which way the dice will roll. None of us want to make the wrong decision, but sometimes this cannot be avoided.
- ☐ Complexity: This can depend on the nature of our business or situation, e.g. Farming involves so many different interrelated factors that quite often need to be considered (financial, weather, equipment, labour, cost/price).
- ☐ Consequences: Something we have all tasted at one stage or another both good and bad. We still need to consider what are the consequences Risk Vs Reward.
- ☐ **Alternatives:** Have we considered them? Where do we get our information from that may inform us of all available options?
- ☐ Interpersonal issues: Who else is affected by our decisions, how will others react? What frame of mind are we in when making decisions? What else do we have going on in our lives, what's our priorities?

What can we do to help this process?

- ☐ Try and create a positive space.
- □ PPPPP Prior Planning Prevents Piss Poor Performance.
- ☐ Be realistic look at the factors impacting on our particular circumstances.
- The grass is not always greener. Don't be influenced by what others are doing.
- Stick to your plan/process that you are comfortable with.

"Stay committed to your decisions but stay flexible to your approach".



Lake Grace District High School News



ANZAC Service 2015

Held on Friday 24th April

Jacob Strevett and Jackson Callope raising and lowering the flag.





Above: Clayton Clunie and Sheree Duckworth laying the ANZAC Wreath.



Above: Torah Robertson receiving rosemary from Kaitlyn O'Neill.

Right: Josh Pearce.



Australian Government Mobile Services Centres

If you live in a rural area, you may be affected by remoteness and may need to travel greater distances to access vital government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

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LAKE GRACE

13th May 2015

9am to 4pm

Experienced specialist staff travel with the Mobile Service Centre and provide friendly, face-to-face service, information and support. Our staff can assist you with Centrelink, Medicare, Australian Hearing and Child Support payment and service options. They are specialists in rural servicing and live and work in the communities they serve. If the assistance you're after is not available, arrangements will be made for someone from the relevant organisation to contact you.

For more information, go to **humanservices.gov.au** and search for Mobile Service Centre or call **132 316**.



Camp Kulin Takes out 2015 National Local Government Award

Media Release

Nationals Member for the Agricultural Region Hon Martin Aldridge MLC has congratulated Camp Kulin on winning a 2015 National Award for Local Government.

The only West Australian winner, the Shire of Kulin's Camp Kulin program took out the 'Multicultural Australia—Strength in Diversity' category announced last week.

Mr Aldridge has been a vocal supporter of the great initiative and work behind Camp Kulin, and said innovative programmes and services in our regions deserve national recognition.

"Camp Kulin includes activities for children living in the Wheatbelt, general camps open to any child in WA, scholarship camps for children affected by childhood trauma, corporate programming, school excursions and school camps," Mr Aldridge said.

"This award emphasises the innovative and extremely, successful nature of the program Camp Kulin has been able to deliver."

The award comes after Camp Kulin's director, Tanya Dupagne was announced as one of Australia's 100 'Women of Influence' and the Camp received the Premier's Award for Strengthening Families and Communities.

Mr Aldridge used the opportunity to invite government and corporate support for Camp Kulin, which requires more funding to make the program sustainable over the long term.

"Camp Kulin is an extremely important program, not just for the children attending camps but also for Kulin as a community," Mr Aldridge said.

"The program has a 6 month waiting list for general campers and needs support to expand its operation."

Federal Nationals Leader Hon Warren Truss MP said the awards were a celebration of local governments' achievements in delivering targeted, quality services to local communities.

"I congratulate all the nominees for this year's awards," Mr Truss said.

"The entries are a credit to all those who contributed to delivering the various projects, which are all making a significant difference in their respective areas."

Mr Truss will announce the winner of the 2015 National Award for Excellence in Local Government in Canberra on 16 June 2015.

More information on Camp Kulin is available at http://campkulin.com.au/

OBORNE CONCRETE



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

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

Small and Large Loads

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

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.





AUTHORISED BOSCH AUTO ELECTRICAL SALES & SERVICES

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

We have been sourcing and testing the latest offerings in LED light technology. Currently we have a large range of LED light bars in stock and have access to more if a larger output or coverage is required.

Lightbars are suitable for forward mounting on tractors and sprayers and come in spot or spot/flood combinations, there is even an elliptical style that throws a pattern suitable for wide spans like booms and bars.

Also been doing some testing on LED spotlights to see if any of them can match the performance of the LED spotlights that we have been selling for the last 3-4 years. The good news is that there are a couple of options that do quite a good job in controlling the light down the road.

We are still looking at this season's offerings for our work light range, we will continue to carry vision x lighting as it has excellent performance and reliability and has stood the test of time. We will be adding to our budget range of LED work lights in an effort to cover all applications.

Please feel free to drop in for a look and keep an eye out for light demo (hopefully April).

April clearance special:

Lightforce RMDL240 (2) 12 v 100w spotlights - \$375 (inc) for pair

Medicare App

Taken from DHS Website

Interacting with Medicare is quicker and easier with the Australian Government's Express Plus Medicare app. You can use the app to view your Medicare claim history, update your contact and bank account details and much more.

You will need to be registered for Medicare Online Accounts and have a MyGov account to use Express Plus Medicare. You can use your existing MyGov username and password to set up your four digit PIN for first time access.

Logging into the app each time is simple—only a four digit PIN is required. Just set up your PIN by answering your secret question.

Express Plus Medicare is available on iPhone, iPod touch (4th generation) and iPad (2 and above) and Android 2.3.3 or above devices

Services available via Express Plus Medicare:

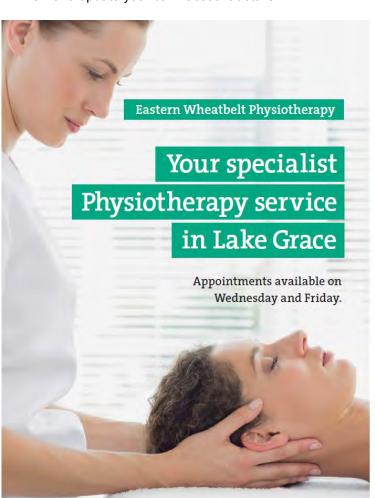
- request a replacement or duplicate Medicare card
- view and update your address, phone and email details
- · view and update your bank account details

- view your Medicare card details
- view your Medicare Benefit Tax Statement
- view your Child Immunisation History Statement
- view your Medicare Safety Net information
- · view and store statements
- find your nearest Medicare service centre.
- lodge a Medicare claim

Claiming at your Doctor's practice is the most convenient way to claim your Medicare benefit. Many doctors now provide this service.

If you are unable to claim when you visit your Doctor, you can claim using the Express Plus Medicare. There are 25 Medicare items that can be claimed using the app that do not require you to upload a receipt. These claims are also already available in Medicare Online Accounts. All other claims submitted via the app will require you to capture and upload a receipt to support the claim.

If you need help setting up your device or your MyGov account please drop into the CRC and we'll see what we can do.



Eastern Wheatbelt Physiotherapy can help with the following:

> Sports Injuries

> Sciatica

> Back / Neck Pain

> Musculoskeletal Pain

> Ligament Sprains

> Work-Related Injuries

› Headache/Migraine

> Whiplash

Please contact Jenna Mouritz at Eastern Wheatbelt for further details and to schedule an appointment.

HICAPS Services are available for on the spot claiming with your private health fund.

Lake Grace Medical Centre

T: 0428 619 078

E: ewphysio@gmail.com





LAKE GRACE HOSPITAL - Multi Purpose Service

providing 24 hour Emergency Health Care Services

and Community Care Services to Lake Grace and the surrounding district

CONTACT DETAILS = TELEPHONE: 9890 2222 FAX: 9890 2202

HACC & MPS Activity Programs:

Foot Clinic

Tuesday 12th May

Lakes Village hall All seniors welcome

(you must provide your own manicure set)



Every Tuesday @ 10.45am

At the Lakes Village Hall

Exercises for people with limited mobility

Morning Tea & Activity

Hospital Activity Room every Wednesday

Time: 10am—11.30am 13th May—Puzzles

20th May—Pamper

27th May—Bingo

Bus Outing

Friday 8th May 2015

approx. 9.30am—11.30am

SwimAbility

Trips to Narrogin for hydrotherapy exercise sessions at the indoor leisure centre:

Next trips will be on 18th May & 8th June (no trip on 1st June due to public holiday)

Call the hospital to book a place on the bus.

4th Friday Activity

Friday 22nd May Activities / Games /Trivia 10.00 am—1.30pm Lake Village Hall RSVP 19th May for catering



Call 9890 2222

to get further information or to book a place for any of our activities



Please bring your **Medicare Card**

for all visits to the hospital

Hospital Redevelopment News

CPD Group Pty Ltd has been awarded the contract and work is likely to be starting in about 2 weeks time.

You can expect changes to the entry points of the hospital, as one of the first areas to be refurbished includes the foyer /administration entry.

Look for the signs to direct you, and keep away from areas where the builders are working!

Thank you for your co-operation



Well Women's Clinic

Tuesday 12th May 2015

Held at the Lake Grace Medical Centre

Call Anna Taylor to make your appointment:

Phone: 98 651 507 Mobile: 0428 652 507

Immunisation:

Regular clinics held in Lake Grace and Newdegate.



Appointments are required

Contact Child Health Nurse, Di Poultney on ph: 9890 2246

Physiotherapist:

Visiting Lake Grace on Mondays
—11th, 18th 25th May
Call Primary Health in Narrogin to
make an appointment ph: 98810 385.



Visiting specialists:

Laubman & Pank Optometrists—20th May Great Southern Chiropractic—27th May



CBH HARVEST CASUAL WORK 2015

Applications now open at careers.cbh.com.au

Positions available include:

- Receival Point Operators
 (Plant Operators at Port Terminals)
- Grain Samplers
 (including weighbridge duties)

CBH are looking for people to work at our grain receival points across the state for the harvest period commencing from early October. If you don't have industry experience, training will be provided before you start.

To find out more information or to apply – visit the Careers section on our website today.

Applications close 31 July, 2015

www.cbh.com.au

Bits & Pieces

As we know sometimes we 'silver surfers' have trouble with our computers. This friend of mine, who will remain anonymous and is a computer illiterate (like me) related this experience to yours truly.

A problem occurred with his computer so he called Georgie, the 11 year old who lives next door and has a bedroom that looks like mission control and asked if he could come over and have a look.

Georgie clicked a couple of buttons and solved the problem. As he was walking away, my friend asked what was wrong.

He replied it was an ID ten T error. My friend didn't want to appear stupid, but none the less inquired 'what is that in case I need to fix it again?' Georgie grinned and asked 'haven't you hear of an ID ten T error before?

No he replied.

Write it down, Georgie said and I think you will figure it out....ID10T

My friend used to like Georgie!

It is an Aussie tradition to take the mickey out of other nationalities ie, the Poms, Italians, New Zealanders and especially the Irish. But sometimes I think the Irish logic would make living a lot less complicated so let's have a smile with the Irish.

- Paddy spies a letter lying on his doormat. It says on the envelope 'do not bend'. Paddy spent the next 2 hours trying to figure out how to pick it up.
- Paddy shouts frantically into the phone 'my wife is pregnant and her contractions are only two minutes apart'. 'Is this her first child' asks the doctor. 'No' shouts Paddy, 'this is her husband'.
- An old Irish farmer's dog is missing and he's

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Kate Bishop
0429 652 174
kate@gracelingmedia.com

New Year, new website!

www.gracelingmedia.com

inconsolable. His wife says 'why don't you put an advert in the paper?' He does but two weeks later the dog is still missing. 'What did you put in the paper?' his wife asks. 'Here boy' he replies.

- Paddy's in jail. The guard looks in his cell and sees him hanging by his feet. 'What on earth are you doing?' he asked. 'Hanging myself' replies Paddy. 'It should be around your neck', says the guard. 'I know' says Paddy 'but I could not breathe'.
- An answer I can understand. An American tourist asks an Irishman. 'Why do scuba divers always fall backwards off their boats?' To which the Irishman replies 'they have to go backwards, If they fell forwards they would still be in the boat!!' (not only Americans don't know this but a lot of Aussies didn't know either).
- And save the best for last. Paddy brings his new girlfriend a bunch of flowers. She opens the door, sees the flowers and drags him in. She lies back on the couch xoxoxoxo (PS I don't think the editor would let me write in what Paddy says, so next time you see me I will tell you).

And another of the groups who always get picked on are the blondes, here are some stories to show why.

- Two blondes were going to Disneyland. They were driving on the interstate when they saw the sign that said 'Disneyland left'. So they started crying, turned around and went home.
- There's this blonde out for a walk, she comes to a river and sees another blonde on the opposite side. 'Yoo hoo' she shouts, 'how do I get to the other side?' The second blonde looks up the river and down the river and shouts back 'you are on the other side'.
- A girl was visiting her blonde friend, who had acquired two new dogs and asked her what their names were. The blonde responded by saying that one was named Rolex and the other was named Timex. Her friend responded by saying 'who ever heard of someone naming dogs like that?' 'Hellooo' answered the blonde, 'they're watch dogs!'

And a quote with a lot of truth in it. The only people worthy to be in your life are the ones that help you through the hard times and laugh with you when the hard times pass.

























Shire of Lake Grace

Community News

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

CEO's Corner

Welcome to another edition of the CEO's Corner.

The Ordinary Council Meeting for April 2015 was held on Wednesday 22 April 2015 at the Council Chambers, Lake Grace.

Included in Council's deliberations were the following items:

Lease Agreement - Lake Grace Daycare

Community Support Services Unit withdrew the Daycare service in April 2015. The Lake Grace Daycare committee in conjunction with the Shire identified an alternative service provider, TBZ Leyte Holdings Pty Ltd.

Council has agreed to enter into a three year lease with the new daycare provider, motion carried 8/0.

Congratulations to the Lake Grace Daycare Committee and Shire staff on a wonderful outcome.

Reserve 34213 Fence Road, Lake Camm

The Department of Parks and Wildlife (PAW) wrote to the Shire seeking its support for the transfer of Crown Reserve 34213 to the Conservation Commission of Western Australia as a class "A" natural reserve. Council had previously rejected two similar requests received in 2011 and 2013. Council did not support the Department's proposal in its current form and invited the Department to make a presentation to Council regarding the Department's future management of Reserve 34213. The Department has accepted an invitation and will attend the June 2015 Council meeting to make its presentation.

Lake Grace and Ravensthorpe Land Conservation District Committee (LCDC) – Appointment of Delegates

The Department of Agriculture and Food wrote to the Shire requesting nominations for appointment to the Lake Grace and Ravensthorpe LCDC's.

Council resolved to nominate Cr Allan Marshall as its representative to the Lake Grace Land Conservation District Committee and nominate Cr Len Armstrong as its representative to the Ravensthorpe Land Conservation District Committee. If appointed by the Commissioner of Soil and Land Conservation, their terms will run for three years, expiring in 2018.

Financial Assistance Grants to Local Government

The Shire received a request from The Australian Local Government Association (ALGA) to support its campaign to restore indexation of the Commonwealth's Financial Assistance Grants (FAGS). The Commonwealth's FAGS assist Council to provide important community services and infrastructure. Therefore Council resolved to acknowledge the importance of FAGS and clearly identify Commonwealth grant funding in Council publications

Purchase of 44 Bennett Street, Lake Grace

At its March 2015 Ordinary Meeting, Council authorised the purchase of 44 Bennett St, Lake Grace from the Uniting Church in Australia Property Trust WA. At its April meeting Council authorised the use of the common seal on the relevant documents allowing the purchase to be finalised.

Further information on the above items can be found in the Shire's April 2015 Ordinary Council Meeting Minutes on our website, www.lakegrace.wa.gov.au

Peter Dittrich

Acting Chief Executive Officer

Ordinary Council Meeting

The next Shire of Lake Grace Ordinary Council Meeting will be held:

Wednesday, 27 May 2015, 3.00pm

Location: Newdegate Library

Members of the public welcome.

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





Shire of Lake Grace Community News

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END OF RESTRICTED BURNING PERIOD

30 April marks the CLOSE of the Restricted Burning Period (Permit Required).

During the unrestricted burning period a permit is not required to burn. Please remember to check the weather conditions prior to lighting a fire.

IMPORTANT DATES TO REMEMBER

Restricted Burning Period (Permit Required)
19 September to 31 October

Prohibited Burning Period (No Burning)

1 November to 31 January

Restricted Burning Period (Permit Required)
1 February to 30 April

We thank you for your co-operation during the fire season.

BULK USED ENGINE OIL COLLECTION – FREE FOR FARMERS

The Shire is seeking all those who have got bulk used oil stored on their farming premises, and wish to dispose of it without paying a fee.

The Shire will commence charging those who drop of commercial quantities of used engine oil at the collection points at the rubbish tips, so it is in farmers' best interests to use this service.

Please contact the Shire on 9890 2500 to leave your name, address, contact details and the approximate volume of oil you wish to dispose of. These details will then be passed onto Wren Oil who will organise collection.

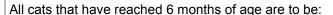






IMPORTANT INFORMATION FOR CAT OWNERS

The *Cat Act 2011* requires the identification, registration and sterilisation of all domestic cats. The new cat laws are about; encouraging responsible pet ownership, reducing the number of unwanted cats in the community and reducing the number of cats euthanised each year.



- Microchipped;
- · Sterilised; and
- · Registered with the relevant local government.

Cats are required to wear a collar and registration tag to ensure that owned cats can be easily identified and returned to their owner.



The legislation requires that a person who chooses to breed cats must apply to their local government for a permit.

When a cat is sold, the seller must ensure the cat is microchipped and sterilised prior to transfer. If the cat cannot be sterilised due to its young age, a voucher must be issued to the new owner

Did You Know?.....Even if you wish to only breed one litter from your cat, you are considered a cat breeder.

For more information please contact the Shire on 9890 2500 or visit our website, www.lakegrace.wa.gov.au





Shire of Lake Grace Community News

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

PREPARING FOR STORMS

STAY SAFE and be prepared this Storm Season.

Did you know...

Dangerous storms are the most common natural hazard in Australia and on average can cause millions of dollars damage. They cause more damage and destruction than cyclones, earthquakes, floods and bushfires. They pose a significant threat to people property, crops and livestock.



Most storm damage to homes occurs from:

- · Loose and broken roof materials.
- Fallen trees and branches.
- Flooding from blocked gutters and downpipes.

A few tips...

- Trim branches around the home or business to prevent them falling on roofs or cars.
- Hire a contractor to clear trees from power lines.
- Clear gutters and downpipes of leaves and blockages.
- Check the roof for cracked ridge capping, loose tiles or loose nails.
- Store or weigh down loose objects like outdoor furniture, playground equipment, trampolines and sheds.
- Clear rubbish from around the yard, balcony or patio.
- Prepare an emergency kit with a portable battery operated radio, torch, spare batteries and a first aid kit.

State Emergency Service (SES)

DFES State Emergency Service (SES) volunteers help the community of Western Australia during storms and other natural hazards and emergencies. SES volunteers assist by:

- Making emergency temporary repairs to homes and businesses. It is your responsibility to organise permanent repairs and contact your insurance company.
- · Clearing fallen trees.
- · Rescuing trapped or injured people.
- · Sandbagging areas in danger of flooding.
- Assisting in relocating people.

During a severe storm there may be hundreds of calls for emergency assistance. Each call is prioritised so please be patient – SES volunteers will attend as soon as possible.

If you need help

- For life threatening emergencies call 000
- If your home has been badly damaged, call the SES on 132 500.

For more information please go to the DFES Website (www.dfes.wa.gov.au).





Shire of Lake Grace Community News

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

Office Opening Hours

Monday to Friday 8.30am - 4.30pm

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

Licensing Opening Hours

Monday to Thursday

Friday

8.30am - 4.15pm

8.30am - 4.00pm

Tip Opening Hours

Lake Grace

Monday, Wednesday, Saturday & Sunday 7am - 6pm

Newdegate

Wednesday 9am - 3pm Saturday 8am - 12pm

Lake King & Varley

Open Every Day

Waste & Recycling Pick up Dates

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

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

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

Lake Grace	Newdegate	
18 May	11 May	
1 June	25 May	

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



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

Driving Assessor

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

Friday 5 June 2015

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

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

Building Surveyor

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

Tuesday 19 May 2015

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

We want your photos

For people who always have their camera at hand the Shire is looking for photos to promote our area.

If you have any photos of events, infrastructure or landscape please email, with a description, to shire@lakegrace.wa.gov.au.

Your photos will be used to promote the area on our website, Facebook page and publications.

Please ensure you have permission from the people who are captured in the photo.

Community E-News

Are you wanting to receive the Shire's Community News, updates and latest news direct from the Shire to your email?

To register please contact the Shire on (08) 9890 2500.



www.facebook.com/ShireofLakeGrace



Are you being pestered by Spiders, Mosquitoes and Flies?

Are you concerned the diseases insects' carry can be transmitted to your family?

Do you want to do something about it?

For prompt courteous professional service contact your local operator, on 1800 643 922

Advantage Pest Control specialises in the control of spiders, flies, cockroaches, mosquitoes, silverfish etc. using synthetic pyrethroids which have very low toxicity to humans but are lethal to insects, are biodegradable and environmentally friendly. Effective and long lasting, up to six months protection for your family.

No <u>Toxic Vapours</u>. No <u>Unpleasant Odour</u>. No <u>Unsightly Staining</u>.

Will **not** affect your pets, cat's dogs or birds, as they are warm blooded.

Will affect flies, mosquitoes, spiders, cockroaches, fleas, silverfish and other pests.

Recommended by the Health Department of W.A.

No price discrimination. City prices for rural dwellers. Internal or external treatment available.

ADVANTAGE PEST CONTROL

Free Call: 1800 643 922

Web: www.advantagepest.com.au Email: admin@advantagepest.com.au



Finalist 2014 WA Innovator of the year awards.

WISPR, real-time detection and 24/7 monitoring of TERMITE activity in your home

We will be in these areas soon!

Please book early to avoid disappointment.

Servicing all country areas of W.A.



Wickepin Boddington Wandering Williams Darkan Arthur River Wagin Lake Grace Pingrup Newdegate Gnowangerup Borden Wellstead Green Range Ongerup Pingrup Bremer Bay Gardiner Jerramungup Ravensthorpe Hopetoun Jerdacuttup Munglinup Mt Madden Lake King. Varley, Hyden Karlgarin Pingaring Kondinin Corrigin, Quairading York.

Environmental pest control that doesn't cost the earth

Fake Fine Infects Computers - AFP Warn

Taken from Scamnet web site

The Australian Federal Police have issued a warning on fake traffic infringement notices circulated by email which may infect computers with malware with a simple click.

If you receive an email which looks like a traffic fine from the AFP we suggest you follow these tips:

- · Do not open it
- · Do not click on any links
- · Delete it
- Check your virus scanner is up-to-date and run a virus scan on your PC.

The AFP media release states:

"The scam email initially asks the recipient to pay an 'AFP fine' of approximately \$150. If links within the message are clicked, the recipient's computer is infected with malware which renders it inoperable.

At that point ransomware is activated where the recipient is asked to pay thousands of dollars to reactivate their computer.

AFP National Coordinator Cyber Crime Adrian Norris has said anyone who receives the email should delete it immediately."

The AFP does not use email to send out traffic infringement notices even though this email scam looks legitimate and contains AFP branding.

The fake email comes from addresses like TrafficInfringement.afp.org, TrafficInfringement.afp.com. or similar.

If you think you have received a fraudulent email please report it to the <u>Australian Cyber Crime Online Reporting Network</u> (ACORN) immediately or to <u>ScamWatch</u>.

Below is an example of a fake infringement notice.



TRAFFIC INFRINGEMENT NOTICE PHOTOGRAPHIC EVIDENCE

You have been issued with a traffic infringement:

Reason: negligent driving Infringement No: 18293019380 Date of issue: 07/04/2011 Amount due: \$150.00 AUD Due date: 10/05/2011

To see more information please view your introgement nop a



Payment must be made within 14 days from the date of service of the infringement notice or the reminder notice.

You may apply for an extension to pay the infringement notice penalty, or to dispute the liability, within 28 days from the date of service of either the infringement notice or the reminder notice.

This is automatically generated message, please you to unsubstite.

Commonwealth of Australia 741

Lawn Mowing & Gardening Services

e: pksgardening1@gmail.com

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

PLUS LOTS MORE!!

Peter Kain (PK) or Deb p: 0427 020 561

Expressions of Interest

St John Ambulance First Aid course

Register your interest with Terry Gladish at the Post Office or contact Ollie Farrelly on 0427 651 180



Commissioners Call for Comments on WA's Electoral Boundaries

Media Release

The current review of State electoral boundaries is shaping up as a major exercise with a total of 17 submissions received, four from political parties, four from local government bodies and nine from individuals. The submissions can be viewed at the Electoral Distribution Commissioners website www.boundaries.wa.gov.au

Between them the submissions have canvassed a wide range of possible changes to the electoral boundaries that will apply at the 2017 State election.

"It's been great to see that individuals, and not just organisations, are taking an interest in the review process and putting forward their suggestions," Electoral Commissioner David Kerslake said.

The next stage of public consultation enables members of the public to comment on the submissions received. Comments must be received by 5.00pm, 13 May 2015.

"The Commissioners are very keen for everyone to take a look at the suggestions made so far. Every comment we receive will be considered when we are drawing the proposed boundaries", Mr Kerslake said.

The Commissioners must publish their proposed boundaries no later than 29 July, followed by a further round of public comment before the boundaries are finalised.

CWA Needs Your Help

CWA's country of choice to study this year is Tibet. Has anyone been there? If so please call:

Annie Slarke - 9865 1170

Irene McGlinn - 9865 1148

House For Sale

1 Wattle Drive

Lake Grace

4 x 2 spacious family home.

Double lock up garage.

\$295,000 negotiable

Phone 9865 1611 or 0428 519 884







Poolwise Living is looking to be a more regular fixture in the Lake Grace Community and surrounding areas.

Our Pool & Spa Mobile Service division has recently gained 6 clients in Lake Grace and we would like to increase that number so as to help keep the cost to a minimum.

We have a dedicated service division with qualified technicians waiting to help with all your swimming pool needs. We offer a range of services from:

- Regular or One Off Maintenance
- •Green Pool Cleans
- •Equipment Sales, Repairs & Installations
- ·Sand Changes & Filter Servicing

For more information or to join our growing list of Lake Grace Clients, contact Mary on 9276 1074 or email her at psms@poolwiseliving.com.au

WE ARE HERE TO HELP

Duets: Crossing Over

Media Release

Are you 16 or under? Can you sing? Can you play an instrument? Are you a dancer? Do you know someone that does?

For many years the personal development of young people in the field of music and performing has been very important to Petrina Bishop and something she has felt incredibly passionate about.

Teaching voice at a private school and from home for over 10 years, owning a Performance School for three years which saw over 300 students pass through its doors and giving many performance opportunities to children throughout councils, organizations and corporate settings, has allowed her to share her love of music and has given her great reward in watching young people achieve.

Petrina now wishes to take this to the next level. Petrina has brought ten professional singers and musicians together to perform with upcoming exceptional Western Australian talent in a concert. This would allow young people to be introduced to what it takes to become a professional and hone their craft.

Auditions will take place and offered to children from 16 and under, whatever their chosen instrument, which will make sure that only the most committed and dedicated, are given this most privileged chance.

Some professional soloists and musicians have agreed to give their time, even though having busy performance schedules.

This incredible line up of professional singers and musicians such as Pianist David Wickham, Soprano Mim Meakin and Baritone Lachlann Lawton to just name a few, will perform a solo of their choice, followed by a fortunate youngster being then asked to join them on stage in a Duet.

Once this most exciting event has concluded each 'young talent' will go on to perform a solo in one of the Petrina Bishop & Company shows!

We're now ready to reward ten children with a place. Auditions: Saturday, June 13th 2015. AUDITION FORM & DETAILS: akanna@iinet.net.au Performance: Sunday, 19th July 2015 ~ 2pm

Puzzles & Stuff

Some words from the 23/04/2015 edition of Boggle

Genuinely Line genuine Luge Ingénue Lune Engine Nine Eyeing Yule Gunnel

Guile Ingle Liege Linen Lunge

Elegy

Ennui

Eying Genie

Gluey

Genu Glee Glen Gley Glue

Lien

Lieu

Gene

I I N
M A T
E H S

Answers to 23/04/2015 Sudoku

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

inis week's Boggie		

Macular Degeneration

Taken from mdf website

What is macular degeneration?

The macula is the central part of the retina, the light sensitive tissue at the back of the eye. The retina processes all visual images. It is responsible for your ability to read, recognise faces, drive and see colours clearly. You are reading this brochure using your macula. Macular degeneration causes progressive macular damage resulting in loss of central vision but the peripheral vision is not affected.

How common is macular degeneration?

Macular degeneration is the leading cause of blindness* and major vision loss in Australia. One in seven Australians over the age of 50 years (1.15 million people) has some evidence of the disease and the incidence increases with age.

What are the types of macular degeneration?

There are two types. The **dry** form results in a gradual loss of central vision. The **wet** form is characterised by a sudden loss of vision and is caused by abnormal blood vessels growing under the retina. Immediate medical treatment is essential if symptoms occur.

What are the risk factors?

Age: The risk increases significantly with age. **Family history:** There is a 50 per cent risk if a direct family history is present.

Smoking: There is three to four times the risk if you smoke.

Eye health checklist**

- Have an eye test and make sure the macula is checked.
- Don't smoke.
- Keep a healthy lifestyle, control weight and exercise regularly.
- Eat a healthy, well-balanced diet. Eat fish two to three times a week, dark green leafy vegetables and fresh fruit daily, and a handful of nuts a week.
 Choose low glycemic index carbohydrates. Limit the intake of fats.
- In consultation with a doctor, consider a suitable supplement.
- Provide adequate protection for your eyes from sunlight exposure, including when young.

What treatments are available for macular degeneration?

Treatment options are dependent on the stage and type of the disease. Current treatments aim to keep the best vision for as long as possible and in some cases may potentially provide visual improvement, but there is presently no cure. Early detection is vital in saving sight.

Key symptoms may include one or more of the following:

Difficulty with reading or any other activity that

- requires fine vision.
- Distortion, where straight lines appear wavy or bent.
- Distinguishing faces becomes a problem.
- Dark patches or empty spaces appear in the centre of your vision.

The need for increased illumination, sensitivity to glare, decreased night vision and poor colour sensitivity may also indicate that there is something wrong. If you experience any of these symptoms contact your eye care professional immediately.

Early detection is vital

The early detection of any form of macular degeneration is crucial to save sight. Difficulty with your vision should not be dismissed as just a part of 'getting older'. In its early stages macular degeneration may not be noticed but it can be detected in an eye test before any visual symptoms occur. Early detection can allow you to take steps to slow its progression and save sight.



How some people with macular degeneration might see the world.

Macular awareness week runs from Sunday 26th May to Saturday 1st June.

Lake Grace Parents & Citizens Early Years Cake Stall



Come along and stock up your freezer! Thursday May 7th @ 9am

See us @ the plaza

A Centenary of ANZAC (cont.)

the last 12 months; Bill Rice, Gordon Pelham and Len Elliott.

Father Gayan Thamel welcomed everyone, before representatives of the Lake Grace District High School cadets and the local St John Ambulance marched to the RSL and stood at ease throughout the service. Following a welcome by Edd Duckworth readings were done by Wally Perry, cadets Ella Leigh and James Ayers-Dillon with the ANZAC Day address read by Terry Gladish. Pat O'Neill recited 'Anzac on the Wall' and cadets Clancy Lay and Stella Dines spoke of their family's involvement in the war effort.

Wreaths were laid by community groups and family representatives before Joe Trevenen sang Eric Bogle's 'No Man's Land' and Deb Clarke stepped in to read the ode. The Last Post and the minutes silence gave everyone present the opportunity to contemplate the enormous sacrifice that was made by a large portion of the Australian population 100 years ago; this sacrifice continues to reverberate today.

Following the rouse it was time to sing the National Anthem; this is a time to be grateful that we have

the Catholic Parish's musical talents to keep us all on track, particularly as the volume fades on those latter verses that no one seems to know.

Cadets Josh Pearce and Cody Giles raised the flag and following closing remarks from Acting RSL President Terry Gladish and a final blessing from Gayan it was time to enjoy a beautiful morning tea. Thank you to the Catholic Parish for organising the commemorative book marks that were handed out on the day.





Lake Grace Pingrup Netball Notes

Joely Slinn

Round 2 - Away game at sunny Borden.

B Grade

Unfortunately the ladies this week couldn't come up with a win. With the final score ending in Borden 33 LGP 19. Coach Sym McKenzie was proud of all the ladies and the team work which was shown throughout the four quarters. The B grade would like to welcome Vicky Nolan to their side who played her first match this week.

Best on Ground went to Victoria Bennett who played Wing Attack for the entire game. Her feeding into the circle was incredible and her dodging down court was spot on.

Coaches Award went to Sonia Harris who played half a match as Goal Defence and half as Goal Keeper. She was a defending machine, marking the Shooters one on one and blocking the shot perfectly.

Juniors

Wendy O'Neill's girls had another outstanding win. The final Score was LGP 44 to Borden 5.

Best On Ground went to Emilee Eaton, who played an excellent game, a half in Goal Shooter when she led

and shot extremely well, then moved to centre for the remaining half, where she ran hard, and attacked well with effective passes into the circle.

Coaches Award went to Denica Stoffberg, who was defending consistently, and stuck to her player like glue, in the two positions she played in Goal Keeper, and Wing Defence.

Wendy and the junior girls would like to thank Liberty Roadhouse Lake Grace, Pete and Anke Stoffberg for being their weekly sponsors. Thank you for supplying the junior girls with a netball sports bag each. They love them and now look very professional. Also thank you for supplying hot chips for lunch last weekend, for those who attended the busy bee.

There was no A grade or Netta games this week.

Well done to all who won the awards and a big thank you to the sponsors and other supporters who make these days a success.

Lake Grace - Kukerin Hockey Club

Danielle Robertson

Lake Grace-Kukerin v Bruce Rock

25th April 2015

C grade won by forfeit

B grade 4-1

Goals: to Danielle Robertson (2), Natalie Lee and

Brooke Carew-Reid.

Awards: Natalie Lee, Kairi Nigol

A grade 2-0

Goals: Michelle Carew-Reid, Anna Taylor Awards: Julie Ditchburn, Sharni Chiswell

Lake Grace-Kukerin v Narembeen

2nd May 2015

C Grade 1-4

Goals: Olivia Mycoe Award: Aiden Dowdell

B Grade 0-5

Awards: Megan Nenke, Charlotte Conradie

A Grade 0-2

Awards: Mel Ogilvie, Anna Taylor

Gala Day was held in Kukerin this year with Lake Grace -Kukerin hosting the day. Well done to all the club members who worked to make the day a success. The fields were in superb condition, there was plenty of food and it's just a shame we couldn't have turned on the heaters a bit earlier. Unfortunately for us, we saw our first losses for the season against a young Narembeen club. Great to see Narem getting back to strength, pity it was against us.

The RDWHA money board was won by Robbie Bowey, Mel Ogilvie and Sue Gallinagh.

It is a home game this week in Lake Grace with the footy, so are looking forward to seeing a lot of spectators on the side lines.

Don't forget we have a Mother's Day raffle running, tickets are available at Lake Grace Health and Beauty and will be doing the rounds on Saturday.

Lake Grace Pingrup Football Club Notes

Allan Marshall

Thank you to our sponsors for round two. LAKE GRACE SPORTSMAN'S CLUB, LAKE GRACE TYREPOWER, PELHAM ENTERPRISES and TIGER SPARK ELECTRICAL.

Lake Grace-Pingrup vs Borden played at Borden on Sat 2nd May 2015

LGPFC A RESERVES

Borden could not field a team so LGP won the 4 points on forfeit.

LGPFC JUNIORS

The LGP Juniors won their game LGP 89 points Defeating Borden 3

Fed by Fyfe awards went to Jackson Callope and Jonty Robinson.

Best Players were Rory Murray, Cody Giles, Brady McGlinn, Jai Clifford and Josh Cameron. A big thank you to the boys who played for Borden to help make up their numbers.

LGPFC LEAGUE

Umpires for the game were Herbie Hart and Jarred Norton.

The weather was partially overcast with a light South Easterly breeze.

The game commenced at 2.15pm with LGP kicking towards the southern end of the ground which looked in really good condition. Reuben Smith was in, Rohan Trevenen out, still injured and Jack Carruthers back for the 2015 season.

Mitch Smith was the first to score for the Bombers with a long 45 metre kick from centre half forward. Damon Pelham then scored full points from a difficult angle in the right forward pocket. Lenny Klein was the other goal scorer during the first quarter for the Bombers.

Quarter time scores were LGP 3-0=18 to Borden 1-4=10

The second term was a very low scoring affair with just behinds being scored by both teams until just before the half time siren when LGP snuck in a goal. LGP adding just 1 goal 5 Borden 4 behinds.

The half time scoreboard read LGP 4-5=31 Borden 1-8=14

The third quarter continued to be low scoring with Borden bagging the first goal after 7 minutes elapsed in the term. The Bombers replied with a goal after 11 minutes had elapsed and then another full pointer from Alex Duckworth followed by another from Mitch Smith was it for the third quarter giving the Bombers a 20 point lead at the third break.

Three quarter time scores LGP 7-8=50 Borden 3-9=27

The Bombers upped the ante in the last term, looking a fitter side. Brenden Desmond was the first to score a major followed by another 3 goals 3 behinds from LGP to just the 2 goals 3 by Borden. LGP were impressive against an undermanned side but showing good potential as the season progresses.

Final scores Lake Grace Pingrup 11-18 = 84 Borden 5-12 = 42

Major goal scorers for LGP were Mitch Smith 3 and Alex Duckworth 2.

Better players at full time were Luke Bairstow, Mitchell Smith, Alex Duckworth and Justin Carruthers.

Award winners for LGP: Luke Bairstow Best on Ground, Mitchell Smith BOG runner up and Coaches award went to Ashton Gray.

Next week in round 3 we meet Gnowangerup for our first 2015 home game at Lake Grace using our upgraded pavilion, which is a credit to our Shire of Lake Grace building team and the upgrade committee. Well done guys.

Vood Roffe



The Lake Grace Sportsman's Club wood raffle is still open!!

You can purchase tickets this Saturday 9th May outside your local IGA and over the bar at the club.

Tickets are \$5 and all monies will contribute to the continual running and the essential upgrades of your club.

Lake Grace Pingrup Hockey Club

Naomi Duckworth

JUNIORS

This year the junior hockey team has seen a complete reconstruction. Although there are a few players from last year there are many new and young kids keen to have a go. Which is great to see them hook into hockey! Many thanks to the parents who have encouraged their kids to take up this great sport. I'm sure it will be a fun but challenging season ahead.

We also welcome our new team managers who have kindly committed their time to training and game days. Thank you to Darren and Missy Clifford, along with the help of Michelle Cameron who have taken on the managers roles this year. A shared effort that is greatly appreciated by the committee, parents and junior players. Good luck for the season ahead!

Round 1 LGP vs JGP 18/04/2015

Score: 0 - 1
Best Player: Jai Clifford
Top Effort: Josh Giles

Round 2 BDN vs LGP 02/05/2015

Score: 1 - 0

Best Player: Rory Murray
Top Effort: Troy Murray

SENIORS

The senior ladies have had a strong commitment to the start of the season. We welcome back many familiar faces (including Ernie) as well as some new faces. With an experienced and well numbered side the club is off to a positive start to the season. It is great to see the team connect in a supportive and social environment. Our next challenge is to get consistency with attendance at training and there will be no stopping the Bombettes this year.

Well done to a great start to the season and congratulations to all of the award winners. Thank you to our weekly sponsors and also a special mention to Karissa Pelham for her fantastic work in organizing our new shirts.

Round 1 LGP vs JGP 18/04/2015

Score: 3-2

Best Player: Yasmine Featherstone

Team Player: Stacey Newman
Goal Scorers: Yasmine Featherstone

Karissa Pelham

Lisa O'Neill

Round 2 BDN vs LGP 02/05/2015

Score: 2 - 1

Best Player: Robyn Ogilvie Team Player: Shenai Mead Goal Scorer: Shenai Mead

Senior Ladder (below)

Team	Wins	Losses	Draw	Goals For	Goals Against	Percentage	Points
Newdegate	2			14	2	700.00	6
Lake Grace / Pingrup	1	1		4	4	100.00	3
Boxwood Hill	1	1		2	2	100.00	3
Gnowangerup	1	1		4	6	66.67	3
Borden	1	1		2	10	20.00	3
Jerramungup		2		2	4	50.00	0

For Sale

2010 Toyota GXL V8 Turbo diesel Landcruiser Wagon. 126,000kms. Set up for towing. Heavy duty tow bar, Long range fuel tank, Cruise control, Air bag suspension, Dual batteries, 40 Chanel radio, Alloy Roo bar, Spot lights.

In very good condition. Genuine sale. \$45,000 ono 0429 871 153





10m x 18m x 5m (33' x 60' x 16.8')

Open Both 10m ends Farm/industrial shed,

100% Australian Steel \$15,280.00

Now Buildings Clearance 0413 104 820



Lake Grace Golf Club Notes

Merv (Matthew) Spurr - Men's Captain

Sunday 3 May 2015

Welcome to the 2015 golf season. The season kicked off on Sunday 3 May 2015 with a 3 Man Ambrose day sponsored by Fyfe Transport. It was a great start to the season with 33 people hitting off.

Thank you to the sponsors and congratulations to the winners.

Results:

Winners:

Michelle Lay, Stephanie Lay, Peter Lay, Craig Reeves, with a score of 57 ½ net.

Runner-up:

Matthew Spurr, Derek Stanton, Rex Walker, Tim Adams, with a score of 57 7/8 nett.

Novelties:

Long Drive No 1 Peter Roukens

NTP No 4 Alan Stubberfield

NTP No 6 Karen Seaman

LP No 9 Tim Adams

Long Drive No 10 Stephanie Lay

NTP No 15 Craig Reeves

NTP No 18 Peter Hudson

Big 'D' Stanton is the early leader of the Seasonal Long Drive, good striker of the ball.

We look forward to seeing you this Sunday, 10th May, a Stableford event sponsored by Neu-tech Auto Electrics. The following weekend is a Par event sponsored by Leading Edge.



Above: Following his welcome to everyone for the 2015 season, President Kevin Eggers informed everyone about the new safety gear that would be required on the Lake Grace course. Any questions were to be directed to the Safety Rep, Craig Reeves.

Below: The thought running through the galleries minds was 'are the Stanton children going to get another golf ball?' as Kevin drives off the first ball for the season.



CLASSIFIEDS

PUBLIC NOTICES

Senior Citizens Luncheon

To be held on **Thursday 4th June** at the CWA rooms at 12.30pm. Cost \$15 / person Catered by the Lake Grace Hockey Club.

Contact Danielle Robertson 0427 676 025.

Seniors please contact Danielle if you are attending to help with catering numbers. All welcome. Thanks to the Lake Grace Hockey Club for taking a turn.

Annie Slarke - President CWA Irene McGlinn - Secretary CWA

CWA Meeting

Held the second Tuesday of the month at the CWA rooms. 1:30pm start.

Next Meeting - 12th May

WANTED

Tile Fire

Free standing slow combustion (tile) fire including flue in good condition.

Contact 0427 676 025

Shire Council Meeting

The next council meeting will be held on Wednesday 27th May, starting at 3pm at the Newdegate Community Resource Centre. Council meetings are open to the public and members of the community are encouraged to attend to ask questions and make comment relating to Shire activities. A minimum of fifteen (15) minutes is allowed at the beginning of each meeting for questions from the public.

Lady Doctor

Dr Linda Haines will be in Lake Grace on June 4th and 5th; July 2nd and 3rd. Ring the Lake Grace Surgery for appointments on 9865 1208

Sally Dickinson

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

CHURCH TIMES

Anglican Church of Lake Grace

Sunday 10th May

Lake Grace 9:00am

Sunday 17th May

Lake Grace 9:00am

Enquiries: Father Dave 0427 545 560

Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 10th May

Lake Grace 8:00am

(Blessing of the plough)

Kukerin 10:00am

(Blessing of the plough)

Sunday 17th May

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

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

Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
Camera Club	Nicole Argent	0428 315 773	knargent@bigpond.com
Craft Group	Meet at the CWA Bu	ilding Saturdays	from 11am onwards
CWA	Irene McGlinn	08 9865 1148	irenemcglinn@bigpond.com
Early Learning Centre (Daycare)	Joanne Wells	08 9865 2568	lakegraceelc@cssu.org.au
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Men's Shed	Phil Clarke	0427 651 155	philclarke@westnet.com.au
Playgroup	Amy Jones	0400 206 321	amjones@email.com
School	Registrar	08 9865 1207	lakegrace.dhs@education.wa.edu.au
Sportsman's Club	Danielle Robertson	0427 676 025	jd.robertson@westnet.com.au
Toy Library	Amanda Trevenen	0488 216 601	amanda.harrower@hotmail.com
Winter Sport			
Lake Grace Golf Club	Gary Frost	0429651094	golfclub@lakegrace.wa.au
Lake Grace Gymnastics Club	Vynka Lay	0429 651 072	bvlay@bevanlayspreading.com
Lake Grace-Kukerin Hockey Club	Natalie Lee	0427189827	lgkhockeyclub@outlook.com.au
Lake Grace/Pingrup Football Club	Paula Carruthers	0499616070	ghpmcarr@bigpond.com
Lake Grace/Pingrup Hockey Club	Taryn Borgward	9820 1049	taryn@pingruptraders.com
Lake Grace/Pingrup Jnr Football	Missy Clifford	0407 190 177	lgpjfc@gmail.com
Lake Grace/Pingrup Netball Club	Vynka deVree	0427 774 024	joelbynk@dodo.com.au

Crisis Care Numbers

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

Justices of the Peace

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

Lake Grace Shire Councillors

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

COMMUNITY CALENDA

May

Fri 8 Fish & Chips at the Sportsman's Club Physio (Jenna M) in Lake Grace Driving Assessor in Lake Grace

HACC Bus Outing

Sat 9 Craft Group at CWA 11am onwards

Rubbish tip open

Steak Teas at the Sportsman's Club LGK Hockey vs KK Vipers @ LG Winter Sports - LG/P v Gnowangerup

Sun 10 Rubbish tip open

Golf - Stableford (Neu-Tech Auto EI)

Mothers Day

Mon 11 Rubbish Collection & rubbish tip open Primary Health Physiotherapist in LG

Chair Aerobics 10:45am at Village Hall Tue 12

SOYF Seniors Program-10am @ Shire Hall

Men's Shed 9.30am-12 noon Weight Watchers @ Village Hall

Well Women's Clinic

CWA Meeting - 1:30m at CWA

School Board Meeting

Foot Clinic

Wed 13 Rubbish tip open

HACC Activity & Morning Tea 10-11:30am

Physio (Jenna M) in Lake Grace

Centrelink Mobile Service unit in Lake Grace

Playgroup (9:30am—11:30am) Toy Library (9:45am) at RSL

Fri 15 Fish & Chips at the Sportsman's Club

Sat 16 Rubbish tip open

Craft Group at CWA 11am onwards Steak Night at the Sportsman's Club Winter Sports - Newdegate v LG/P Hockey - Karl/Hyden v LG-Kukerin

Rubbish tip open Sun 17

Golf - Par (Leading Edge)

Mon 18 Rubbish Collection & rubbish tip open

Recycling Collection Lakes Link News Deadline LGDHS P&C Meeting

Mon 18 Primary Health Physiotherapist in LG

Chair Aerobics 10:45am at Village Hall Tue 19 SOYF Seniors Program-10am @ Shire Hall

Men's Shed 9.30am-12 noon

Building Assessor in Lake Grace Weight Watchers @ Village Hall

Wed 20 Rubbish tip open

HACC Activity & Morning Tea 10-11:30am

Physio (Jenna M) in Lake Grace

Laubman & Pank Optometrists in LG

Thur 21 Lakes Link News Published Playgroup (9:30am—11:30am)

Coming Events

25th May - Primary Health Physiotherapist in LG 27th May - Shire Council Meeting

27th May - Grt Southern Chiropractic in LG

3rd June - Camera Club meeting 4th June - Senior Citizens Luncheon 4th June - Dr Linda Haines in Lake Grace 5th June - Dr Linda Haines in Lake Grace 5th June - Driving Assessor in Lake Grace

15th June - LGDHS P&C Meeting

16th June - LGDHS School Board Meeting 2nd July - Dr Linda Haines in Lake Grace 3rd July - Dr Linda Haines in Lake Grace

5th July - Camera Club Photoshoot (Buckley's B/way)

5th August— Camera Club meeting 10th September - Talking Soil Health 11th September - Talking Soil Health

19th December - Pingaring 90th Christmas Tree

Lake Grace Visitor Centre Committee

Need a Secretary. Contact Tania Bray 0447 651 418 for more information

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

Sudoku

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

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