

LAKE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
School Place

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21st May 2020

\$1.50 inc GST

Vol 26 Issue 9

Hospital Garden Rejuvenation

Suzanne Reeves



Project Manager Kerrie Argent is flanked by her enthusiastic helpers, Steve Lankford (left) and Nick Altham (right); who have been busy putting their time into the Hospital Garden Rejuvenation project.

Funds for the hospital garden have continued to grow and are now approaching the \$20,000 mark – a wonderful sum to put into practise the ideas and plans that have been percolating over the last two years. The budget has been achieved through a range of fundraising ideas and generous donations, with project manager Kerrie Argent leading the charge. The initial plan is for an extensive makeover of the fenced garden as this provides an opportunity for permanent residents and other patients to be able to enjoy a secure outdoor environment.

COVID-19 may have stymied the opportunity to hold busy bees but there have been a couple of solitary worker bees who have been busy preparing the site.

Nick Altham has been busy reconfiguring some of the old footpath and removing tree roots that were lifting the pavers. He is now extending the footpath to create a network that will divide the garden area into separate garden rooms creating a range of focal points. While Nick is busy, his Mum Shirley is keeping a keen eye on the work as it unfolds.

Also spending time on site is Steve Lankford who is a bit of a guru on reticulation and has volunteered his time to help reconfigure the watering system so that the hospital garden can once again become the centrepiece that it used to be. A number of factors have contributed to the garden's decline but a damaged reticulation system has been one of the main issues.

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LAKES LINK NEWS 2020 Advertising Rates

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Thank You's	FREE	FREE	FREE
Editorial	FREE	FREE	FREE
Colour	\$165.00	\$165.00	\$200.00
<i>Conditions do apply.</i>			

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

Friday 29th May

Next Edition

Thursday 4th June



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

Dick Phillips Gwen Oliver
Jacquie Garrett Annie Slarke

Thank you also to our many contributors of articles.

DISCLAIMER

- 1) No liability shall be incurred by the Lakes Link News by reason of any amendments to, or error or inaccuracy in, or the partial or total omission of an advertisement or by reason of delay or default or from any other cause whatsoever. If in the opinion of Lakes Link News the error clearly reduces the value of the advertisement and the advertiser notifies it to Lakes Link News within seven days of the publication date, then one correct insertion will be made without charge.
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- 5) The opinions, views and beliefs expressed in articles and other submissions to the Lakes Link News do not necessarily reflect the opinions, views or beliefs of the CRC staff or Committee.

280 copies circulated each fortnight

Editorial

- Now that the borders have been relaxed a little I expect there will be people hurtling off in all directions to do who knows what, or perhaps we'll come out of the blocks timidly and simply continue enjoying our time in isolation.
- We restarted the crochet group last Friday and thankfully fitted within the requisite number of 10; it was a great morning of catching up for everyone with the noise level barely abating during the two hours. As of this week and taking the size of the room into consideration we will be able to have 14 in the room. Crochet runs every Friday morning from 10am to midday.
- We do have signage as you come into the CRC, please read (we have to do this in line with our COVID plan) and beware of the sanitiser, it comes out in a rush.
- The photo booth is off and running and we're more than pleased with the capabilities of the machine. We do need to do some experimenting with the passport photos (or more to the point I need to read the instructions) but it is all coming together nicely.
- The library is now back, Yay from all of we readers. Remember that it is now open 5 days a week, 9am to 5pm. If you wish to join, order a book or ask any difficult questions you need to come in when Lois is available.
- We are busy getting organized with workshops, please note the two listed below. At this stage we only have six places left in the macramé workshop. Other workshops or events coming up or ones we hope to be organizing are as follows, if there's anything you are interested in please contact us at the CRC:
 - Traffic Management (refresher) - Tuesday 30th June. Cost TBC.
 - Traffic Management (full) - Wed 1st - Fri 3rd July. Cost TBC.
 - Managing Challenging Behaviours - we had this workshop set for end of March but due to COVID 19 we cancelled. We are hoping that we can get an extension on our grant funding and run this later in the year.
 - 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.
 - Christmas Festival will be held on Thursday 10th December

Suzanne Reeves



Macramé & Mental Health

12-18 yo girls only – Cost \$20
Wednesday 8th 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

- Good to see that the kids are back at school, I'm sure that they're enjoying catching up with their friends. Meanwhile the parents can now calm their frazzled nerves.

Schools: We're shutting down. Keep your kids home.

Parents:



Happy Birthday



21st May	Lucy Farrelly
22nd May	Drew Marshall
	Stephanie Lay
	Kira Pearce
	Rylan Gooding
	Wade Lewis
23rd May	Craig Reeves
	Scott Strevett
	Peter Lay
26th May	Bailey McGlinn
28th May	Lee Duckworth
29th May	Anton Kuchling
30th May	Paul Wheeler
	Maddison Wheeler
31st May	Chase Kuchling
1st June	Michael Naisbitt
	Dale Gooch (21)
2nd June	Meagan Zweck
4th June	Rohan Trevenen (30)

Anniversaries



29th May Ron & Rachel Pelham



DL: 2371

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Quality and Range Available For Photo Printing

Suzanne Reeves

As promised in the last Lakes Link we now have the new photo booth setup and it's ready to print our photos for your albums and to hang on the wall.

Aside from photo printing the booth can also do calendars, collages, greeting cards and prints with frames; all in a range of sizes.

While the old booth could only do the standard 6x4 and a 6x8; we now have a huge range of sizes with the new booth because the CRC purchased two printers to go with it. These include an arty 6x6 or 8x8 as well as the larger 8x10 and 8x12.

Possibly the most exciting opportunities for our local photographers are the panoramas. Print sizes available are 6x14 and 6x20 as well as 8x18, 8x26 and 8x32.

For those who don't like the glossy prints we are now able to do Matte, and Lustre.

Another improvement on the old booth is that you can now print a single photo, the machine recognises folders on your device, can print from phones and you can even log into your social media account and print from there.

If all of your photos are on your phone or computer it might be time to pop in and get some of those precious memories into an album.

Some of the prices are as follows:

Prints:

6x4	1-15	\$0.50
	16-40	\$0.40
	41+	\$0.30
6x6 & 6x8		\$2.50
8x8 & 8x10 & 8x12		\$6.00

Panoramic:

6x14	\$6.50
6x20	\$7.50
8x18	\$12
8x26	\$18
8x32	\$24

For more pricing information please go to the CRC website or Facebook page.



The new photo booth offers an exciting array of photo printing opportunities.

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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Reflections on My Youth - *Lindsay Slarke*

Rosie Timperley

- 1. Where were you born and do you recall any stories around your birth?** Born in the AIM Hospital, delivered by Dr Margaret Clark. I remember the hospital well, as a child I had my tonsils out in the middle of summer, sent home to recover in bed. My mother, on checking up on me, found I had haemorrhaged and passed out in a pool of blood. It was off to Emergency and back to hospital where the doctor had another go. I spent quite a while there with my main meal being jelly.
- 2. Did you celebrate your birthdays and if so, are there any that stand out as being the most memorable?** Because my birthday is just two days after Christmas Day, to most of the family, it must have seemed a bit of an anti-climax. Nothing springs to mind.
- 3. Surely there are some hi-jinks you got up to in your youth.... enlighten us with just one of these funny stories.** The Co-op managers yard had a grape vine which hung mainly over the fence away from the house side. Most of the kids in town used to have a few grapes on the way to or from school. The miserable manager contacted the local policeman who came to the school, paraded everyone, read us the riot act and said, 'Anyone who has been pinching grapes, step out.' After a bit more of the riot act, a



Above: Lyndsay, 19 years old, stands with his Volkswagon car in 1958.

couple of timid kids stepped forward. The rest of us just stood looking at the ground, thinking of what our parents would say if we went to jail. The word got out of course but all our parents said was 'Don't do it again.' A big drama!

- 4. Were you an obedient little angel or were you a mischievous child / teenager? Perhaps your answer would be different to what your own parents answer to this would have been!** I think I behaved okay when I was young. We had a very happy upbringing. I remember another 10 year old and myself conned a particular boy into eating grasshoppers that we had cooked on an old fruit tin.
- 5. Many subjects that are taught in school nowadays would not have existed years ago, due to the way we live now with technology etc. But still there remains the core subjects – so which subject was your favourite when you were in school and which one would you happily never have had to complete?** I did alright at state school and jumped a class up but I struggled for a bit whilst in college. The subjects I liked were Latin and French but Geometry was a no-no.
- 6. What is something from your youth that was a regular occurrence that no longer happens or exists anymore?** The local dances and the pictures that were held weekly in the hall. There were always two main films and shorts with cartoons starting the second half of the night when everybody had returned from the café / icecream shop on the main street. The small kids used to sit on rugs on the floor at the front and yell at the baddies. When a little older, you sat in the chairs placed in rows across the hall. In those days, smoking was permitted so you just hoped you didn't sit behind the butcher who smoked a pipe with some foul smelling brew gurgling away.



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Reflections on My Youth - *Lindsay Slarke (cont.)*

7. The way we socialize now has changed but aspects of it also remain the same - what did you and your friends used to do in your spare time?

Until we grew into our teens, we just seemed to play around town. Then later it was sport - tennis, cricket, football. And shooting as there was plenty of vermin.

8. Life has changed in so many way in a relatively short period of time – what is one change or invention that you think has made life better? It is debatable but the mobile phone has made communications a whole lot easier. Also, better roads, the new hospital, new medications... things have evolved into a more open lifestyle. And I've been a big fan of AFL football since that came along.

9. So many historical events can be recalled... what is a historical event that you lived through that you have strong memories of? Both the Korean and the Vietnam wars. I feel that we should never have been involved in the Vietnam war, even though our soldiers carried out their duties admirably.

10. If music was a part of your life, who was a singer you loved to listen to? I took a liking to Opera very early, possibly because we had the records (vinyl.) I admired the wonderful voices even if the words were unknown. You had favourites for a while, if you had access to a wireless. My sister and younger brother always had my admiration and still do.

11. Did you go to community dances and if so, tell us a little about what they were like? The local dances and balls were eagerly awaited. Participants came in from Newdegate and further east, Pingaring, Pingrup and Kuerin too. It was such a great chance for all the young people to get to know each other in a great social atmosphere other than on the sporting field. The older people loved dancing as much as the younger set - and better at it!

The hall had seats all the way around the walls, with mainly ladies and girls seated. The men seemed to congregate at the doorway to the hall in a group. When the emcee stepped forward and announced the next dance, the men moved out to ask the lady of their choice if they would care to partner them. A very happy time for everyone with our local musicians providing rousing music to inspire.

There was no alcohol served in the hall but there were delicious suppers keenly sought. The alcohol situation was solved by some drinkers getting a skinful at the pub before the dance. It seemed to put them in the right mood for energetic dancing - a quiet trip out to the car for a refresher was common although the local constable would pull a few into gear for drinking in a public place. One chap I know was caught short and instead of going down the lane to the gents toilet, just went around the corner of the hall in a dark spot. Standing there, he was surprised by the policeman who said in a loud voice, 'That's against the law!' The reply came back, 'No it's not, it's against the wall.'



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Sold together with landscaped neighbouring block comprising of 9x12 colourbond shed with concrete floor.

All offers above \$500,000 considered and confidential.

Closing date 31st May 2020.

Inspections and enquiries welcome. Please contact Karen Bairstow. Phone 0427 709 012 or email arizonafarms@activ8.net.au

Thumbs Up For Clean Up

Suzanne Reeves. Photo Lisa O'Neill.

Sunday's glorious Autumn weather lured more Good Samaritans out to pick up rubbish off the side of the roads in a bid to clean up the entries into Lake Grace.

Team Argent got sick of the rubbish in the truck bay across from the roadhouse so Annie farewelled Ben off to work and then with the three boys in tow set to with gloves, bags and energy to clean up the mess that others so flippantly leave behind.

Cleaning up around the truck bay and up to the Lions park the awesome foursome collected three large bags, made up predominantly of drink bottles and food containers. Packet soups and one serve gravox containers were dominant in the litter.

Libby Trevenen was spotted collecting rubbish along the Biddy-Camm (rubbish tip) road while last week Julie Clode was getting her steps in on the Lake Grace-Newdegate Road.

Team Reeves had finally got all of their ducks lined up and were all set to clean up from the cemetery through to Bennett's corner. With 10 bags on hand it was going to be a cinch.

Sadly we filled the 10 bags with the job only half done so that area remains a work in progress. It was apparent there was a lot of rubbish that had blown from the back of vehicles; clothing, pipe, jerry can, dog bowl, boxes as well items from vehicles, bits of rubber, light fittings etc.

Drivers seem to get just over the crest of cemetery hill as they finish their first stubby before hurling the empty from the car window as there was quite a collection at that spot. Although alcohol containers were a big contributor to the haul so were water bottles, confectionery wrappers as well as some Chicken Treat packaging.

None of us found any money, not that we're letting on anyway but we feel like winners as we know we've made a difference. I have to say for older backs the grabbers are an ideal for litterpicking, no bending and

the opportunity to stay hands off when I had the joy of picking up that used nappy. The grabbers are available from Supercheap Auto for less than \$10, thanks for the tip Caroline Richardson.

If you would like to do some litterpicking bags are available at the CRC; we do need to pick our spot so we're not covering an area that someone else has already done and we do like to get feedback so that we can pass that information on to Keep Australia Beautiful. Make sure you wear bright clothing. If there are any families who would like to get involved we can find you a spot that is safer for you and the kids.



Above L to R: Annie, Tyler, Seth & Levi Argent keeping busy on a Sunday morning.

Below: Ten bags of rubbish plus some extra items picked in a range of around 1km west of Lake Grace.



Katanning Vet Clinic



Phone: 08 9821 1471

Fax: 08 9821 1473

A/H Emergencies: 0427 017 462

3/114 Clive Street

PO Box 841

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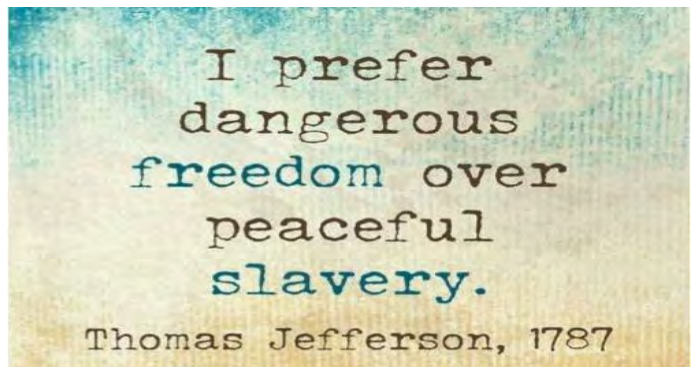


Lake Grace Weather

Date	Min	Max	Rain
6/5	8.7	13.5	1.8
7/5	5.3	17.9	0.4
8/5	9.8	16.3	0.4
9/5	2.1	16.0	
10/5	2.2	21.9	
11/5	5.7	21.4	
12/5	11.3	18.4	
13/5	8.5	25.1	
14/5	10.3	27.5	
15/5	10.7	27.2	
16/5	11.8	19.4	
17/5	7.3	22.2	
18/5	5.2	17.0	
19/5	4.2	16.7	

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.	



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

Bits and Pieces

Kevin Seaman

Before we get onto the serious part of B&P (ie. good Aussie jokes) and with the regional borders of the south west lifted I ask you this question. How many towns in the state of WA south of Perth can you recognise if the names are in a jumbled mess? Hats on and go to it!

1. NTRPMEEBO
2. YRBUUNB
3. PJAARRIN
4. PUGNNOAGWRE
5. AYNBAL
6. KOOBBYUPR (2 WORDS)
7. PUNNNA
8. GEAACRKLE (2 WORDS)
9. ORRCNIIG
10. LLOCIE
11. VYHEAR
12. BMAORRUKNET (2 WORDS)
13. EEEBURLY
14. ELTFRENAM
15. NAMJPUMI
16. MNEKDAR
17. VIRRETERAMARG (2 WORDS)
18. UKILN
19. LBEMYUDGNU
20. EKLAKGNI (2 WORDS)

Answers on page 40.

Now for the serious part.

A shark swam up to a squid and said: *Hey Frank, you don't look too good.*

The squid said: *No, Norm, I'm not too well at all.*

So the shark said: *Listen, jump into my mouth and I'll swim you 'round a bit. Then see if you feel better.*

So the squid jumped in the shark's mouth. The shark swam over to a whale and spat the squid at the whale, saying: *Hey Bert, here's the sick squid I owe you.*

A cop car pulled up beside three kids standing in the middle of Pitt Street Mall in Sydney.

C'mere, said the cop.

The boys walked over to the car. The cop said to the first boy: *What's your name?*

The kid didn't want to give his real name so he had a look around him and noticed a department store. *David Jones*, he said.

Very cute, said the copper. He said to the second kid: *What's your name?*

The second kid looked around and said: *George Building Society.*

Bloody smarty, eh? Said the copper turning to the third kid. *And what's your name?*

The kid said: *Ken.*

Thank God, said the cop, *that one of you kids has some respect for the law. Now Ken, what's your second name?*

The kid said: *Tucky Fried Chicken!*

An Italian immigrant, Gino, arrived on a ship at Station Pier, Port Melbourne, looking for a new start in a new country. His brother had come out about ten years before and had joined the fire brigade. When he met up

with his brother, the first thing that impressed Gino was the uniform.

That's a beautiful uniform you're wearing, said Gino. *All I want is a job where I can wear a beautiful uniform too. So off he went to look for work. The first place he tried was the Kraft Cheese factory. They offered him a job on the production line*

Does it come with a uniform? Asked Gino.

Well, you get this nice blue dustcoat, said the bloke from the factory.

Ok, I'll take it. Gino couldn't wait to tell his brother about his new job at Kraft and show him his new uniform.

That Friday night they arranged to meet at a local pub. While Gino was waiting for his brother to arrive, a Salvation Army officer came through the bar, selling the 'War Cry' and asking for donations.

Gino stopped him and said: *'sucsa me, Sir, but that is the most wonderful uniform I ever seen! Who do you work for?*

The Salvo said: *Why, I work for the Lord Jesus.*

What a coincidence! Said Gino. *I work for his brother, Kraft Cheeses!*

A boy took his essay on the family dog up to his English teacher for marking.

When she'd read it, she said: *Billy, two years ago, I asked your brother Simon to write an essay on the family dog. This is exactly the same essay. How do you explain that?*

Billy said: *Of course it's the same essay. It's the same dog.*

And in this time of 'you know what' the saddest part is being separated from our loved ones. So here is something that may help you through.

Those we do not hold in our arms we can always hold in our hearts.

K

If you are needing Centrelink assistance then call

132 850

The call centres are open 7 days a week

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.



Lake Grace & Newdegate Medical Centre

UPDATE

Thanks to all our Patients for their on-going support during this COVID-19 Pandemic. It has been a crazy time for everyone and we thank you for your patience.

The request for Influenza Vaccines this year has been higher than previous years and unfortunately we are still waiting on our Private Influenza Vaccines to arrive from the Pharmacy. We have a waiting list for these Vaccines and once they do arrive we will call you if you have put your name down on our Waiting List.

We still have some Government Funded Influenza Vaccines and you can have one of these if you are:

- A Child from 6 months old to Year 6
- Aboriginal or Torres Strait Islanders Aged 6 months & over
- Pregnant (During any Stage of Pregnancy)
- Aged 65yrs or older
- 6 months & over with a Medical Condition that fits with Government criteria
- Currently on a Care Plan with the Doctor

General Housekeeping...

Please contact us in advance before your Script is about to run out because we cannot guarantee you getting your script on the same day you call in.

If you have not been to see the Doctor within 3 months, please understand we would not be able to provide a script over the phone. An appointment has to be made.

We will be taking Script appointments twice a week (Tuesdays & Thursdays) and only script requests will be attended to for those appointments.

If you have more than 2 things to discuss with the Doctor we please ask you book a longer appointment. When booking on Hot Doc you have the choice to book a Standard Consult or a Long Consult.

Thank you from your Lake Grace & Newdegate Medical Centre Team!

No Job Too Small

Got some odd jobs that need doing?

Give us a call

Steve

0429 901 805



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.

Carbon Monoxide: Stay Safe From Silent Killer

Media Release - Consumer Protection - Tel: (08) 9021 9452 Email: mark.ing@dmirs.wa.gov.au

Heating appliances will soon be emerging from hibernation as cooler weather sets in, particularly with many of us working from home this winter.

If you are using a gas heater, our colleagues at Building and Energy have issued a timely warning about the dangers of exposure to carbon monoxide, which can leak from faulty, poorly maintained or misused gas appliances.

Carbon monoxide is known as the 'silent killer' because it is an invisible, odourless, tasteless and poisonous gas. A Federal Government report estimates that one death and more than 20 injuries each year are caused by carbon monoxide poisoning from gas appliances in Australia.

You should seek medical help immediately if you notice signs of exposure, which can range from flu-like symptoms (such as headaches, weakness, fatigue and nausea) to seizures, collapse and even death.

Gas appliances should be tested and serviced by a licensed gas fitter or service agent at least every two years, or annually if it is more than 10 years old. Signs that a gas appliance is faulty or in need of a service include difficulty relighting, discolouration of the outer case or a yellow flame rather than a steady blue flame.

Before using your gas heater for the first time this season, check that the air filters, airways, fans or burners are not blocked by lint and dust from storage. This can cause overheating and burner problems that produce carbon monoxide.

Appropriate ventilation is also vital, so check that the room has a good airflow and that vents and flues are not obstructed. Avoid using kitchen rangehoods or exhaust fans at the same time as your gas heater as the pressure effects can draw carbon monoxide into living spaces.

Never use outdoor appliances, such as patio heaters, inside the house. It's also important to know which type of gas heater you have, as open-flued or flueless models have particular ventilation requirements.

You should also check if your open-flued gas heater is part of a national safety alert due to potential carbon monoxide risks. Owners of the following models should stop using them immediately and contact the supplier: Regency i31 (January 2010 onwards); Regency/Masport F38 and FG38 (natural gas models only); Nectre 2000 (2007 onwards) and Real Flame Pyrotech (2012 onwards).

For more gas safety and carbon monoxide information, visit dmirs.wa.gov.au/building-and-energy.



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From the Archives

Thank you to Tooey Altham for bringing these couple of items to us. The former is a write up from a family wedding, the second was published in what looks to be a regional paper, either the Great Southern Herald or the Wagin Argus. Date unknown.

Wedding (circa 1927) Altham - Dixon

On Tuesday, February 8, a very pretty wedding was celebrated in the Pingrup Hall, when Frank, son of Mr and Mrs Geo. Altham, of Pingrup, was joined in matrimony to Dora, daughter of Mr and Mrs Charles Dixon, also of Pingrup.

The occasion was of widespread interest owing to the popularity of the parties concerned, but even greater interest was added in that this was the first wedding to be celebrated at Pingrup. The officiating minister was the Rev. W.H. Price, of the Methodist Church, Lake Grace.

The hall had been beautifully decorated for this occasion by friends of the bride, while the local cricketers, in support of the groom, who is a keen cricketer, provided the carpet for the aisle.

The bride looked exceedingly pretty in a charming dress of ivory crepe-de-chine, having a silver lace underskirt with tunic overdress, the latter cut in petals. She also wore a very dainty wedding veil, with the customary bridal blossoms, and carried a bridal bouquet of white carnations and roses.

Bridesmaids were the Misses Janie, Elizabeth and Annie Altham, sisters of the bridegroom and Miss Jean Muir, of Kojonup, the two former being dressed in pale blue crepe-de-chine, with georgette sleeves and panels edged with silver lace, while Miss Muir and Miss Annie Altham wore similar designed gowns in heliotrope crepe-de-chine, the four wearing becoming bandeaus of ivory tinsel with floral decorations on the hair, and carried exquisite bouquets of carnations and hyacinths.

Mr Nathan Altham, brother of the bridegroom, acted as best man, and was supported by Mr Jack Dixon, brother of the bride.

Following the wedding ceremony, the bridal party, accompanied by the guests repaired to the home of the bride's parents, where the bride's mother, Mrs C Dixon, gowned in Wedgewood crepe-de-chine with apricot hat to tone, received her guests, being assisted in her arduous duties by Mrs Altham, mother of the bridegroom. The latter wore a very handsome gown of black crepe-de-chine with

georgette sleeves, and black georgette hat en suit. About fifty guests were at the reception, where the numerous handsome presents were displayed and admired. The bride also received several handsome cheques, among the latter being one of five guineas from the bridegroom's father, who, at the celebration of his silver wedding with Mrs Altham, had promised this to the first bride married in the local hall. During the evening a very enjoyable dance was given by Mrs and Mrs Dixon in the Pingrup Hall, in which about a hundred and thirty guests participated, the fun being kept up until the "wee sma' hours".

The happy couple left by train on the following morning for Albany, accompanied by the good wishes of their numerous friends. The bride was attired in a very becoming dress of cinnamon brocaded morocain, with coat to match and black crinoline hat.

"A Farmers Prayer" By Judith Stanich

God--

We see You in so many places - when we are seeding the middle of the night and look up at the vastness of the universe and see a falling star, when we are watching a beautiful sunset, a calf being born, or the ripples made on a dam from flicking flies.

We feel You in so many ways - when we are running the dirt through our fingers, feeling it, smelling it and knowing that it is from this earth from which we came and to which we will return.

When we are driving our trucks along our roads, when we are sitting in front of a warm wood fire, when we watch our children feed the pet lamb or when we share happy times with family and friends.

God--

We see and feel You in so many different ways but we know that You are there.

We thank You for all the good things in our lives, the stability of our Governments, our political and religious freedom and the easy ways of life that is part of being an Australian and which we so often take for granted. Today, Lord we ask You to look upon us and give us the rain we so badly need in order to grow our crops and pastures so that we can provide for our families and fulfil our obligations.

We ask that You grant us the support and comfort of Your presence so that we can get through this season no matter what the outcome.

Through our Lord Jesus Christ. **Amen.**

Why COVID-19 is a Breeding Ground for Conspiracy Theories

Media Release - UWA

Scientists from The University of Western Australia, University of Bristol, University of Cambridge and George Mason University have shed light on how to spot conspiracy theories arising from COVID-19.

UWA Associate Professor Ullrich Ecker from the School of Psychological Science said the pandemic was a fertile breeding ground for conspiracy theories.

"When people suffer a loss of control or feel threatened, they become more vulnerable to believing conspiracy theories," Professor Ecker said.

"What's more, people have become more willing to express and endorse even highly inaccurate and illogical theories, especially in the US.

"This is due in part to social media amplifying fringe views, but also because social norms are making it more acceptable, especially when global leaders get away with open lies and are seen to be supporting fringe views."

Dr Ecker said there were several tell-tale traits of conspiratorial thinking, outlined in a guide the scientists have published through the George Mason University Centre for Climate Change Communication.

"Conspiracy theorists show extreme suspicion, which

leads them to reinterpret random events as being caused by the conspiracy," he said.

"Take the rollout of 5G, which is of course unrelated to, but happened to coincide with, the emergence of COVID-19.

"Conspiracy theorists also often make contradictory claims. One day it's 5G, the next day it's a bioweapon made in a Wuhan lab."

Dr Ecker said correcting conspiracy theories was problematic.

"Their self-sealing nature makes them irrefutable almost by definition – if you present evidence against a conspiracy you could be portrayed as part of the conspiracy," he said.

"The best strategy is really to expose the flaws in conspiratorial thinking and to understand the tell-tale traits to prevent people being misled."

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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

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

District Road Blocks Ending

Well we are happy to report that the inter-district border restrictions have now been reduced somewhat. Resident's in the Great Southern, Perth/Peel and Wheatbelt districts can now travel freely unhindered by border stops and a million questions from Police as to where you have come from and where you are going. This means the occasional road block that you used to see at the crossroads in Lake Grace is now finished and has moved out to Ravensthorpe to police the Great Southern-Goldfields border.

We were very pleased to see that 99% of all people stopped were doing the right thing and had documentation proving exemption, of course the locals were fabulous and patient with the setup. Unfortunately, however this last Sunday, a group of nine overseas back packers in three vehicles from Perth came into the road block (last day) only to discover they had been wandering all over the state for no good reason. The Corrigin Police were on duty and issued all nine with \$1000 fines. If its good enough for locals to comply with the restrictions it's good enough for visitors too.



Traffic News

What a week! Staff at Lake Grace were very busy this last two weeks traffic wise. Our district office has directed all stations in the Great Southern District to step up traffic patrols. As a result, Lake Grace Police were recently allocated 40 additional drug wipes (that's a lot for us here). All local School bus drivers were recently tested and passed with flying colours. The rest will be used over the next fortnight.

Earlier on in the week LG police had a (Perth) vehicle go past them whilst on patrol. Police attempted to intercept the vehicle for a COVID 19 border check to see where the vehicle had come from, where it was going and why. Well after travelling for 25 kilometres at

an average speed of 140 kph we finally caught up to it. (obviously wasn't keen on stopping) After it finally came into sight police observed the manner of driving as outrageous with the vehicle regularly swerving and driving into the on coming lane. As a result, the vehicle was then expeditiously stopped to avoid the possibility of a potential head on collision.

The driver was spoken to and appeared to be surprised by the attention. A quick roadside breath test was undertaken revealing a reading way over DUI (Driving under the Influence, DUI is any reading over 0.150) The driver was dealt with, however police felt that the seriousness of the incident had not sunk in. Police issued the driver with an on the spot driving disqualification notice for a period of two months until he has his date with a Magistrate.

The following day police decided to attend his last known location to check on the driver's welfare when he was observed to be driving again! The driver was subsequently stopped (much easier this time) and spoken to. Another roadside breath test was undertaken with an even higher reading than last time. This time, the vehicle was seized and given a month holiday. The driver accrued several more charges and was no longer able to put others in danger. The last thing police want to do is have to make a visit to a family to give them the news a family member isn't coming home due to someone making a poor decision about something as stupid as drink driving.

Local police will continue to give attention to speeding, seatbelts and the roadworthiness of vehicles.

Local Graffiti incidents

During the last fortnight someone spent a fair bit of time writing notes of appreciation all over Lake Grace. Thanks for the messages who ever it was, the gossip around town was extremely positive towards this and thanks for not using paint.



POLICE NEWS *(cont.)*

Maintaining Social distancing

With the reduction in restrictions regarding the ability to now start frequenting pubs and restaurants, you will now see COVID 19 seating plans and requirements that patrons will need to adhere to. This includes not exceeding the new number of 20 persons per location or the number of persons based on the square meterage of the location. 4 sqm per person. Each trading premises will have a trained and allocated COVID safety officer. This person has the power to enforce any breaches of the social distancing rules and



inform police who will then follow up the matter. Its up to all of us to adhere to the rules so these places can remain open. If constant breaches occur the relevant premises will be forcibly closed. I am very confident that this won't happen because you are all on board as demonstrated with the inter-district restrictions. Follow the directions from the safety officer and all will be good.

Staff Movements

Say goodbye to Fiona she is disappearing for two weeks to act up as Sergeant and be the Officer in Charge at Corrigin. We may let her back into Lake Grace after that....we haven't decided yet.



Stay safe. Hopefully we will get some rain!

Fiona, Travis and Scott.

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WHEATBELT NRM MOST WANTED!

Have you seen any of these?



Malleefowl

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 or 9670 3104.

www.wheatbeltnrm.org.au

Those Amazing Pets

Rosie Timperley

Whether it's a horse, guinea pigs or some chicks, our animals have a personality all of their own. It's been said that some owners and their pets can even start to replicate each others personalities. So if your dog or cat start to act a little zany - maybe it's because they are copying you! I never caught my little dog Tiffy, who has passed away now, reading any books but I did find her walking around the garden a lot, so perhaps there is some truth in this saying. This issue, we have animals of all sizes gracing our pages. Thank you to those who have sent their photos in and if anyone else has photos of their pets they would like featured in upcoming articles, please email them through and they can be the next star of the paper!



Above: Rebecca Clarke's 15 yo Jarrah Jack has been with her for about 13 years now and came as a wild, unhandled horse from the hills of Harvey. Nowadays, his past is far behind him and he is the sweetest, most gentle giant and the greatest mate a girl can have.

Left: Maggie Prater's mini daschund Polly, knows she is a looker as she poses for the camera. Polly has a very high maintenance attitude but shows her softer side when it's time for cuddles as she basks in the attention given to her.

Below and below right: The Gooding children have a variety of pets to play with! Ella Gooding loves her guinea pigs Squeak (grey and white) and Lola (ginger and white). Squeak and Lola love being cuddled and they are little health-nuts as their favourite foods are spinach and lettuce! Rylan Gooding stands with his brood of 10 Golden Lace chicks with their mum. The chickens hatched on Easter Sunday and were a delightful present from Auntie Sharon.



Thank You's Abound Around Town

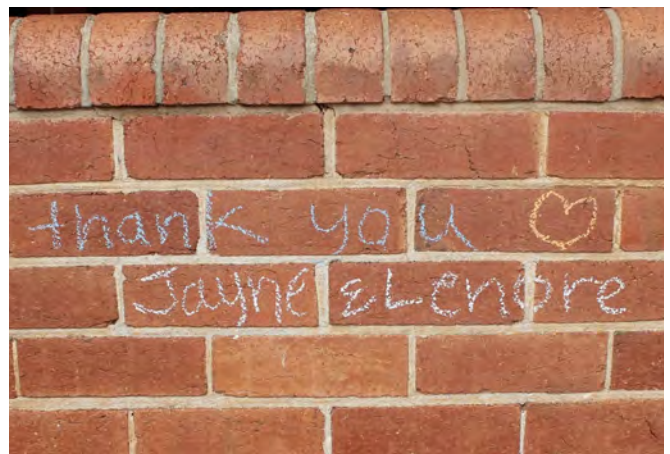
Rosie Timperley

It was a pleasant surprise for many businesses in Lake Grace one morning recently when colourful chalk signs appeared outside their doors, proclaiming 'thank you for keeping us safe!' It was a nod towards the new way of life we have all been undertaking, with some businesses being forced to shut whilst others have managed to stay open but with safety measures in place to prevent the coronavirus, COVID-19, from spreading.

Whilst we may not ever know who the anonymous and mysterious 'thank you fairy' was, they put a smile on many people's faces and it was wonderful to see the gratitude displayed brightly on brickwork around town, seen here in photos of just a small number of the businesses which were visited. Nurses, doctors and grocery store workers are just some of the professions who have been working tirelessly during this time of uncertainty and they, more than anyone, deserve so much gratitude. WA has been fairly successful in keeping the virus to a minimum, thanks in part to the social distancing measures we have all complied with and here's hoping that new cases are kept to a minimum (or none would be even better!) so we can all get life back to 'normal.'

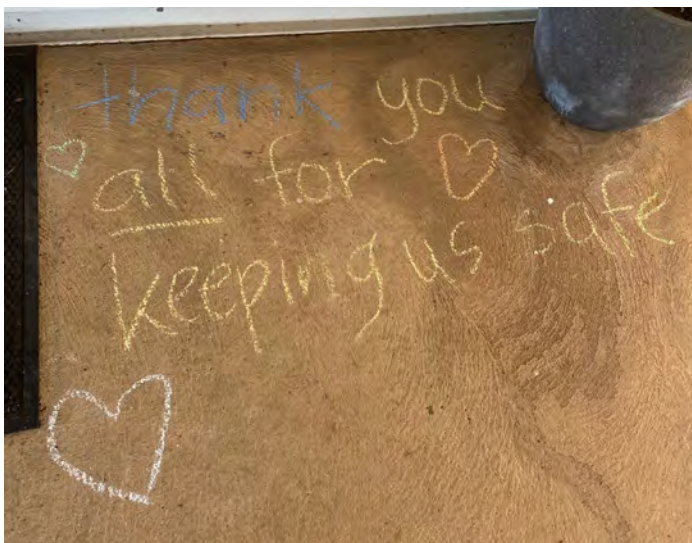


Above: Seen at the medical centre, our fantastic doctor with his very supportive front-desk staff are thanked in a sweet and simple but very heart-felt way.



Above: The post office staff arrive at work to a grateful greeting.

Below: The Lake Grace Shire is presented with a bright and cheery thank you at their front door.



The Thank You Fairy visits both the school (above) and the CRC (below) leaving gratitude in the way of colourful chalk notes.





Shire Community News

From the Acting CEO

The Western Australian Government has released a four-phase roadmap to help get us back to work and about safely.

Community facilities and libraries are now allowed to be open from Monday 18 May with non-work gatherings of up to 20 people.

As long as we follow the travel restrictions and the 20 - person rule, we are able to have private picnics in the park, fishing, boating, hiking and camping.

The WA Government is still encouraging residents to download the Australian Government's COVIDSafe app.

Shire facilities reopening

We ask people to call the Shire to rebook any facility they want to start reusing as there will be restrictions that all users will be required to follow. Please do not enter any Shire facility if you are unwell, even if you think it is the common cold.

Groups will need to ensure people still practise physical distancing and someone will need to direct people to follow the physical distancing principles and to fill in a register with name and phone number. These restrictions are there to protect you, your family and community.

Staff Changes

I am pleased to say that Kevin Wilson has been appointed as our new Manager Corporate Services. He commenced with us on Monday 11 May and has got straight into the budget preparation. We are excited to have Kevin on board and welcome him to the team!

Gardener for Lake King

The Shire is in the process of looking for a casual gardener for Lake King if you would like more information call the Shire 9890 2500.

Driving Assessor

The Driving Assessor is returning to Lake Grace on Friday 5 June.
For booking call the Shire office on 9890 2500.

Grant Available

The Wheatbelt Development Commission (WDC) is seeking applications for the third round of the Regional Economic Development (RED) Grants.

This initiative invests in locally driven projects to stimulate economic growth and development in regional Western Australia.

Applications will be assessed against the Round 3 RED Grants objectives, which include:

- sustainable jobs;

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

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

- expanding or diversifying industry;
- developing skills or capabilities;
- attracting new investment in the region;
- maximising recovery from the COVID-19 pandemic impacts.

The grant program can be found in the guidelines available at www.wheatbelt.wa.gov.au under the funding tab.

Alan George

Acting Chief Executive Officer

HEYWIRE 2020

Heywire puts young Australians at the centre of the conversations that shape their communities.

The ABC has run the annual regional youth project in partnership with the Australian Government since 1998.

How do we make life better for young people?

The annual Heywire cycle begins with a storytelling competition - open to people aged 16-22, living in regional or rural Australia.

Heywire encourages young people to tell stories about their life outside the major cities in text, photo, video or audio format.

Tell a story about an aspect of your life, where you live. Check out last year's stories for inspiration and tips for great Heywire story <https://www.abc.net.au/heywire/>

Tell your story in any format you like:



Text
400 words



Video
2-4 minutes



Photos
10 images



Audio
2-4 minutes

When your story is ready, submit it by filling in our simple online entry form by **Tuesday May 26, 2020** to be in the running to win go to: <https://www.abc.net.au/heywire/competition/>.

Heywire Competition winners score and all-expenses-paid trip to the Heywire Summit, held in Canberra each February. The 30+ participants work together in groups to develop ideas to make positive change in their communities.

The Heywire Summit has seen youth projects developed all over the country. \$100,000 is up for grabs each year to implement Heywire Summit ideas.

Shire Infrastructure News

Our staff and contractors carried out the following works:

- Removal of old basketball courts
- Re-sheeting Duckworth Road
- Newdegate refuse site push up
- Install of new Newdegate Street lights (as below)
- Install of new Lake Grace Street lights (as below)
- Water binding at Duckworth Road



Solar lights leading to Newdegate Rec Centre



Above: The lights showing the way from the Lake Grace Medical Precincts to town.

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

- Duckworth Road
- Mallee Hill Road
- Burngup South Road
- Strevett Road

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

- Whurr Road
- Biddy Camm Road
- Roger Road
- Old Ravey Road
- Green Road
- Ardler Road
- Taylor Road

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

- Mulcahy Road
- Biddy Camm Road
- Hewson Road
- Tarco Road
- Drust Road
- Kathleen Road

Parks & Gardens

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

- Mowing lawn at town hall
- Weeding at Lake Grace Pavilion
- Slashing of South Road verges
- Removal of branches and dead trees around town site

Building

The Building Maintenance Crew has carried out the following work:

- Lake King Town Hall door and flooring repairs
- Repairs to Newdegate public toilets
- Varley Sports Club maintenance
- New fixtures installed at Lake King public toilets

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

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.

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:

Friday 5 June

Friday 3 July - to be confirmed

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

All bookings to be made at the Shire office on 9890 2500 until further notice.

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

Libraries

Lake Grace Public Library School Place Absolon St
Monday - Friday 9am - 5pm
Closed for lunch 12.30 - 1pm

Newdegate Public Library Collier St
Monday - Thursday 8.30am - 4.30pm
Closed for lunch 12noon - 1pm
Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd
Tuesday and Thursday 8.30am - 3.30pm

Environmental Health Officer

The Shire's Environmental Health Officer, Brendon Gerrard. Contact the Shire on 9890 2500 or email 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 26 May 2020	Tuesday 2 June 2020
Tuesday 9 June 2020	Tuesday 16 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.



Check out our Facebook



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

Book Review - *Chickens & This Chicken Life*

Suzanne Reeves

What Came First? The Chicken or the egg? It's a tough one because you can't get one without the other. Perhaps you're thinking about getting a couple of hens for the backyard and not sure what would be best suited to your family and lifestyle.

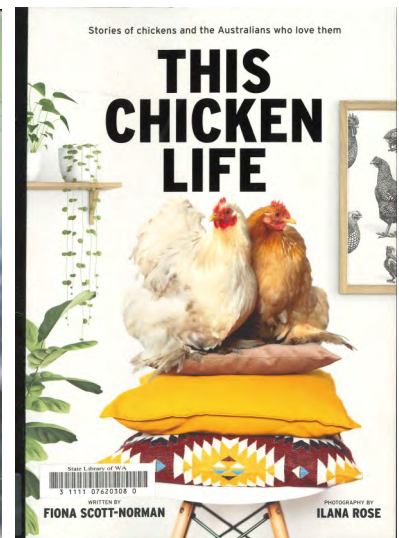
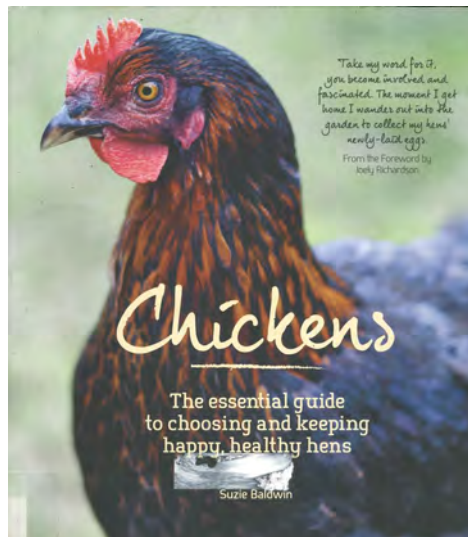
Chickens can make quite good little pets and can teach the kids a bit of responsibility by having to be responsible for someone other than themselves. Then there's the bonus of those yummy eggs; one of the most versatile and nutrient packed ingredients that come in their own meal sized container.

Another bonus of the backyard chook is they get rid of all of your food scraps. The downside of course is that foxes find them irresistible and will go to great lengths to not just eat them but turn your hen house into a slaughter yard.

Lake Grace Library currently has two books on their shelves that could help you on your journey in becoming a proud chicken owner. There's Suzie Baldwin's *Chickens: The essential guide to choosing and keeping happy, healthy hens* and then there's the tome by Fiona

Scott-Norman, *This Chicken Life* which has a plethora of stories about chickens and their relationship with their humans.

The Library doors are now open 5 days a week, pop in and admire the new carpet and layout while you grab yourself a book.



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Getting to Know...

Rosie Timperley

1. Name: Rolette Stols

2. Occupation: I am working at your local IGA, serving you with a smile...

3. How did you come to be living in Lake Grace? It was always my partner's dream to work abroad. And friends of ours helped us make that dream a reality, when they introduced us to Clint and Tracey, where my partner is working. And we wanted a better and safer future for our 2 boys.

4. What would you love to be making a living out of if you could be paid for anything you wanted to do? To spend as much time as possible with my two boys, create as many memories with them as possible, before teenagers turn into young men. Would love to spend days doing archery, fishing, camping. Love to be outdoors with them.

5. Where is one place in the world you would love to travel to if you could or one place you have been that you loved? I would love to travel back to South Africa and spend a holiday in a very small town of Marloth Park, a nature reserve, where animals roam free. And you can even feed them and get really close to them. But if I need to pick one place in the world I have never been to visit, it would be Canada.

6. What is one thing you think the world needs more of?

Smiles.... a smile from anyone is more than enough to change a bad day into a better one, and it is contagious and free. All you have to do is share it.

7. What is something that annoys you? People looking down on other people.

8. Who would play you in a movie about yourself? Emma Watson

9. If you could only listen to one singer/musician again, who would it be? Brad Cox... just love country music.

10. What is something you can't do no matter how hard you try? Decorate a cake, tried a 1000 times.... failed a 1000 times.... I can bake a cake, but oh boy, decorating it is a disaster.



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How To Deal With Negative People

<https://www.entrepreneur.com/article/311990>

Negative people love bringing others down. It can sometimes seem like that's the only thing they enjoy doing. So what should you do when faced with a negative friend, co-worker, family member or colleague? At first you listen, offering a compassionate ear and hoping their negativity is just a passing phase. After all, everyone has a bad day now and again.

But if you're dealing with a habitually pessimistic person, you're at risk of being drained emotionally. Negativity can be contagious, and if you don't take action to protect your mindset, you may find your mood infected with hostility.

Hiding isn't a good option, so try something better: disarm their negativity and shield yourself from their hostility using these six simple strategies.

1. Don't buy into their negativity.

Don't allow yourself to become infected with toxic negativity. Do not engage in a difficult person's habitual skepticism. Whatever you do, don't stoop to their level. Maintain your emotional distance. This doesn't mean ignoring them. Nor should you try to bright-side everything. Trying to convince someone to stop being negative may only challenge to them to amp up their hostility.

A difficult person is probably locked into a negative mindset that is part of the fabric of his or her personality. Negative people often have a demanding nature and put pressure on those close to them. They want others to love and respect them, to "be there for them," yet they are incapable of offering emotional support to others.

Limit your expectations when dealing with them. A negative person isn't a good choice to turn to when you're feeling down. When you do engage with them, use noncommittal language. Acknowledge their

comments without endorsing what they are saying. Agree with them as far as you can, then rephrase their complaints using less loaded language. You can't change their personality, but you might neutralize their toxic outlook.

2. You are not their problem solver.

It is not your job to make an unhappy person happy. If you set out change a person overnight, you will fall short and may end up feeling disgruntled yourself. The only person whose happiness you can control is your own. You can (and should) remain positive when dealing with negative people, but don't fool yourself into thinking you can cheer them up or change their mindset.

A fast way to annoy someone in a bad mood is telling him or her to be happy, so ditch the Pollyanna attitude and stop offering unsolicited advice. Instead, provide a sympathetic and unjudging ear. If they ask to hear your thoughts, offer them gently and calmly.

Ultimately, the best way to protect yourself emotionally from a negative person is to be secure and confident. Don't let a negative person cause you to doubt your abilities or undermine your desire to pursue your dreams.

3. Give yourself a break.

Setting boundaries is how you give yourself a break from an encroaching negative person. You need space where you can clear your head after dealing with someone who zaps you emotionally. Keep the a negative person at arm's length to avoid being overwhelmed by their toxicity.

Even though you live with a smartphone wired to your hand, you aren't required return every call or text immediately. When you're frustrated or annoyed with a difficult person, take some time to collect your thoughts. Contact them when you are calmer. Give yourself time to recharge your batteries so when you do deal with them, you have the endurance and patience to handle them with grace.

It's wise to limit your exposure to the person when possible. Don't feel pressured to invite them to lunch or coffee. When you must hang out with them, try to do so in group settings so you won't have to deal with them on one-on-one.

4. Hold your tongue.

When dealing with a negative person it's tempting to let yourself slide into anger or frustration, but save yourself the headache. Responding angrily only feeds their negativity. Hold your tongue and listen. Eventually, when they realize you won't give them the reaction they seek, they will take their angry rants elsewhere. Tempering your emotional responses can be difficult, but it is key to maintaining inner peace.

Try not to take insensitive or tactless comments personally. Negative people are often so wrapped up in anger about perceived indignities that they aren't aware



How To Deal With Negative People (cont.)

of how insulting they come across. Listen without judgment. They may have a valid point, even if it's buried in gloom and doom. Look for a takeaway you can learn from.

If you do respond, keep it objective and unemotional. Explain your points carefully and thoughtfully. Do this, and you'll never again regret a conversation with a negative person.

5. Take charge of the conversation.

When a person is constantly complaining about certain events or subjects, you can use a technique called appreciative inquiry, which is the process of asking questions to help the person gain a more positive outlook. If the person is brooding about a past event, ask questions that focus on the positive aspects of their experiences or about the future. Such questions might include: "What are some good things that came out of that experience?" or "What would you like to see happen next time?" Reframing the negative language helps them focus on how to achieve a brighter future in a positive way.

You can guide the conversation toward neutral topics by gently acknowledging what they are saying before moving on to something new. You might say, "Yes, I can see that you are upset with how that

meeting went. By the way, have you had a chance to look at the report that was sent out? There are some interesting ideas in there."

6. Be the light.

Strive to personify positivity. Wear your enthusiasm like an armor against a negative person's onslaught of hostility. Affirm your positivity by doing nice things for a negative person on occasion. These don't have to be huge. Compliment them for something they genuinely did well. Remind them of a moment when they were happy and things were going well for them. For instance, you might say, "Remember when you were able to bring in that big client and everyone was so impressed? That was a good day for the company."

Small gestures will chip away at their negativity. They might eventually find joy, but if they don't, so be it. Doing nice things for others will make you feel good about yourself and affirm your positive mindset.

You can have a successful relationship with a negative person as long as your expectations are based in reality. Don't expect massive changes overnight. The only person you have control over is you, so focus on your happiness. Rise above and remain positive.



Mrs G's Meal Service

\$10.50 Small, \$12.50 Regular, \$15.50 Large

Orders by Tuesday 26/5/20 for delivery Thursday 28/5/20

Roast Chicken

Mixed vegetables, mashed potato and gravy.

Lasagne

Mince meat, onion and spices cooked in a tomato sauce layered with pasta béchamel sauce.

Tuna Mornay

Tuna & vegetables with pasta cooked in a white sauce.

Beef Stroganoff

Beef stroganoff cooked with onion, gravy and mushroom, served with rice.

Sweet & Sour Pork

Diced Pork with onion cooked in a sweet sauce with pineapple, capsicum and carrot. Served with rice.

Homemade SAUSAGE ROLLS \$2.50

QUICHE 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. Arrangements can be made for out of town.
Please phone 0429 793 973 or email mrs.g.catering@gmail.com
for any further information.

Puzzles and Stuff

Some words from the 7th May edition of Boggle

Biologies Ogle
 Globose Oils
 Obliges Silo
 Globes Slob
 Igloos Slog
 Blogs Soil
 Boils Sole
 Boles Solo
 Globs
 Goose
 Lobes
 Logos
 Loose
 Oboes
 Egos
 Goes
 Lobs
 Logs
 Lose
 Oboe

Answers for the 7/05/20 edition of Sudoku

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

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

T	V	E
R	I	A
C	L	S

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

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Letters to Capture Historic Period in Time

Media Release

Australia Post has launched Dear Australia, an initiative encouraging Australians to share handwritten letters of hope and inspiration with the nation about their COVID-19 experience, with all letters to be sent to a national letterbox.

Australia Post Executive General Manager Community & Consumer, Nicole Sheffield, said that while 2020 had tested us in ways we could never have imagined just months ago, it had also highlighted the importance of authentic connection.

"Writing a letter is a very human way to connect with people, which is why we're inviting individuals, schools, communities, and organisations to write a letter to the nation about their own unique experiences during the pandemic," Ms Sheffield said.

"It can be a message of hope, a story of community spirit, a poem, song, artwork from your son or daughter, or part of a time capsule project for school. Whatever the reflection, this is a chance to share your story with the rest of Australia and preserve it for future generations.

"Today, the more opportunities we have to connect and feel what it means to be human, the better," said Ms Sheffield.

Selected letters will be shared on the Dear Australia

website (auspost.com.au/dearaustralia) allowing people to reflect and connect with stories throughout the campaign.

On conclusion, eligible letters will be archived for posterity at The National Archives of Australia in Canberra.

National Archives Director-General David Fricker said the letters would be a unique and valuable resource for current and future generations, providing first-hand accounts of Australian life in the pandemic.

"The National Archives connects Australians with the nation's memory, identity and history. We are proud to be working with Australia Post to ensure these letters will be safely kept and made accessible into the future."

To take part, send your letters or artwork to Dear Australia, Locked Bag, Australia 9999 with a stamp on the front of the envelope.

Dear Australia letters can be placed in any red street Post Box, with individuals and families encouraged to post their letters before 18 August.

For further information on the campaign, including terms and conditions and handy tips on letter writing, visit Australia Post's website at auspost.com.au/dearaustralia, and share with friends with #dearaustralia.

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THE NATIONALS
for Regional WA

Regional Travel Restrictions

www.wa.gov.au

From 18 May, some regional travel restrictions have been relaxed as part of [WA's COVID-19 roadmap](#).

Travel is now permitted:

- between the South West, Great Southern, Wheatbelt and Perth-Peel regions
- between the Mid West, Gascoyne and Pilbara regions (excluding the biosecurity zone)
- within the Goldfields-Esperance region (excluding the biosecurity zone)
- within Kimberley local government areas (the Commonwealth's biosecurity zone remains in place).

Travel exemptions are required to travel between these 4 areas.

Exemptions apply for:

- people travelling to work
- attending medical appointments
- transporting freight
- those who do not have access to groceries or supplies within their region
- returning to a place of residence

- attending school or an educational institution where necessary
- caring for family members
- compassionate grounds.

How do I apply for an exemption?

If you meet the above exemption criteria, the quickest and simplest way to apply for a regional travel exemption is via the [G2G PASS online form](#).

Please **submit your application at least 3 days prior to travel**. By applying online, you can track your application status and will receive an email with the outcome of your application.

Alternatively, you can request approval to travel at the checkpoint by providing WA Police with supporting documentation, such as a letter/email/SMS from an employer, that proves you meet the criteria to travel to that region.

Checkpoints and mobile police patrols are in place to monitor travel across boundaries and ensure people are doing the right thing.

Police have the power to enforce these restrictions, and issue fines of up to \$50,000.



Thursday 30 April, 7 May, 14 May, 21 May, 28 May, 4 June
10:00am, via Zoom
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LIVE ONLINE STRENGTH & BALANCE CLASS

IF YOU HAVE, OR ARE AT RISK OF, DIABETES, CARDIOVASCULAR OR RESPIRATORY CONDITIONS, SEE YOUR GP FOR REFERRAL INTO THE FULLY FUNDED ICDC PROGRAM LEAD BY YOUR LOCAL PHYSIOTHERAPIST KAREN RODGERS-SMART

Humour

One difference between men and women is that when a woman says "smell this", it usually smells nice.

I think my wife has started to show the first signs of Alzheimers...She said she can't remember what she ever saw in me!

I recently purchased a toilet brush. Long story short I'm going back to toilet paper.

I went for a walk with a girl the other day. When she noticed me, we went for a run.

The other day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me.

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station..

If you think nobody cares if you're alive, try missing a couple of payments.

Better to remain silent and be thought a fool, than to speak and remove all doubt.

If God is watching us, the least we can do is be entertaining.

If 4 out of 5 people SUFFER from diarrhea... does that mean that one enjoys it?

Never, under any circumstances, take a sleeping pill and a laxative on the same night.

The shinbone is a device used for locating furniture in a dark room.

I almost dropped my phone on my soft carpeted floor, but thank god I have got lightning reflexes and was able to slap it into the wall instead.

A recent study has shown that women who carry a little extra weight live longer than the men who mention it.

If you ever see me out jogging, please kill whatever is chasing me.

I saw my wife, slightly drunk, yelling at the TV "don't go in there!, don't go in the church you moron!" She is watching our wedding video again.

I scared the mailman today by coming to the door naked. I am not sure what scared him more, the fact that I was naked or that I knew where he lived.

Dear Santa, I would like a new birthday suit this year. My current one is old, wrinkled and sagging.

I am addicted to brake fluid, but I can stop whenever I want..

I have a bad inferiority complex, but it is not a very good one.

The other day I saw a sign that said "Watch For Children". I thought to myself, that sounds like a fair trade.

Lake Grace Sportsman's Club

Member Notice:

Due to current regulatory COVID-19 health conditions placed on licensed premises your club will ONLY remain operational to current TAKEAWAY options until further notice. This is due to the inability of your club not being able to operate as a restaurant as per licence.

Management and committee will continue to reassess opening the doors when further government restrictions are eased in terms of what is most feasible and beneficial in application to your club.

Opening times will remain 4pm-7pm Sunday to Thursday, 4pm-8pm on Friday and Saturday. Takeaway meal options will continue to be available for purchase to its members on Friday and Saturday evenings (please see advertised notes for meal menu and options).

Members are asked to order ahead where possible to avoid waiting times and numbers, follow hygiene requirements as advised, refrain from entering the premises and continue to collect your takeaway via contactless payment at the Eastern Side Entrance.

Bowling club members are asked to book times ahead or during opening times for the use of the bowling green so the correct procedures of cleaning and sanitising is followed along with logging the use of each individual as per current legislation.

Any enquiries, please consult your management, president and or committee.

We thank you for your patience and support.

Please continue to be safe, stay safe, so we can all be safe within our community.

Hospital Garden Rejuvenation *(cont.)*

Kerrie is well aware that the hospital does not have the dedicated staff time to upkeep a high maintenance garden, so the plan is that the area that will be worked on will become a waterwise garden with a small section of lawn. The budget they have will allow them to be able to purchase mature plants and small trees that will

create an immediate impact. There will be an emphasis on plants that have a sensory impact; a contrast in foliage and a range of scents. Citrus trees are on the shopping list so these will tick all of the boxes for sensory as well as providing a harvest of edible fruit.



Raised garden beds will make the gardens accessible, stepping stones will lead to the great unknown while seating will provide an opportunity for residents, patients and their visitors to sit and contemplate. It is hoped that planting will begin in the garden in Spring with the project coming to fruition by the end of the year. Over the next few months the remainder of the garden will be pruned and fertilised with the impact of this tender loving care bringing forth positive results in the Spring.

Left: Nick Altham is enjoying the opportunity to keep busy and help out with the project by laying the pavers for the pathway.

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Gardening Tips for Temperate WA - June

<https://www.sgaonline.org.au/june-in-your-patch/>

Ok, it's official, winter is upon us. And while it may seem easier to curl up on the couch with a cup of tea and a good book, it is the perfect time to get amongst it in the patch! There is a sense of hibernation for a lot of us but wherever you are in this nation it's time to don the boots and get to it.

- Great time to plant in the temperate zones, so pop in some Brussels sprouts, cabbage, cauliflower and broccoli. Peas and beans can also go in, as well as radish, turnips, Swedes and spinach.
- It's time to get happy with herbs, so try some chamomile and lemon grass. You could give mint and lemon balm a go as well, but be careful to contain them as they can take over.
- Why not try some lovely flowering stuff in your patch as well, like: cornflower, calendula, dianthus, pansies, viola, snapdragons, stock, ageratum and marigolds. These guys are great at attracting pollinators and beneficial insects to your patch, and I reckon they look tops as well.
- You should start seeing bare rooted fruit and deciduous trees starting to appear in your local nursery. This is the cheapest and easiest way to purchase. The stress is less for the tree as it is dormant. Pick trees with a nice shape, and don't forget to prune them back before you plant them out (best thing to do is ask the local nursery to do it for you). Remember to make sure you have the correct pollinators to ensure a good crop. Some stone fruit trees will not fruit until they have been in the ground for a few years. So be patient.
- Consider a green manure crop to add some nutrients back into your patch, especially before planting heavy feeders in spring. At this time of year try faba bean, field pea, oats and wheat. This will improve your soil incredibly, and, for a bit of forward planning, you'll find it well worth the effort!
- Top up mulch on your veggie patches, herb gardens and ornamental beds, especially important for weed suppression at this time of year. A hot tip is to mulch after watering the patch, to a depth of about 7cm. Keep mulch clear of plant stems, especially young seedlings. Choose low environmental impact mulch, one that will enrich your soil as it breaks down.
- Plants feel the need for a feed at this time of year. A seaweed tea or low environmental impact liquid fertiliser is perfect, especially for the seedlings planted this month. Apply to the soil early in the morning, and in the concentrations mentioned on the packet.
- Weeding is still needed at this time of year. Most plant growth has slowed down, so it will not have to happen as often. But it does mean that it is the time of year to try and remove as many competitors as possible before the weather starts warming up again.

- Water smarter at this time of year. Water first thing in the morning, and instead of quickie irrigation, a nice, deep drink a couple of times a week is far more beneficial! Always check soil moisture before watering, don't waste your precious drinking water if Mother Nature has already done all the hard work for you!



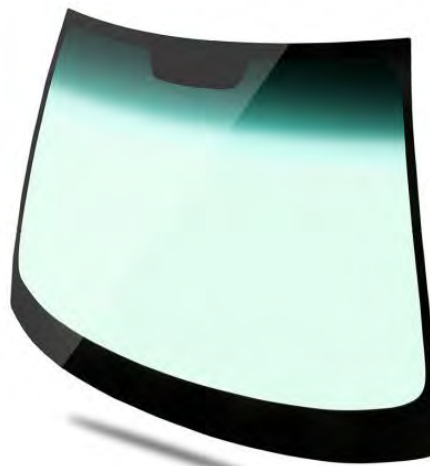
Of course, this is just a rough guide, and many of you will find your situation varies from the above listing, due to microclimates created in your garden, location in relation to your nearest major city, extremes of weather (Mother Nature does like to keep us on our toes) and garden type.

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Lady With the Lamp

Barbara Maranzani

International Nurses Day is an international day observed around the world on 12 May of each year, to mark the contributions that nurses make to society. The date is significant because it is the date of birth of that most well known of nurses, Florence Nightingale.

Known as the "Lady with the Lamp," Florence Nightingale provided care and comfort for British soldiers during the Crimean War. She helped revolutionize medicine with her no-nonsense approach to hygiene, sanitation and patient care and turned nursing into a valued profession.

Nightingale rebelled against her privileged background. The daughter of a wealthy landowner father and a mother descended from generations of merchants, Nightingale was born in Italy in 1820 while her parents were on an extended vacation. A smart but retiring girl, she shied away from her mother's zeal for social status, including the expectation that Nightingale would marry a suitable man and settle down to raise a family.

She was well educated in the classics and showed an interest and aptitude in caring for the sick living near her family's estate in Derbyshire. She was deeply spiritual and would later write about the "divine calling" from God that she experienced as a teen which inspired her decision to pursue nursing. Her parents were horrified —

at the time, nursing was considered a profession for the lowest of classes and for many patients, admittance to crowded, dirty hospitals often meant death. But after refusing the marriage proposal of a suitor because she clamoured for a more fulfilling life, her parents finally relented. She travelled to Germany and later France to study, picking up many of the organizational and nursing skills she would later champion.

The Crimean War was the beginning of her hygiene movement. After briefly serving as superintendent of London's Institution for Sick Gentlemen in Distressed Circumstances, Nightingale found herself called into action following the outbreak of war in 1853 between Russia and the allied forces of Britain, France and the Ottoman Empire.

In 1854, news reports began carrying alarming headlines of the dangerous, deplorable conditions in British hospitals outside of Istanbul (then Constantinople). Nightingale swung into action, and by October, she and nearly 40 of her trained nurses were on their way to the front. They were shocked by what they found — severe overcrowding, poor food supplies, shoddy management and filthy quarters that were a breeding ground of infectious diseases like cholera, typhoid, typhus and dysentery, leading Nightingale to dub it the "Kingdom of Hell." Male British officials initially refused to allow the women to work in the hospital, only relenting when a new wave of battle casualties flooded the ward.

Nightingale and her nurses went to work, scrubbing every inch of the facilities, insisting on regular bathing of patients and frequently changed, fresh linens from a newly established laundry. She solicited donations from Britain to purchase desperately needed bandages and soap and served specialized meals out of a new commissary. She railed against the poor ventilation and sewage system, insisting on bringing as much fresh air to the facility as possible, a decision that would influence the building of future hospitals around the world.

Within six months of her implemented changes, the hospital's mortality rate had dropped precipitously from its previous high of 40 percent. Nightingale also introduced new approaches to the emotional and psychological side of patient care, with her nurses helping soldiers write letters home and Nightingale herself walking the ward at night with a lantern to check on her charges.

The nurse used statistics to prove that her theories worked. Upon her return from the Crimean War, Nightingale quickly put her fame to use. At the behest of Queen Victoria and Prince Albert, she wrote an extensive study, using her records to highlight the deadly toll of poor hygiene and sanitary conditions in British Army hospitals and military camps, leading to a massive reorganization of the British War Office.

One of the first to adopt what is now known as the "pie chart," Nightingale also developed "Coxcombs," or "rose" charts, which she used to assess mortality rates from the

Coming up at the Lake Grace Sportsman's Club

Friday 22nd May – Fish and Chips

Saturday 23rd May - Chicken or Lamb Kebabs

Friday 29th May – Fish and Chips

Saturday 30th May – No Meals Available (long w/e)

Friday 5th June – Fish and Chips

Saturday 6th June – Chicken or Lamb Kebabs

Friday 12th June - Fish and Chips

Saturday 13th June - Italian 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 to book.

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.

Lady With the Lamp (cont.)

Crimean War, using applied statistics to differentiate from deaths caused by disease versus those due to battle. Nightingale estimated that 10 times as many British soldiers died from disease than combat during the war.

As British control of the Indian subcontinent expanded, she was pressed into duty again, developing a series of surveys sent to military installations and hospitals, which led to medical and scientific improvements for both soldiers and civilians across India. She would even consult with doctors and medical professionals in the United States, using her data and studies to advise on sanitary conditions in field hospitals during the American Civil War. Her achievements led to her selection as the first woman admitted to the Royal Statistical Society.

Nightingale revolutionized the nursing profession. Using donations and a sizable gift from the British government for her service in Crimea, Nightingale established the Nightingale Training School for Nurses, based at London's St. Thomas' Hospital, in 1860, followed two years later by a school for midwives. Women flocked to the schools, as previous notions of nursing as a lowly occupation faded away. Every nurse received one year of training and coursework followed by a two-year stint in hospital wards, after which many of them brought her gospel of cleanliness and care to medical facilities around the world.

Despite increasing ill health from diseases she had contracted during the war, which left her bedridden, Nightingale wrote extensively. Two of her works, *Notes on Hospitals* and *Notes on Nursing: What it Is and What it is Not*, laid out her theories for future generations of health care professionals and remain in print to this day. They include practical advice on key topics, including the need for fresh air and ventilation, dietary rules, how to compassionately (but honestly) care for the

desperately ill and, of course, good sanitation and hygiene, including the dictum: "Every nurse ought to be careful to wash her hands very frequently during the day. If her face too, so much the better."

She was a pioneer in the field of public health. Nightingale's accomplishments soon expanded past the confines of hospitals, turning her attention to Britain's teeming, overcrowded slums and filthy workhouses, which saw the sick poor, including children, the mentally ill and those with incurable illnesses housed together. She worked with social reformers and urban planners on pioneering studies that shed light on the crushing medical, emotional and financial burdens of Britain's poor.

She advised philanthropist William Rathbone on the development of a new "district nursing" plans, which saw skilled, trained nurses sent out to minister to the public in both hospitals and private homes, first in Liverpool and then across Britain. Her work and writings on public health played a key role in the passage of legislation that put health care decisions in the hands of local officials, not a centralized bureau, who were best equipped to deal with issues in their communities.

Nightingale continued her advocacy work until her death in 1910 at 90 years of age. Her influence on the greater medical world is still felt today.



Future work in your area – Jilakin to Kuender

Water is an essential service and we are adapting our work in response to COVID-19.

We will soon start work to replace over 2 kilometres of aging pipeline from Commonwealth Road in Jilakin to Kulin-Lake Grace Road in Kuender. This is essential work to maintain a reliable water supply in your area.

Work will begin in late May 2020 and finish in late 2020.

Safety is our priority and our contractors will follow government advice relating to COVID-19 to complete this work. Our crews appreciate a warm welcome, however please keep a safe distance from them and work areas.

We thank you for your support.

For more project information, email community.engagement@watercorporation.com.au

Faults, Emergencies and Security 13 13 75 (24 hours)



Classifieds

Rural West Financial Counselling

A free service available to regional small businesses, primary producers, not-for-profits and community clubs. For more information contact Donna Spurgeon by email Donna.Spurgeon@ruralwest.com.au or phone 0408 107 326. Alternatively you can contact the information line on 1800 612 004.

Cancer Support Coordinator

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

First Aid Kits

Are now available for purchase at CCL Hardware Lake Grace.

Southern Agcare

Sally Dickson, counsellor for Southern AgCare is on leave until mid 2020. Bill Webb is taking on her existing patients and any new appointments until her return. This is a free and confidential service. Contact 0427 441 459 or billwebb@southernagcare.org.au www.southernagcare.org.au

Lake Grace Volunteer Fire & Rescue Service AGM

Wednesday 3rd of June 2020
7pm at the Fire Station

Lake Grace Development Association Inc. - ANNUAL GENERAL MEETING

7.30pm Monday 6th July 2020
Men's Shed Administration Building
General Meeting to follow
All affiliated groups to report
Attendance and apologies to
ghpmcarr@bigpond.com

CWA Busy Bee

CWA will be holding a busy bee on the 13th or 14th June to do some paving, put together a table setting and general clean up in the playground behind the CWA. If you would be able to assist please contact Suzanne Reeves on 0427 651 310. Thank you.

CWA Bookings

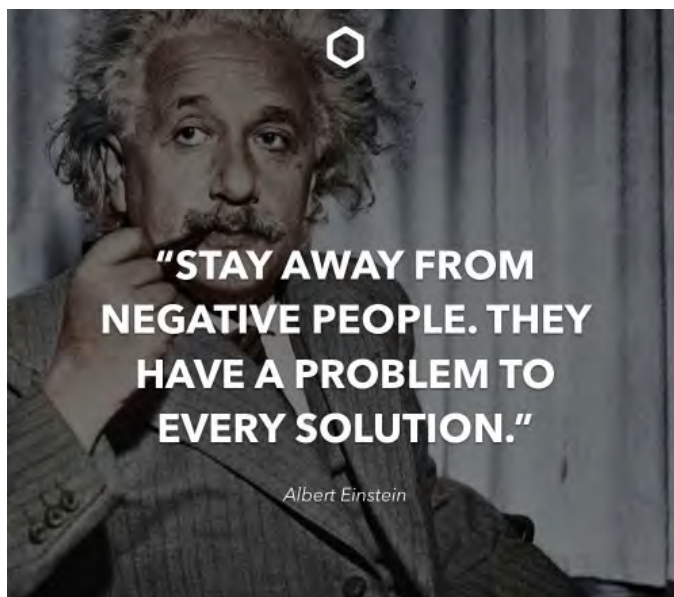
CWA room will be available for hire from Tuesday 2nd June. There will be a COVID Safety Plan in place that hirers will need to adhere to. If you wish to book the CWA Hall then please contact the Lake Grace CRC on 9865 1470.

TOWN NAMES From Bits & Pieces

1. PEMBERTON
2. BUNBURY
3. PINJARRA
4. GNOWANGERUP
5. ALBANY
6. BOYUP BROOK
7. NANNUP
8. LAKE GRACE
9. CORRIGIN
10. COLLIE
11. HARVEY
12. MOUNT BARKER
13. BEVERLEY
14. FREMANTLE
15. MANJIMUP
16. DENMARK
17. MARGARET RIVER
18. KULIN
19. DUMBLEYUNG
20. LAKE KING

Answers to Screen Stars From the 80s - 7/5 LLN

- 1 George Clooney
- 2 Heather Locklear
- 3 Matt Dillon
- 4 Kelly Lebrock
- 5 Macauley Culkin
- 6 Jennifer Beals
- 7 Rob Lowe
- 8 Sigourney Weaver
- 9 Kurt Russell
- 10 Demi Moore
- 11 Richard Dean Anderson
- 12 Jaimee Lee Curtis



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			
Winter Sports			
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

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

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 / June

Fri 22 Takeaway Fish and Chips @ Sports Club
Crochet @ CRC 10am-midday
Sat 23 Rubbish tip open (9am-4pm)
Takeaway Meals @ Sports Club
Sun 24 Rubbish tip open (9am-4pm)
Mon 25 Rubbish tip open (9am-2pm)
Forklift Workshop
Tue 26 Rubbish Collection
Recycling Collection
Forklift Workshop
Wed 27 Rubbish Tip open
Thur 28
Fri 29 Takeaway Fish and Chips @ Sports Club
Crochet @ CRC 10am-midday
Sat 30 Rubbish tip open (9am-4pm)
Takeaway Meals @ Sports Club
Sun 31 Rubbish tip open (9am-4pm)

Mon 1 Rubbish tip open (9am-2pm)
Lakes Link News Deadline @ 3pm
Tue 2 Rubbish Collection
SOYF Exercises 10am @ Shire Hall
Wed 3 Rubbish tip open
LG Volunteer Fire & Rescue Service AGM
Thur 4 Lakes Link News Published

Coming Events

5th June - Driving Assessor in Lake Grace
13th or 14th June - CWA Busy Bee
15th June - LGDHS P&C Meeting TBC
16th June - LGDHS Board Meeting TBC
17th June - Shire Council Meeting
30th June - Traffic Management Refresher
1st July - 3rd July - Traffic Management Full Course
3rd July - Driving Assessor in Lake Grace TBC
6th July - LG Development Association AGM
8th July - Macrame & Mental Health for Girls
16th July - Provide First Aid (Youth)
10th Dec - Harvest Festival



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

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

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