

LAKE GRACE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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8th June 2023

\$2.00 inc GST

Vol 29 Issue 11

Local Business Changes Hands

Suzanne Reeves



Above: Taken at their stock take on 31st March, Clint and Tracey are surrounded by their staff.
Back row left to right: Molly Pietersen, Melvin Araniego, Jomar Barnalo, Jacob Featherstone, Tracey Earnshaw, Clint Earnshaw, Jaco Stols, Roberto Louw, Leandro Louw, Jaydan Garlick and Cayson Earnshaw.
Front row: Jin, Joshua Edwards, Ramon Campano and Jhon Novabos.
Absent on the day: Rickrey Baldos & Marlene Grobler

Small businesses truly are the backbone of the Australian economy, representing more than 95 per cent of all businesses, employing around 45 per cent of all Australians, and accounting for approximately 35 per cent of our economic output. Small business is defined by turnover, employee numbers and assets; there are 235,000 small businesses in WA.

One small business in Lake Grace, Lake Grace Engineering, has grown from strength to strength since it opened its doors in July 1999. Earlier this year the business was sold and is under new ownership.

Just shy of 24 years in business, Clint and Tracey Earnshaw with their small family started out with just Clint in the workshop. Over the years they added to the workshop as well as adding to the family. They employed a few locals as apprentices and at the time of selling had 14 staff.

Business boomed with Clint and staff putting in long hours to keep up with work that kept coming through the gate.

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LAKES LINK NEWS

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	Standard	Members	NFP	NFP Members
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1/4 Page	\$20	\$16.50	\$16.50	\$13.50
1/2 Page	\$35	\$27.50	\$27.50	\$22
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Thank You's	FREE	FREE	FREE	FREE
Editorial	FREE	FREE	FREE	FREE
Colour	\$200	\$165	\$165	\$150
<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
Monday 19th June

Next Edition
Thursday 22nd June



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

Thank you also to our many contributors of articles.

Lee Duckworth
Dick Phillips Annie Slarke

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- 2) While the Lakes Link News aims to publish all material submitted, Lakes Link News reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.
- 3) No articles, letters or advertisements will be accepted which may appear to be defamatory or accusatory, or to favour one side in a legal dispute.
- 4) Lakes Link News reserves the right to shorten or otherwise amend any contribution other than advertisements.
- 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.

260 copies circulated each fortnight

Editorial

- Next week we are hosting our Understanding Grief and Loss workshop, it is postered as 'What to do After an Accident' but it is one and the same. After that we will have a SOYF information session. Both sessions are free and anyone is able to book in, simply ring the CRC to register your interest.
- In July we have our HC/MC workshop, we would love to see some more names for this. It will be held in the week beginning 17th July so give us a call.
- Last week I was part of another video conference, this one was with WACHS (WA Country Health Service); they are interested in teaming up with the CRCs and finding the gaps in health care in the regional areas; utilising CRCs to get information into the community. A couple of items that I did bring up were:
 - information isn't readily available about health care professionals that are visiting Lake Grace or Narrogin and whether or not they're available to us and what costs are involved.
 - That Federal and State governments will bring in a health scheme, mental health is a prime example, hand out three year contracts and just when everyone is comfortable the contracts end and everyone is left in limbo.
 - The difficulty for families to get diagnosis for children with autism; not only the time it takes to get through the system but also the cost burden.

Of course there are great things that are happening; such as the fact we have an Emergency Department, video link to doctors and the facility for dressing changes. A survey will come out from WACHS in the next month or so, please take the time to fill it out. It will be online but we have also asked for paper copies that we can then scan and send off.

- We have also booked an accredited First Aid workshop with St John for Friday 6th October. This workshop is for youth (16-18) and will come under the banner of Lake Grace Roadwise. We will be looking for funding to cover the costs of this workshop to keep any costs to a minimum

(preferably free). Lake Grace Roadwise is keen to give youth the skills and confidence to act if they are involved in or come across an accident while driving. We are more than happy to take expressions of interest.

- Please take note in our change of emails and make the effort to save the main email in your digital address book. Remember if you send to an individual and that person is away your email won't be read so best to send to the main one. Be aware that if you simply click on reply that your email will go to the person rather than the main email account. The email addresses are as follows:

- Main Email - central@lakegracecrc.net
- Suzanne - manager@lakegracecrc.net
- Elizabeth - staff02@lakegracecrc.net
- Kayleigh - staff01@lakegracecrc.net

Suzanne Reeves

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 and Lake Grace Visitor Centre.

Looking to get your Truck License?

HC - \$2,150

MC - \$2,600

Includes 3hrs training (compulsory) + written and assessment—allow 5hrs.

Week beginning 17th July

Please contact the Lake Grace Community Resource Centre on 9865 1470 or by emailing central@lakegracecrc.net to register your interest. We need **6 enrolments** for this training to go ahead.

Enrolments needed by Friday 16th June.



About Town

- Opps! This unfortunate truck driver misjudged the height of the Lake Grace Liberty roof the other week and got well and truly stuck! Tires were let down to resolve the issue. Photo courtesy of Arthur Clarke.



Happy Birthday



- 10th June Ollie Farrelly
- 11th June Lynnette Zweck
- 12th June Seth Argent
- 13th June Michelle Dunham (?0)
- 14th June Geoff Sabourne
Wendy O'Neill
- 16th June Anna Naisbitt
- 17th June Joel de Vree
Dot Kennedy
Kannin Hobbins
- 20th June Linkin Eaton
Sienna Hobbins
- 21st June Simon Trevenen
Steve Hunt
Bevan Lay
Eve Stubberfield

Have You Had a Tour of the AIM Hospital Yet?

Jo Morgan. Photo Jarrad Seng.

It's amazing how many people have lived here for years and years and yet never seen inside our wonderful museum. Well this month is a great time to book a tour because as of 1st July we will be charging \$5 per adult and \$10 for a family.

We are open 7 days a week which has been a pleasant surprise for travellers stopping in Lake Grace. Weekends we are open 9am-1pm with hopes we can extend that when the wildflower season begins late August early September.

Local school groups will still be free of charge. Come take a look at our historical jewel, bring your family and friends and spread the word.



Lake Grace Artist Group News

Kerrie Argent

Over the last few meetings, we have been having three hour workshops before our monthly meetings, that has been well attended, fun, enlightening and progressing well,

Each month we learn, practice or play with different techniques in our art practice. These are usually free for members or there's a materials only fee.

Last month we played with lithograph printing using tetra packs, we are repeating this at our next meeting on the 15th June as every one wanted to come and play again, do some more experimenting and improve their technique.

Part of this information session has been utilising different types of presses. Next meeting will also cover the correct use of the etching press as well as using the other presses and a pasta maker.

If anyone has a pasta maker they don't want I'm happy to take them off your hands, out of your cupboards, as I'm hoping to teach this technique to the kids during next school holidays.

Next month we will be experimenting, learning, and revising lino printing. Again utilising our alternative presses and out etching press. Later on we will be learning or revising screen printing, cyanotype printing, and whatever takes our fancy or what the group

decides they would like to do. We are also looking at having a color mixing session.

Our next exhibition in September is VESSELS. If there are any new artists or crafts Artists out there who would be interested in participating in our exhibition, any medium, any size, as long as it fits through our front doors, please let us know; you don't have to be a member to be included.

Our next workshop is with one of our members Anna Strevett. Anna is going to teach you how to do Flow Painting without all the mistakes she did when she first started. Anna has been attending classes and perfecting her skills for a number of years, and she has many pieces of work in private collections, so we are very lucky to be able to sweet talk her into doing a class here. Check out our FB page Lake Grace Artist Group that has the trybooking link on it so you can book in. This class is restricted to 10 participants so book in soon if you want to come.

As I always say if there are any new residents in our shire that would like to become members you are always welcome, any style any genre, come along to a meeting and have a chat. If you can't attend meetings but want to participate just email me for further information kerriearg@hotmail.com 0447 791 399.



We have regular pick ups from Lake Grace, Kukerin, Dumbleyung, Nyabing, Pingrup, Wickepin, Tincurrin, Harrismith, Highbury & Kulin.

Find out more about our drop points 0439 956 175.

Bulk pick ups can be arranged on farm anywhere along this route.

[All Good Refund Depot](#) is serious about stopping containers from going into landfill.

Pick ups from Lake Grace is **now weekly!** with check in stops at Kukerin & Dumbleyung.

Call us to find out more 0439 956 175 or email allgoodbusiness@westnet.com.au

Proudly servicing Lake Grace and the extended lakes region since October 2020



Come and create 3 pieces of flow art pieces with Anna Strevett.

Friday 23 June 2023

7-10pm

Lake Grace Regional Artspace

Everything supplied

Just turn up and relax; learn something new, play and create your own awesome pieces of work for your home.

No drawing skills required

\$160

Bookings via trybooking:

<https://www.trybooking.com/CIYGB>

Recycling Providing Dividends for Lions

Suzanne Reeves

To some it might seem like more trouble than it's worth but 10cents from recycling containers has proven a cash cow for many clubs and organisations within Lake Grace and the Lions are no exception.

The Lions collection points at the rear of the RSL Hall and at the Freight Yard has provided an opportunity for those who want to reduce landfill by recycling but don't really want to set up an account for themselves to be able to help out. Being the savvy fellows that they are the Lions have been busy scouting other collection point opportunities over the last 12 months that they have been collecting.

With this great support from the community the Lions have raised over \$3,000; definitely not more trouble than its worth. Money that is raised has enabled the Lions to continue to support local young individuals and groups.

The Lions have since been able to procure new lime green container recycling bins (as pictured). In consultation with the Shire council they have now been able to expand their programme and will have these bins at the following sites:

- Bouncy Pillow
- Sports Pavilion
- Lions Park and The Shed

The Lions are hoping the expansion with the new lime green bins will bring the same success and wish to remind every one that they are not rubbish bins and that if there is any group or organisation that would like to support the program with deposits to the new or current locations a pick up can be organised.



Above: Lion Legends Nick Maalouf and Chris Harvey with one of the new Containers for Change bins.

Home Care now available in Lake Grace

We can help you stay in your own home connected to family and friends, doing the things you love. Our Home Care services are available in Lake Grace and surrounds, via a funded package or private services.

Call our friendly and caring Home Care team today on 1300 244 000 or visit catholichomes.com

CATH0293



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training and events

After a Road Crash: Supporting Yourself and Others

Date: Wednesday 14th June 2023

Time: 9.00am – 12:00pm

Location: Lake Grace Community Resource Centre
(Corner Bishop Street & School Place)

RSVP: Lake Grace Community Resource Centre
(9865 1470 or central@lakegracecrc.net)

Each year in Western Australia, thousands of people are impacted by road trauma. Responding or first on scene at a car crash, losing family and friends, dealing with injuries, caring for those injured, causing a crash or witnessing a serious crash can have a devastating and enduring impact.

The Road Trauma Support Service WA will be delivering a three-hour workshop for community members who may be exposed to road trauma as part of their work and/or personal life, who would like to know how they can support themselves, and respond appropriately to those impacted by grief, loss and trauma.

The information session will help you get better informed on:

- The impact of road trauma in WA.
- Common reactions experienced after trauma.
- Understand the impact of grief, loss, and trauma.
- Respond appropriately to those impacted by grief, loss, and trauma.
- Develop self-care strategies to lessen the impact.
- Find out where and how to access support for yourself and others.

For more information about the Road Trauma Support Service WA please visit the website at www.injurymatters.org.au. If you have any queries, please contact the Injury Matters team at admin@rtswa.org.au or 6166 7688.



The Road Trauma Support Service WA is provided by Injury Matters and funded by through the Road Trauma Trust Account with contract management through the Road Safety Commission WA.



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Find out how to prevent falls

The good news is that falls are preventable no matter your age and Stay On Your Feet® has simple tips and tools you can use to keep you active and on your feet.

Learn how to:

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- Improve Your Health, including managing your medications, nutrition, and healthy eating, and keeping a healthy mind.
- Remove Hazards, including home safety and hazards in and around the home, wearing safe footwear, and checking your eyesight.
- Also: Tips and tricks to prevent slips, trips, and falls
- What to do if you have a fall

Where: Lake Grace Community Resource Centre

When: Wednesday 14th of June, 2:00 – 3:00pm

For more information/bookings

Phone: (08) 9865 1470

Email: central@lakegracecrc.net



www.stayonyourfeet.com.au

Lake Grace Weather

Date	Min	Max	Rain
24/05	12.4	17.8	0.2
25/05	4.2	15.9	0
26/05	2.4	16.2	0
27/05	-0.7	17.6	0
28/05	3.2	19.2	0
29/05	2.9	22.3	0
30/05	10.6	23.7	0
31/05	9.3	18.5	0
1/06	12.0	16.3	36.4
2/06	7.6	15.8	0.8
3/06	7.6	15.4	0.2
4/06	6.3	17.9	0
5/06	9.7	13.4	2.8
6/06	5.8	10.6	13.4



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Defibrillator Locations in Lake Grace

- **Liberty Roadhouse** - cnr Stubbs St/South Rd publicly accessible AED
Open 7 days 6:00am - 8:00pm
- **IGA - Lake Grace Plaza** - Stubbs St 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)
- **Sporting Pavilion**
publicly accessible AED when pavilion is in use
- **Lake Grace Police Station** - Stubbs St (accessible 24 hours a day)
- **Lake Grace Men's Shed** - Bennett St. (accessible 24 hours a day)
- **Lake Grace Swimming Pool** - Bishop St publicly accessible AED during opening hours
- **Lake Grace Sportsman's Club** - Stubbs St (accessible 24 hours a day)
- **Lake Grace Caravan Park** - Mather St accessible 24 hours a day)
- **Lake Grace CRC** - School Place (accessible 24 hours a day)
- **AFGRI** - Absolon Street (accessible 24 hours a day)
- **Saltbush Inn - Griffiths St** (accessible 24 hours a day)

Dial 000 for emergencies.

If you are responsible for a defibrillator or have one in your building be mindful that the pads need to be in date and battery may be running low (may beep). If you have any questions contact Debbie Carruthers at the Lake Grace Sub Centre on a Tuesday or Friday on 0428 110 446.

The way I see it, if you want the rainbow, you gotta put up with the rain.

DOLLY PARTON

Katanning Vet Clinic



Phone: 08 9821 1471
Fax: 08 9821 1473
A/H Emergencies: 0427 017 462
3/114 Clive Street
PO Box 841
Katanning WA 6317
www.kojonupvethospital.com.au
kvc@kojonupvethospital.com.au



The Crop is In!

Suzanne Reeves

We're all starting to get in touch with our 'inner farmer' with the advent of the community cropping community grant funding.

With the last two years having been a dream run, funds have flowed into the Community Cropping account. We have seen the effect this has had with a number of community groups within the town being able to move projects forward with the support of this funding programme.

Earlier rainfall put a spring in peoples step as they started their seeding programme but a dry May was starting to test the human spirit. This last weeks rainfall has once again renewed our faith in the weather Gods.

With the community cropping programme it's not just the weather Gods that we need to salute, it is also those who donate their, time, plant, expertise and goods to enable this initiative to grow.

Well done to the following:

- Royce Taylor, Rohan willcocks, Grace Simons and Victoria Steel—seeding the barley
- Kevin Naisbitt—providing the fertilizer
- Grant O'Neill—organized the programme
- Bairstow Family—provided the first spray
- Royce Taylor—provided the second spray

Here's to a productive season!



Above: Grace Simon, Rohan Willcocks & Victoria Steel busy putting in the community crop.



FREE RAPID ANTIGEN TESTS

The Lake Grace CRC has nasal swab RAT's available, still in date until September 2023.

If you would like any, come stop by the office.

Lake Grace CRC is a Department of Human Services Access Point



DHS Customers are able to:

- Access a self service terminal
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Phone: 0488553082

Email: kym.bryan@lakegraceengineering.com

Clearer Pricing Rules for Funerals

Department of Mines, Industry Regulation and Safety

There's nothing easy about losing a loved one, but we hope new WA laws will go a long way towards clearing up any confusion about what their final farewell will cost.

Funeral companies must now publicly display their prices upfront to give consumers the chance to compare costs without having to meet with a representative from the business to get this information. Consumers should now receive a full breakdown of prices and know exactly what the total cost of the funeral will be, so there are no surprises later on.

The new regulations in the Funeral Pricing Code of Practice stop sales practices that once made it difficult for consumers to make informed decisions at a very emotional time. In some previous cases, the final cost wasn't known until after the funeral was held, leading family and friends of the deceased to believe they had been overcharged.

Those consumers who decide to pay for their funerals upfront before they are needed should know they are protected by the mandatory [Prepaid Funerals Code of Practice](#), which was introduced in 2021. The Code requires goods and services to be detailed in the contract, prices to be fixed at the time of signing, a 30-day cooling off period and payments to prepaid funeral funds to be managed within secure investments under

the name of the client until they are required.

It's important to note that prepaid funeral cover is different to funeral insurance, which should be treated with caution given ongoing payments are required for the rest of a consumer's life – meaning they could pay significantly more than the actual payment their family will receive.

Funeral bonds bought through a funeral director, a friendly society or a life insurer are another way of saving for funeral expenses. After paying an initial deposit, regular payments are made over time and the money grows in value with interest. Money invested in this way can only be used for a funeral, meaning it can't be taken out earlier.

Ultimately we believe the simplest way to pay upfront for a funeral is to save up for it in a term deposit or savings account, separate to your everyday bank account.

The [Moneysmart website](#) has more information about the different options for paying for funerals at www.moneysmart.gov.au.

If you believe you have been misled about funeral costs, report it to Consumer Protection on consumer@dmirs.wa.gov.au or 1300 30 40 54.

RICK WILSON MP

FEDERAL MEMBER FOR O'CONNOR

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the Wheatbelt*



📍 345 Hannan Street (PO Box 10415), Kalgoorlie WA 6430 📞 90212044

✉️ rick.wilson.mp@aph.gov.au 🌐 rickwilson.com.au 📘 RickWilsonMP

Authorised by Rick Wilson MP, Liberal Party of Australia, 345 Hannan Street, Kalgoorlie WA 6430.



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Country Stargazing

Carol Redford and Donna Vanzetti, Astrotourism WA

Have You Seen the Emu In The Sky?

One of the most incredible objects to see in the night sky is the Aboriginal constellation of the Emu In The Sky. It lies within the band of the Milky Way and its shape is outlined by dark areas of the night sky, not the stars. The Emu is best seen throughout winter in dark country skies and is spectacular, spreading right across the evening sky.

To find it, first locate the Southern Cross constellation above the southern horizon. Two bright stars directly above due south are, "the Pointers" to the Southern Cross. The Southern Cross is to the right of "the Pointers".

On the left-hand side of the Southern Cross, try to find a dark oval shape, called the Coalsack Nebula. This is the head of the Emu with the beak pointing downward. The long neck stretches to the left through the middle of "the Pointers". The body and legs of the Emu stretch halfway across the horizon towards the east.

When to look: 8.30pm, mid-June.

Which direction to look: South.

South Western Australia's Indigenous people lived by six seasons. When the Emu is seen high in the sky, it indicates weather is changing and getting colder and wetter. This season is called Makuru and was a time to move inland for sheltered locations. Campfires formed the heart of communities, providing warmth and a place to gather for music and storytelling.

Another beautiful cosmic view to enjoy will be on the 22nd June when Mars, Venus and the Moon make a close approach together. The three celestial objects will form an almost perfect equilateral triangle in the western sky. The evening star Venus, the red planet Mars and the lovely thin slither of the Moon will make a spectacular site in the twilight sky.

When to look: Sunset to 8.00pm on the 22nd June.

Which direction to look: North west.

Find more stargazing tips and country events at www.astrotourismwa.com.au



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120 Federal Street, Narrogin
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Book Review: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer & Annie Barrows

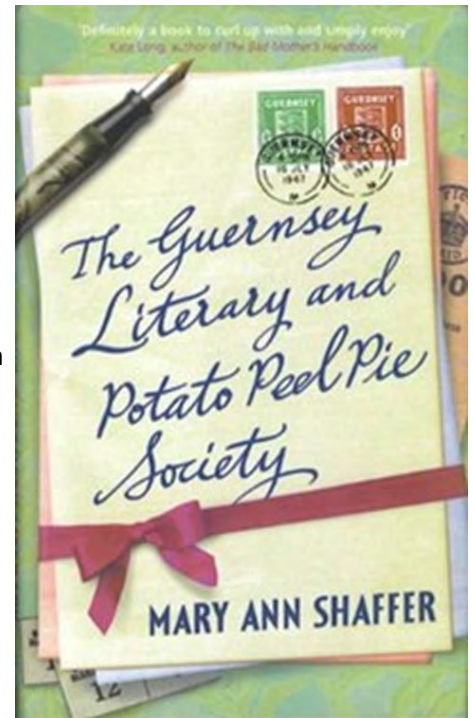
Elizabeth Castaldini

Maybe you've seen the movie? I haven't seen it yet and was passed the book recently to have a read, being told it was a good book, and it didn't disappoint.

Set post WWII, the story follows author and newspaper journalist Juliet in her struggle to find her role in writing after the war and her flat having been reduced to rubble. Quickly you get a feel for Juliet and that she is a character, a bubbly and caring young lady, a bit different from the "norm". She then receives a letter from Dawsey Adams from the Guernsey Island all because he had a book with her name on it, where she finds out about the Guernsey Literary and Potato Peel Pie Society.

The book is written in an epistolary form, meaning letters sent back and forth between the characters of this fiction story. This creates interesting reading, not being a part of the events themselves but hearing about the events after the fact, people's opinions and feelings, sharing experiences and information. As the reader, you can become engrossed in the story and piecing together the characters and the experiences of those living in occupied Guernsey during most of WWII and the challenges that they could have faced, and their resilience to keep going despite adversity.

A moving read, following Juliet and her eventual move to and settling into the island of Guernsey, how it changed her life and perspective; it was a good weekend read.



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Phone : 9890 2000 Fax : 9865 1429

Email: Lake.Grace.Police.Station@police.wa.gov.au

Personnel: Sergeant Joshua Egan-Reid, 1/C Scott Oatridge, PC Wade Humphrey.

STATION NEWS

We have had a busy fortnight, with double demerits over the long weekend and assisting the surrounding police stations with tasking.

We also visited Lake Grace District High School, who have arranged for us to speak with some of the older students about cyber bullying and cyber safety. Whilst we did something similar at the end of last year, it appears to be an ongoing issue.

The prevalence of mobile phone and social media use among children and adolescents requires parents, caregivers, and families to take measures to protect children from this behaviour. We'll be giving some advice about what you can do in future editions.

CRIME NEWS

We mentioned in the last edition the man who had left his firearm in his employer's safe and moved away. Well he has continued to give us the run around and still hasn't surrendered his firearm's bolt. We've spoken to the Inspector in charge of Firearms Licensing and he has approved the revocation of the man's licence and he will be barred from ever obtaining one again.

Once the paperwork is served on the male he will be committing the offence of Unlicensed Person Possessing a Firearm (or component).

In some good news, the group allegedly responsible for the spate of burglaries across the region have been arrested and charged. Funnily enough, the burglaries have stopped, which is a reassuring sign.

We recently assisted Kondinin Police with a Burglary and Stealing offence. An unknown person had gained entry to the Karlgarin Country Club. Once inside offenders have located the key to the safe and subsequently helped themselves to a fair amount of cash. To give them credit, the offenders then very kindly locked the safe and returned the key to its not-so-secret location.

A forensic examination was carried out at the scene and we are awaiting the results back from the Chem Centre in Perth.

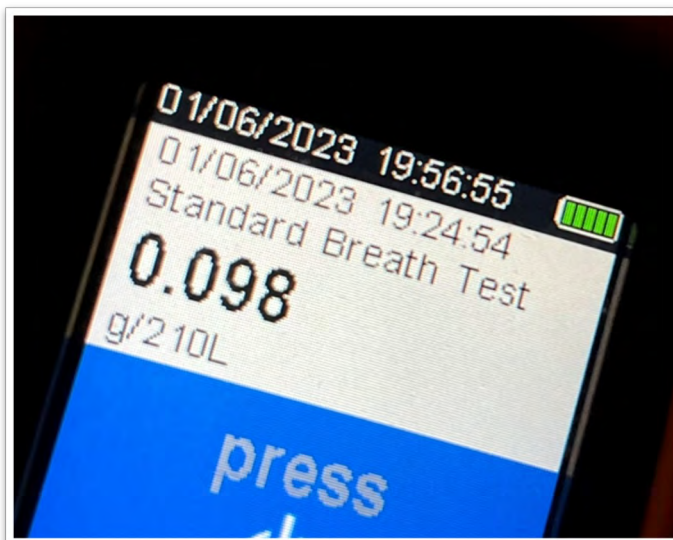
This incident may serve as a timely reminder to clubs and associations to keep a list of all key holders and have a stringent policy on who has access to them.

I know we bang on about CCTV, but they really are a valuable tool in deterring would be offenders. At the very least they can provide Police with good evidential material that may be used to identify and apprehend

offenders. You as volunteers give up your valuable time to run clubs and make them a success, let's not make it easy for those who want to take it away from you.

TRAFFIC NEWS

Last week we continued our later shifts. On our first day we stopped a local who provided the below reading. Unfortunately, because it was above 0.08% his licence was suspended on the spot and he has a date with the magistrate.



In other matters, we've had two positive drug oral fluid test results back from the laboratory this last fortnight. These are the roadside drug tests that need to be tested in the laboratory before we can charge the driver with drug driving. Both drivers have now been summonsed to court for the matters.

In other traffic news, we conducted a night patrol through Hyden recently. We stopped a driver who had forgotten to turn on his headlights.

To our surprise there was a very young looking 15 year old driving the car. Not only did he not have a learners permit, he'd never even had a driving lesson. He was charged with No Authority To Drive, and summonsed for the offence.

Take care and stay safe.

Regards

Lake Grace Police



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Are you in?

If you are interested in one of these roles, please forward your resume to Pippa – pippa.colreavy@bunge.com or give me a call on 0447 173 949

The Good News Page

Kevin Seaman

How well do you know where you live? Let's put you to the test. Long time residents - a revision of what you should know, new arrivals - I am sure you will treasure the information for future reference.

Circle which one you think is right:

DO YOU KNOW THE DISTRICT

1. The distance to Albany from Lake Grace via Pingrup Borden is which?

- a. 242 km b. 245 km c. 246 km

2. Lake Grace is situated how far above sea level?

- a. 280 m b. 300 m c. 345m

3. Which is the odd town out?

- a. Dumbleyung b. Lake Grace c. Newdegate
d. Lake King e. Varley

4. The Lake Grace Swimming Pool was opened in what year?

- a. 1966 b. 1970 c. 1973

5. The highest maximum temperature recorded in Lake Grace was

- a. 44.1° b. 45.4° c. 46.8°

6. The area of the Lake Grace District was first explored in 1840 by...

- a. John Holland b. Christopher Damien Martin
c. John Septimus Roe

7. In what year was Lake Grace established?

- a. 1910 b. 1911 c. 1914

8. What is the Population of Lake Grace town?

- a. 513 b. 507 c. 510

9. The lowest minimum recorded in Lake Grace is

- a. -1.3° b. -2.0° c. -2.9°

10. How many days is the longest dry spell recorded in Lake Grace?

- a. 98 days b. 115 days c. 133 days

11. Which direction from Lake Grace is the Frank Hann National Park bordering the Lake Grace Shire?

- a. North b. South c. East b. West

12. The Australia Inland Mission was established by John Flynn in Lake Grace in what year?

- a. 1925 b. 1930 c. 1932

13. The Roe Heritage Trail is how long?

- a. approx. 18km b. 23km c. 28km

14. The dingo Rock Natural Reservoir was built by...?

- a. Prisoners from Albany goal b. Prisoners of war
c. Local contractors

15. The North and South Lakes of the Lake Grace System are approx. how long?

- a. 50km b. 65 km c. 70 km

16. The Lake Grace lookout is situated on the west side of town. How many kilometers out of Lake Grace?

- a. 9 km b. 10 km c. 11 kms

17. Which of the following people is the current Shire President?

- a. Colin Connolly b. Len Armstrong c. Ted Wright

18. The Slarke building in Stubbs Street Lake Grace was built in

- a. 1946 b. 1949 c. 1952

19. What Lake Grace family name appears on the RFDS building at the airport?

- a. Theil b. Carruthers c. O'Neill

20. The shire of Lake Grace covers an area of?

- a. 8750² km b. 9245² km c. 10840² km

You can find the answers on page 32.

And lets have a couple more funnies to make you smile (or possibly laugh out loud.) From that book "Jokes for Women."

A man turns up at the emergency department of the Royal Hobart Hospital with bruises all over his head and a seven iron wrapped around his neck.

"You're in such a mess, what happened?" asked the medics.

"Well my wife and I were having a leisurely game of golf and on the 4th green we both spliced our ball into a paddock of cows."

"I climbed the fence and noticed a cow wagging it's tail and saw something white."

"When I listed it's tail I saw my wife's ball and shouted to her, "This looks like yours!" Quite frankly that's about the last thing I remember."

* * * * *

A woman's husband had been slipping in and out of a coma for months yet she stayed by his bedside every day. At last when he came to he motioned for her to come closer. Painfully he whispered to her, eyes full of tears, "Darling, you've always been with me through all the bad times. When I got fired, you stayed by me, when my business failed, you were there, when we lost the house and when my health began to fail, you stayed beside me. Do you know what?

"What dear," she said gently smiling as her heart began to fill with warmth.

"I think you're bad luck," was his response.





Employment Opportunities around Lake Grace

Have you been looking for work? Maybe you are after a change in industry.

Here are a list of jobs currently available in Lake Grace.

- **GS Mobile Mechanical Services**
Heavy Duty or Light Duty Mechanic
Trade Assistant / Tyre Fitter
Full Time Permanent Positions
Contact - 9865 1291
Email - gsmobilem@bigpond.com
- **AFGRI - Full Time Service Technician/s**
Contact - tbell@afgri.com.au
Tyson Bell 0427 890 058
- **AFGRI - Apprentice Technicians**
Applications for apprenticeships welcome now
Contact - tbell@afgri.com.au
Tyson Bell 0427 890 058
- **Rosies Cafe**
Casual Counter Staff
Students welcome to apply for school holiday work.
For more details phone Nut on 048 528 352.
- **Spencer Shearing**
Shearers and Shedhands—full time positions
Contact Darren Spencer 0428 651 339
- **Lake Grace Earthmoving**
Part Time Administration. Contact
lakegraceearthmoving@outlook.com or Chloe
Trevenen 0439 324 434
- **Full Time Plant Operator.** Contact
lakegraceearthmoving@outlook.com or Matt
Trevenen 0437 577 214
- **Saltbush Inn—Casual Staff needed**
For more details contact Andrew on 0447 592 954
- **Farmers Centre**
2 - Diesel Mechanics
Contact Malcolm 0429 651 094
malcolm@farmerscentre1978.com.au
- **School Bus Drivers**
Casual Drivers wanted
Expression of Interest
Permanent bus driver for up coming position for
more information contact Winston Garret on 0410
049 715
- **Shire of Lake Grace**
Plant operator/general hand Lake Grace, Gardener/
General hand Newdegate.
Contact Lake Grace Shire on 9890 2500

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Community Newsletter

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



CEO Chat

Winter came a day early last week with some decent rainfalls received throughout the Shire, hopefully there wasn't too much damage caused.

The roadworks at the Stubbs St South Main Rd intersection in Lake Grace has been completed with not too much disruption to the public. The Main Roads hierarchy for the region met with myself, Craig Elefsen and Sgt. Egan-Reid at the intersection on Thursday 1 June to discuss the outcome and any concerns. The intersection will be monitored over the next 12 months for its efficacy and any perceived shortcomings will be discussed.



We have several irons in the fire at the moment for some grant funding opportunities which include;

1. The development of some more residential land for release in Lake Grace. At the moment we have only 2 vacant lots for sale left in Quondong Court development due to popular demand in recent times.
2. Renovations and additions to the Lake King Sports pavilion
3. The development and release of more light industrial land in Dewar St Lake Grace.

These things take some time to prepare submissions and getting approval can be a lengthy wait so let's hope we get approvals across the line.

The Community Strategic Plan Review is well underway with a very pleasing number of surveys being returned. Thank you to all those that have completed the surveys. They are currently being collated ready for the next steps.

Some highlights from the 24 May Council meeting were;

- Due to concerns expressed from a neighbouring landowner Council approval was sought for the closure of Walker Road. This road is virtually a no through road that runs to the edge of Lake Grace North and is impassible after rains. The closure of the road will be advertised for public comment. Council voted 7/1 in favour of the closure.
- Main Roads received a request from a local transport company to have all the roads within the Varley town site assessed as being included in the RAV road network. This would allow all heavy vehicles to travel on what are basically residential roads within the town. Council resolved to advise Main Roads that permission to access the roads will only be given to the local contractor under a Restricted Local Access Permit.

Continued over...

Coming Events

International Men's Health Week

14—20 June

COLTS CARNIVAL Lake Grace

Saturday 17th &
Sunday 18th June

Ordinary Council Meeting

An Ordinary Council Meeting will be held on

Wednesday 28 June
from 3.30pm at the
Council Chambers,
Administration Building.

The Agenda will be available on
www.lakegrace.wa.gov.au

Everyone Welcome

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

Community Information

- Approval has been given to Crisp Wireless to install some hardware on the Newdegate radio tower at the recreation ground to increase internet coverage to the town. Approval was subject to a wind rating investigation being carried out on the tower infrastructure.
- A request was received regarding removing the No Overnight Caravan Parking sign at the Lake King rest stop opposite Lake King Agencies and Roadhouse due to demand from travellers. This was approved subject to consultation with Main Roads and local businesses.
- Council endorsed a review of the Shire of Lake Grace Financial Management Systems and procedures carried out by an independent consultant. This is a requirement of the Local Government (Financial Management) Regulations 1996.
- The Council approved the sale of Lot216 Quondong Court to Akron Pty Ltd and this is subject to public comment as per government regulations. Details are on the shire website.
- The CEO Annual Performance Review was endorsed by Council.

The Aboriginal Cultural Heritage (ACH) Act 2021 comes into effect on 1 July 2023 and there are wide ranging ramifications for farmers, land owners and the shire. You are strongly advised to visit the Shire website for details of the workshops being held. We have contacted DPLH and requested that a workshop be held in the shire as the nearest workshops are in Esperance and Merredin!

Further information can be found on the DPLH website.

Alan George
Chief Executive Officer

Community Infrastructure Services

As we near the end of the financial year shire senior staff and administration staff have been working towards putting together the 2023-24 budget. If all goes to plan we should see many new exciting projects unfold.

Shire staff have been receiving complaints about the state of the Newdegate tip, staff and councilors are aware of this and hopefully, all necessary permits will be received in the near future so an expansion can occur. This permit process has been drawn out due to the need for a clearing permit, licence amendment, and rehabilitation plan and now with the new ACH Act coming into effect on 1 July a 3 tier approval will be need.

As we welcome the recent rains with arms wide open it has now allowed us to ramp up our winter grading program throughout the Shire. Over the last couple of weeks, the following roads have been graded;

- Burns Rd (Western section)
- Harvey Rd
- Kuender West Rd
- Green Rd
- Gimble Rd
- Kennedy Rd

- Mordetta Rd
- White Dam Rd
- Lake King Norseman Rd
- Biddy Camm Rd
- Mission Rd
- Shalders Rd
- Haig Rd

In recent weeks Shire staff and contractors have been busy on many projects including

- Gravel sheet 5km of Biddy Camm Rd
- Grave sheet 5km of Jarring South Rd
- Gravel sheet 5km & culvert replacement of Fitzgerald Rd
- Culvert replacement of Smerdon Rd
- Culvert installation on Oakey Rd
- Drain & Backslope maintenance on North Lake Grace Karlagarin Rd
- Bitumen reseal on sections of Holt Rock South Rd, North Lake Grace Karlagarin Rd & Newdegate Pingrup rd
- Maintenance on Lake Grace Airstrip, Parks & gardens, all shire ovals & various public buildings.

Craig Elefsen
Manager Infrastructure Services

Community Information

Office Open Hours

Monday - Friday 8.30am - 4.00pm
Staff can be contacted by phone between 8am - 5pm

Licensing Payments

All licensing payments are to be made in person at the Shire of Lake Grace Administration office, 1 Bishop Street, Lake Grace, *(please phone ahead for availability)*

Monday to Friday from 8:30am to 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, 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 - 9 June

Friday - 7 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. For more information go to: www.transport.wa.gov.au.

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

Building Surveyor

Building Surveyor, can be contacted through the Shire Office on 9890 2500 or email shire@lakegrace.wa.gov.au.

Town Planning & Building

The Shire's Town Planner consultant Joe Douglas, can be contacted via the Shire on 9890 2500 or email shire@lakegrace.wa.gov.au.

Environmental Health

The Shire's Environmental Health Officer, Brendon Gerrard. Can be contacted via 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 and 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 and Newdegate. See below for the upcoming recycling collection dates.

Lake Grace	Newdegate
Tuesday 20 June	Tuesday 13 June
Tuesday 4 July	Tuesday 27 June

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.

Understanding Anxiety

Wheatbelt Men's Health - 6314 1436 - menshealth@4blokes.com.au

Anxiety is an umbrella term for feelings of fear, nervousness, apprehensiveness or worry such as negative thoughts and seeing potential threats where they don't exist. Everybody gets anxious at times and some anxiety helps us to function well. But anxiety can become a problem when:

- It happens too often;
- It goes on for a long time;
- It stops us from doing things that we want to do.

Symptoms can be *psychological* (frequently feeling worried, tired, irritable and weepy with difficulty concentrating) and/or *physical* (including rapid breathing, rising blood pressure and pounding heart, a sense of restlessness or feeling on edge, muscle tension, sleep disturbance and nausea/sickness).

There is no single cause for anxiety but there are several factors that may contribute to its development:

- Brain Chemistry - most strongly implicated here are imbalances of serotonin and dopamine that regulate thought and feeling - makes for feeling depressed and anxious;
- Heredity - anxiety disorders run in families. Children are at higher risk if parents have an anxiety disorder;
- Life Experiences - any distressing or traumatic experience may be grounds for developing anxiety. Exhaustion and certain medications can also be triggers for anxiety;
- Drug Use - stimulant drugs like amphetamines and caffeine can trigger anxiety. Prolonged amphetamine use can cause feelings of panic and anxiety that last for years after the drug is stopped.

Some tips that may help you deal with your anxiety include:


- Self-awareness - identify the symptoms early. Ask yourself what is making me feel this way? You may be able to change the anxiety-making circumstances but if not, you can deal with it better if you acknowledge it;
- Interpret it positively - anxious about a situation? Instead of viewing it as threatening put a positive interpretation which will reduce the anxiety to a more manageable level;
- A little anxiety is a good thing - too much is damaging but too little can mean you may not perform to your best ability. View anxiety as a resource you can manage;
- Diet - the gut flora can get out of balance i.e. use more probiotics and omega-3 foods. Research has shown maintaining a balanced

diet can reduce anxiety symptoms;

- Exercise - boosts levels of vital brain chemicals like serotonin, dopamine and norepinephrine that may reduce stress and anxiety;
- Relaxation and meditation programs – can help reduce stress, anxiety and depression. You can find many resources for these online; i.e. progressive muscle relaxation;
- Therapy - there are some good programs that are offered by psychologists and counsellors that help to re-program those unhelpful and negative ways of thinking that underpins anxiety.

Situations, or life events, can come from many places including relationship issues, financial burden, physical health, trauma, or just dealing with difficult times (like seasonal conditions). As these situations develop, we need to take steps to reduce anxiety for ourselves and for those close to us. Remember... *before it all gets too much... Talk to a Mate®!*

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Lake Grace Golf Notes

Mark Livall

Sunday 28th May

For round 5 of the golf season, we played a Stableford sponsored by Elders Lake Grace and McKenzie Concrete Co. We had 12 players hit off on another beautiful day for golf. With the golf season well and truly underway and everyone finding their feet the score cards are starting to look more competitive. The winner for the day with a handy 35 points was Chad Stanton, runner up on a countback with 33 points was Harry Slarke. Well done men.

We also welcomed Scott Ballantyne from Golf WA for a visit who was thoroughly impressed with the way the club is running. He said it was a delight to see so many young, new golfers and ladies playing at the club. Scott has kindly arranged the donation of 3 sets of lady's clubs for the women to use, under the Sticks for Six program. He will be back on the 11th of June to deliver the clubs.

Nearest to Pin 4 – IGA Lake Grace – N Maalouf

NTP 6 – Maalouf Motors – R Stubberfield

NTP 15 – Lake Grace Hotel – M Stanton

NTP 18 – Lewis Building and Maintenance – J Randall

Long Putt 9 – Fyfe Transport – C Stanton

Long Drive 7 – Tiger Sparke Electrical – M Livall

Best 2nd 17 – Farmers Centre Lake Grace – M Thornton

Best 3rd 11 – Mallee Hill Mechanical – A Hunt

Sunday 4th June

On the weekend we played a Par Day sponsored by Lake Grace IGA and Malouf Motors. Being the long weekend, it was great to see another good turnout of 14 golfers. Conditions weren't as favourable as what we have been used to this year as we were challenged with strong winds and a chance of rain, luckily the rain held off and ended up being a good day for golf. The winner

Mitchell Thornton hitting out of the grass.



for the day and playing some good golf was Mitch Thornton with a +3 well done Mitch! Runner up with an even score was Mark Livall.

NTP 4 – AFGRI Lake Grace – C Reeves

NTP 6 – Outback TV – N Malouf

NTP 15 – Elders Insurance – S Bowron

NTP 18 – Lake Grace Building - N Malouf

Long Putt 9 – Lake Grace Earthmoving – R Walton

Long drive 11 – Lindandrew – M Thornton

Best 2nd 1 – Lake Grace Meat Supply – K Randall

Best 3rd 13 – Iron stone Fabrication – C Reeves

****LADIES COMP****

Winners for the Ladies over the last 3 weeks

Week 1 Rhiannon Stubberfield

Week 2 Shenae Prater

Week 3 Latisha McGlenn



*Come in and see us for all your
meat supplies!*

Food for all the family

Custom kills

Cooked chooks available every day



Open

Monday - Friday 8:30am - 5:30pm

Saturday 8:30am - 12pm

Located in Lake Grace Plaza

Contact Dean Souness: 9865 1225



Local Business Changes Hands *(cont.)*

The focus of the business has always been agriculture, supporting the local community and farmers with the repairs and maintenance needs during many busy seeding and harvest seasons.

However, over the years interesting opportunities arose with Clint and his team building quite a few boats, vehicle trays, canopies, trailers, turf harvesters etc. Nothing was too big a challenge and Clint was happy to have a go at whatever came across his path.

When they decided to start with the new product building it was again mainly local custom but quickly this grew into a wider area including the Eastern States. As the business continued to expand it was necessary to purchase another workshop so that was when Lake Grace Engineering purchased the Smash Repairs building from Nick Maalouf.

All three of Clint and Tracey's sons; Cayson, Cody and Cooper have done their apprenticeships through the business since leaving school. Cayson remains with the new owners as Manager in the Repairs/Maintenance workshop while Jaydan Garlick (Charlee's husband) is Manager of the new product workshop.

Clint and Tracey feel like they took the business to a great level and gave it their all, but the time had come to try to stand back a bit. It was too big of a business for

the boys to take on themselves so that is when the Earnshaw family started looking for someone to buy it and take it to the next level.

The new owners have big plans and are hoping to attract more staff to the town and increase production in the year ahead. Clint and Tracey are positive about the future of Lake Grace Engineering and feel that it is good to get an injection of new blood into the business and look forward to seeing the business develop further. They wish them every success for the years ahead. The new owners are keeping the name and Earnshaw branding on the new products as it is widely known.

What now for Clint and Tracey? Well, they are looking forward to enjoying a bit of down time starting with an overseas trip. They will still remain involved with the new owners moving forward to ensure a smooth transition but more in the background. Clint and Tracey are going to see what the rest of this year brings and go from there.

CCL Hardware

8 Stubbs Street
Lake Grace WA 6353
PHONE: 9865 1104



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This course is run 1 day per week on campus (Wednesday), from 9am to 3pm for 2 Semesters.



This course will be FREE from 1 January 2023. The course fees are 100 per cent subsidised by the WA State Government.

Some eligibility conditions apply for the free training, and other fees may apply for some courses. Please see the FAQs on our Skills Ready page for further information.

Gain these skills

- Gain a broader knowledge of sciences relating to health
- Interpret and apply medical terminology appropriately
- Provide information on human anatomy and physiology
- Provide information on the fundamental principles of microbiology used in health settings
- Use mathematics in nursing and health context

Informed choices - is this course right for me? I have the following attributes:

- Caring, understanding, non-judgemental and empathetic
- Attention to detail and diligent
- Quick problem-solving abilities
- Critical thinking
- Good communication skills
- Ability to cope well under pressure



Narrogin Campus
59 Fortune Street



6371 3950



narrogin@srtafe.wa.edu.au
Find us on Facebook

RTO Code 52790

southregionaltafe.wa.edu.au

16/47

Puzzles and Stuff

Some words for 25th May edition of Boggle

- Theomancy Cheat
- Chantey Comet
- Anthem Conte
- Chanty Cyton
- Comate Enact
- Hetman Match
- Octane Month
- Techno Mothy
- Ament Teach
- Atomy Techy
- Atone Thane
- Atony Yacht
- Canto Ante
- Canty Atom
- Cento Cant

Answers for 25th May edition of Sudoku

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

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

D	D	E
G	U	E
N	A	R

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

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Current COVID-19 Recommendations

Healthywa.wa.gov.au

What to do if you have COVID-19 or are a close contact

If you test positive for COVID-19, you should stay at home for at least 5 full days and until your symptoms resolve.

If you have COVID-19 or are a close contact, do not visit high-risk settings such as:

- hospitals, unless urgent medical care or treatment is required.
- residential disability, mental health and aged care facilities,
- other healthcare settings (e.g. GP, dental and physiotherapy clinics, Aboriginal Medical Services).

COVID-19 health support

For non-urgent health advice:

- call your GP
- visit a pharmacy
- call healthdirect Australia on 1800 022 222.

You should go to an emergency department (ED) if your symptoms are severe, or if you have a serious or life-threatening condition. Call Triple Zero (000) for an ambulance. Let the operator and hospital know prior to arrival if you have COVID-19 so they know to treat you safely.

The following advice is recommended for people who test positive to COVID-19:

Stay home and avoid contact with others

The COVID-19 infectious period can vary, but most people are considered infectious from 48 hours before their symptoms start and for a minimum of 5 days, but you can be infectious for up to 10 days.

COVID-19 cases should:

- stay home for at least 5 days and until your symptoms have resolved to prevent spreading the illness to others
- avoid close contact with people at greater risk of serious illness from COVID-19
- avoid high risk settings such as hospitals (unless you require urgent medical care or treatment), residential disability, mental health and aged care facilities, and other healthcare settings for at least 7 days after testing positive for COVID-19.

Register your positive RAT result

If you tested positive using a rapid antigen test (RAT), it is recommended that you register your result with the WA Department of Health (external site).

You do not need to register your result if you tested positive with a PCR test.

Keep evidence of your positive test result in case you need to show your employer. Evidence could include:

- a dated photograph of your positive rapid antigen test (RAT)
- the text message from WA Department of Health that you receive after registering your positive RAT result.

Protect others – tell your close contacts you have COVID-19

It is likely that you were in close contact with other people while you were infectious. You should advise those people that they are COVID-19 close contacts.

Consider the following to reduce the risk of spreading infection to your household contacts, especially if they are at a greater risk of severe illness from COVID-19:

- stay and sleep in a separate room, if possible
- avoid contact with others while using shared bathroom and kitchen facilities
- avoid other common use areas, such as dining and lounge rooms, when other people are using them
- wear a mask in shared areas
- clean surfaces with detergent and disinfectant when you have finished using a shared area
- wash your used kitchen utensils in the dishwasher or clean thoroughly with hot soapy water
- handle your own laundry and use the hottest setting on the washing machine.

If you care for young children or other household members, it may not be possible to meet all considerations to minimise contact, but you should attempt what is practical and safe. For example, wear a mask and wash your hands regularly while caring for others in your household.

Take care to remain separate from any members of your household who are elderly, immunocompromised, or have medical conditions such as heart, lung or kidney problems.

Recovery

You should stay home for at least 5 full days and until your symptoms have resolved.

Some people may continue to have mild or intermittent symptoms after their recovery from COVID-19.

If you experience new COVID-19 symptoms more than 35 days after your last COVID-19 infection, you may have been re-infected and should test again for COVID-19.

Covid-19 Close contacts

You are a COVID-19 close contact if you spent time with

Current COVID-19 Recommendations (*cont.*)

somebody who tested positive for COVID-19 while they were infectious under the following conditions:

- you live in the same household
- you are an intimate partner.

The infectious period for a person with COVID-19 is taken from 48 hours before their symptoms start or, if they have no symptoms, from 48 hours before a person has a positive test result.

If you work in a high-risk setting such as a hospital, residential care facility or other healthcare setting (e.g. GP, dentist or physiotherapy clinic, Aboriginal Medical Service), tell your employer when you become a close contact and check if there are any additional infection and prevention requirements for your workplace.

You no longer need to quarantine if you are a close contact, but you should:

- monitor for COVID-like symptoms and test for COVID-19 if symptoms develop
- consider testing regularly for COVID-19 with a rapid antigen test (RAT) for one week, even if you do not have symptoms – free RATs are available for close contact (external site)

- stay at home until COVID-like symptoms have resolved, even if negative on testing
- wear a mask when indoors and on public transport
- avoid large gatherings and crowded indoor places
- avoid high-risk setting such as hospitals, residential disability, mental health and aged care facilities, and other healthcare settings for at least 7 days after becoming a close contact and until symptoms resolve (unless you require urgent medical care or treatment).

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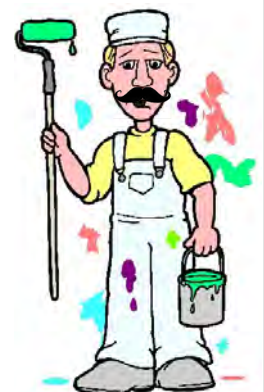
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Giving a Hand Up

Suzanne Reeves

The Lake Grace Op Shop has been operating since 2016 now and has been a great way of upcycling those goods we no longer want but somebody out there has been desperately looking for. A fantastic way of reducing landfill while providing an affordable opportunity for someone else.

There is another great perk of the Op Shop, it provides funding for a non-profit organisation that provides support to those with disability, Activ Industries. Over the years of its operation there has been discussion as to why the money 'goes out of town' rather than remaining in Lake Grace. When the idea first arose to start an Op Shop in Lake Grace no organisation would step up or felt they had the capacity to organise it.

Activ Industries were approached and took on the role of training those managing (there are rules and regulations to running an Op Shop), organised insurance and signage and covered the costs of water and electricity, storage containers and racks. The Op Shop brings in between \$4k and \$6k a year – a sum that would be quite beneficial to an organisation that is about helping others but not a sum that is going to make a huge difference to a community like Lake Grace that is relatively well off. Another active partner is the Shire of Lake Grace who supplies the building free of charge.

Two years ago Activ Industries celebrated their 70th birthday; here's a media release put out by Activ for their significant birthday.

Established in 1951 by a group of families who wanted more for their children, Activ has a proud 70-year history of supporting people with intellectual disability to achieve their goals, break through barriers and increase their independence.

Ken Booth, a founding and current member of Activ's council and a member of one of Activ's founding families, has been involved with Activ since the 1960s. Ken's brother David lives in an Activ shared supported accommodation home and has received services with Activ for over 60 years, giving Ken unique insight into the ways Activ has grown and evolved over the last seven decades.

"David was born at a time where there weren't the resources and services that we take for granted now, in terms of organisations that support people with intellectual disability", said Ken. "Activ was at that time, a family-driven member organisation, so our parents, and all the other founding parents, were trailblazers for what Activ has become." Ken has seen Activ grow from an organisation run by families for their children, to one that now supports over 1900 individuals with disability across Western Australia, offering services in accommodation, community, employment, NDIS pre-planning and behaviour support.

Ken explains that Activ began to evolve in the 1970s and 1980s from a member-based group to a more formalised and autonomous organisation, held

accountable for funding that the organisation received. With this, came a shift in vision that reflected modern attitudes about people with disability. "I think it's very important that we recognise Activ's history. I've seen Activ grow into a much bigger organisation with all its different arms and have seen a change in focus from 'occupation' of the individual with disability, to now 'empowerment' of the individual," said Ken.

With Activ's involvement, David was one of the first people with intellectual disability in WA to have access to 12 years of schooling. After school, David became an Activ supported employee, where he took pride in his work and loved making friends with his colleagues. David moved into one of Activ's shared supported accommodation homes over 30 years ago, where previous assumptions about David's capabilities were left behind, and he was encouraged to become more independent at home. Ken says that the support that Activ has provided David over the years has been invaluable. "My family has had a lifetime connection with Activ, who have provided support at all points of David's life. As David's life has evolved, Activ has been there."

As a member of Activ's council, Ken is excited about Activ's future as the organisation heads into its eighth decade, and celebrates the fact that people with disability in our community now have more opportunities to achieve their goals and greater independence. "It's amazing to see now the achievements and capabilities of Activ's customers, and I think that it's a great celebration of how's society's moving forward," said Ken. "When David was a child and we'd go out as a family, people would stare at him. Now, people just talk to David, in the same way they'd talk to me, because people with disability are a part of our community." "Organisations like Activ, and their founders, have made that possible."

Isn't that a great reason to support an organisation like Activ Industries!



OPEN
most days

Wednesday – Sunday	10am – 4pm
Monday and Tuesdays	CLOSED

Come and enjoy a tea/coffee with homemade cake

Bookings not essential, but appreciated.

Lunch and evening meals available by booking.

Phone: 0447 651 418

Facilities not air conditioned

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.

CWA Bookings

CWA rooms are available for hire. There is a COVID Safety Plan in place that hirers will need to adhere to. Anyone using the rooms must fill in the log book. If you wish to book the CWA Hall then please contact the Lake Grace CRC on 9865 1470.

Community Bus Bookings

Are to be done through the Lake Grace CRC. Ring 9865 1470 or email central@lakegracecrc.net. The community bus is owned and managed by the community, is available to any individual, group or organization to hire and costs \$1 per kilometre to use. All proceeds go toward the management and running of the bus and toward bus upgrades.

Southern Agcare

This is a free and confidential Family and Individual Counselling Service. Please contact Southern AgCare main office for an appointment. Phone (08) 9827 1552 or admin@southernagcare.org.au referral forms can also be found on our webpage www.southernagcare.org.au

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 the Men's Shed or you can contact Walter Perry on 0448 795 070 if you require them to be picked up. Thank you for your ongoing support.

Dr Linda Haines

Is available in Lake Grace on 12th & 13th June
Ring 9865 1208 for an appointment.

First Aid Kits

Are now available for purchase at CCL Hardware Lake Grace.

Expressions of Interest

Relief School Bus Drivers Wanted
Please contact Lois on 0427 651 137

Answers from Good News Page

1. C 2. B 3. A* 4. A 5. B 6. C 7. B 8. A**
9. C 10. B 11. C 12. A 13. B 14. A 15. C 16. B
17. B 18. B 19. B 20. B

* Dumbleyung is not in the Lake Grace Shire

** SAL (Suburbs and Localities) 2021

All Answers to the quiz were obtained from the publication "Lake Grace Community Profile" or the Bride's computer.

Lake Grace Shire Councilors

Councillor	Telephone
Cr Len Armstrong – Shire President	0429 843 785
Cr Ross Chappell – Deputy Shire President	0428 654 058
Cr Deb Clarke	0428 654 041
Cr Ben Hyde	0428 752 042
Cr Roz Lloyd	0428 711 534
Cr Anton Kuchling	0427 206 030
Cr Jeff McKenzie	0458 694 014
Cr Steve Hunt	0427 651 585

Local Containers for Change ID Numbers

Don't want to collect for yourself but want to give to a local organisation, then here's your chance.

Lake Grace Golf Club - C10455139

Lake Grace DHS - C10364782

Lake Grace Sportsman's Club - C10379797

Lake Grace Lions Club - C10477141

R.F.D.S - C10336670

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
Lions	Steve Lankford	0429 917 805	lglionsec@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	Mathew Hobbins	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Joely Slinn	0477 014 347	lgtoylibrary@outlook.com

Winter Sports

Lake Grace Golf Club	Chad Stanton	0459 110 805	golfclub@lakegrace.wa.au
Lake Grace / Pingrup Football Club	Kate Willcocks	0427 853 347	lgpfootball@outlook.com
Lake Grace / Pingrup Hockey Club	Anna Taylor	0427 828 357	Lgphc.president@outlook.com
Lake Grace / Pingrup Junior Footy	Sarah Allen	0407 650 819	lgpjfc@gmail.com
Lake Grace / Pingrup Netball Club	Jenni Roche	0409 770 978	lgpnc@outlook.com
Lake Grace Gymnastics Club	Debbie Carruthers	0438 895 101	lakegracegymclub@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
Wheatbelt Mental Health Service Northam - (08) 9621 0999 Narrogin - (08) 9881 0700	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
Beyond Blue - 1300 22 4636 www.beyondblue.org.au	Seniors Information Services 9321 2133 www.cotawa.asn.au	Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au	Poisons Information 13 11 26
Suicide Call Back Line - 1300 659 467 www.suicidecallbackservice.org.au	Parent Drug Information Service - 1800 653 203	Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au	
Alcohol and Drug Information Service 1800 198 024 https://www.mhc.wa.gov.au/	Mental Health Emergency Response Line - 1300 555 788	Holyoake Northam - (08) 9621 1055 Merredin - (08) 9041 3807 Narrogin - (08) 9881 1999 Freecall - 1800 447 172	Relationships Australia Fair Programme 9336 2144 https://relationships.wa.gov.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 11th June 8am Communion	Sunday 11th June No Service
Sunday 18th June 8am Communion	Sunday 18th June 10am Morning Prayer
For inquiries please phone 9865 1248.	Enquiries: St Johns Albany 9841 5015 Wally Perry 0448 795 070

COMMUNITY CALENDAR

June 2023

<p>Fri 9 Op Shop Open (10am-1pm) Crochet @ CRC - 10am Driving Assessor in Lake Grace Fish & Chips @ The Sportsmans Club</p> <p>Sat 10 Rubbish tip Open (9am-4pm) Craft @ CWA (look for flag) Ongerup Round 8: Newdegate v LG-P</p> <p>Sun 11 Rubbish tip Open (9am-4pm) Golf Clinic</p> <p>Mon 12 Rubbish tip Open (9am-2pm) Dr Linda Haines in Lake Grace LGDHS P&C Meeting @7pm</p> <p>Tue 13 Rubbish Collection Dr Linda Haines in Lake Grace SOYF Exercises 10am @ Pavilion Men's Shed (morning) Op Shop Open (1pm-4pm) Playgroup 9:30-11:30am Chair Aerobics - 1pm @ Village Hall Junior Netball Training 4-5pm</p> <p>Wed 14 Rubbish tip open (9am - 2pm) Containers for Change pickup After a road crash: Supporting yourself and others @ LGCRC 9am -1pm SOYF Info session @ LGCRC 2pm-3pm Jnr Hockey Training (Roe) - 3:30pm Hockey Training @ 6pm</p> <p>Thurs 15 Men's Shed (Morning) Football Training @ 6pm Jnr Hockey Training (OHA) - 3:30pm Minkey @ 3:30pm AUSKICK @ 4pm</p> <p>Fri 16 Crochet @ CRC - 10am Op Shop Open (10am-1pm) Fish & Chips @ The Sportsmans Club</p>	<p>Sat 17 Rubbish tip Open (9am-4pm) Craft @ CWA (look for flag) Great Southern Colts Carnival</p> <p>Sun 18 Rubbish tip Open (9am-4pm) Golf Great Southern Colts Carnival</p> <p>Mon 19 Rubbish tip open (9am-2pm) Lakes Link News Deadline</p> <p>Tues 20 Rubbish Collection Recycling Collection SOYF Exercises - 10am @ Pavilion Men's Shed (morning) Op Shop Open (1pm-4pm) Playgroup - 9:30-11:30am Chair Aerobics - 1pm @ Village Hall Junior Netball Training 4-5pm</p> <p>Wed 21 Rubbish tip open (9am - 2pm) Containers for Change pickup Jnr Hockey Training (Roe) - 3:30pm Hockey Training @ 6pm</p> <p>Thurs 22 Men's Shed (morning) Lakes Link News published LGDHS Faction Cross Country Football Training @ 6pm Jnr Hockey Training (OHA) - 3:30pm Minkey @ 3:30pm AUSKICK @ 4pm</p>
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Coming Events

- 28th June - Ordinary Council Meeting
- 7th July - Driving Assessor in Lake Grace (TBC)
- 17th July - HC/MC Truck Training & Assessment

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

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.

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