

LAKES LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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\$2.00 inc GST

Vol 29 Issue 11

Footy, Footy and More Footy

Suzanne Reeves. Photos Shannon Poot.

Right: Lake Grace-Pingrup players who were part of the OFA Colts Carnival Team. L to R: Angus Roth, Jackson Callope, Josh Giles, Konnah Holmes, Liam Korosec and Hamish Ryan.



Below: Team Captains in the Belt Up Jumpers. L to R: ? (Lower South West), Blake Dixon (Eastern Districts), Blake Reynolds (Upper Great Southern), Patric Fitzzi (Peel), Judd Kelman (Goldfields), Kobe Keen (GS Storm), Konnah Holmes (OFA) and Rueben Wakeham (Esperance).



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LAKES LINK NEWS

2023 Advertising Rates

	Standard	Members	NFP	NFP Members
Classified	\$1 per line	FREE	FREE	FREE
Public Notice	FREE	FREE	FREE	FREE
1/8 page	\$14	FREE	FREE	FREE
1/4 Page	\$20	\$16.50	\$16.50	\$13.50
1/2 Page	\$35	\$27.50	\$27.50	\$22
Full Page	\$60	\$50	\$50	\$37.50
Insert (d/s)	\$50	\$35	\$35	\$30
Thank You's	FREE	FREE	FREE	FREE
Editorial	FREE	FREE	FREE	FREE
Colour	\$200	\$165	\$165	\$150

Conditions do apply.

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 3rd July

Next Edition
Thursday 6th July



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 Annie Slarke

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.
- 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

- Well done to the Lake Grace-Pingrup Football Club on the great success of the Colts Carnival. I'm sure there's a great sigh of relief now that it's been done and dusted.
 - Thank you to everyone who has got their material in for the Links. Please remember the deadline is 3pm on the Monday (earlier if it is a long weekend). If you know you're not going to make the deadline then please let us know as it causes us quite a dilemma if space has been booked and nothing turns up.
 - A big thank you to those who attended our two workshops / information sessions last week. Well attended and excellent feedback from those who did attend. There's a huge impact from car accidents (and any kind of grief or loss) that can continue having repercussions and impacting on our work and family life. If you would like more information on what Injury Matters can do for you then drop in and pick up a pamphlet.
 - Our HC/MC workshop is rapidly approaching, happening on the week of the 17th July, directly after the school holidays. We have quite a few registered but there's always room for more.
 - We are in talks with a production company about creating a video 'selling Lake Grace' and what makes it a great place to live and the opportunities that are available. If you have some ideas or would like to be a part of this initiative (perhaps as a part of your organisation or business) then please drop in for a chat or give us a call.
 - The CRC was successful in getting a Technology grant and will be swapping their current smart screen out for one that is more in keeping with current technology. Do you know of an organisation that could make use of our old screen? If so let us know as we would love to be able to rehome it.
 - We've also had success with a Be Connected grant, well done Kayleigh for taking on the training and gaining \$2,500 to help out with providing training opportunities to our over 50s (I might be lining up).
- These free group workshops and one on one tutorials will be available over the next 6 months (see page 13). Make the most of the opportunity.
- 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
 - The showerhead swap is still on! If you have an older showerhead and would like to swap it out we still have a few available. Just bring in a copy of your water account. We also have some shower timers available if someone is taking a little longer in the shower than they should as well as some rain gauges for those who want to keep up with precipitation rates.

Suzanne Reeves

Doctors Hours

22/06 – Dr. Toye 9-5

23/06 – Dr. Toye 9-1

26/06 – Dr. Olu 9-5

27/06 – Dr. Olu 9-5

28/06 – Dr. Olu 9-5

29/06 – no doctor (still a receptionist to cover phones 9-12)

30/06 – Dr. Olakunle for skin appointments ONLY

03/07 – Dr. Olu 9-5

04/07 – Dr. Olu 9-5

05/07 - no doctor (still a receptionist to cover phones 9-12)

06/07 – Dr. Toye 9-5

07/07 – Dr. Toye 9-1

We are no longer attending Newdegate until further notice.



WANTED

Bridal creeper locations for a prospective LCDC (Land Conservation District Committee) project.

Take a photo on your phone (make sure location tags is enabled) and email the image through to the Lake Grace CRC. From this we will be able to map infestations.

Central@lakegracecrc.net

Thank You

"The Lake Grace Pingrup Football Club wishes to thank everyone who helped with the organising, running, sponsoring, service providing and volunteering for the 2023 Great Southern Colt's Carnival.

This year's Colt's Carnival was a great success and this is due to the contributions of many different people in our community. A special mention to the Lake Grace Shire for the work they have done with our facilities, the WACFL, the accommodation providers assisting with housing all eight teams, the Great Southern Football Council and the Lake Grace Pingrup Football Club players, partners and members who have all made a valuable contribution."

Chris Poot
LGPFCL President

Happy Birthday



23rd June	Lee-Anne Trevenen Geraldine de Vree Shaylah Medlen
24th June	Allan Zweck
25th June	Matt Castaldini
26th June	Fletcher Taylor
27th June	Phyllis Dunham Elika Stewart
28th June	Brenden Desmond
29th June	Caylah Vlasich Sam Stanton (10)
30th June	Eli Stubberfield
1st July	Murray Stanton
3rd July	Christine Fyfe (?) Jaida Moore Cade Moore
4th July	Michelle Slarke (?) Cobi Stanton
5th July	Tracy Walker Zari Prater

Does This Scene Look Familiar

Julie Street (nee Treacher) was born in Lake Grace in 1956 and lived here until 1972.

When going through family photographs she came across the one below and is wondering if her father took it in Lake Grace. Does it look familiar to you? If so where was it taken and would you have any idea as to a year.

If you can assist then please get in touch with the CRC.

Anniversaries



25th June Christine & David Fyfe



Men's Shed Shaping Up

Suzanne Reeves

Eighteen months after receiving a \$60,000 grant from FRRR (Foundation for Rural Regional Renewal) there has been a major step forward in the construction of the shed extension for the Lake Grace Community Men's Shed.

Unforeseen costs and the time taken to meander through the process of Development Applications and the ensuing Building Permit meant it was a full 12 months before anything happened. In that time the Men's Shed were able to secure further funding from CBH, Lotterywest, Lake Grace Community Crop Community Funding and the Shire of Lake Grace.

With the plumbing completed earlier this year and a tree removed from the site it was a relief to see the concrete pad go down this week and the framework being erected. The builders have moved on to other commitments and will be back to continue the work of cladding and installing roller doors and personnel doors.

The shed extension is taller than the existing shed with the future plan being to install a mezzanine floor for further storage.



Above: McKenzie Concrete supplied the concrete for the pad.

Below Left: The team from DFAB Engineering start erecting the shed frame.

Below Right: The frame is finished and awaiting the insulation and cladding.



Crochet Workshops

From 10am to midday, most Fridays.

Lake Grace Community Resource Centre

Learners welcome, some hooks available for purchase with a small range of wool to practise on.

Work on Wheelchairs for Kids blankets or your own project

Call 9865 1470 if you have any queries.

If you prefer to work on your own project that is okay. Everyone welcome.



Upcoming first aid course

HLTAID0011 - Provide First Aid

Course type: Accredited | **Duration:** 1 day in class + Online learning

Price: \$160.00

When: Friday 21 July - 8:00AM - 5:00PM

Where: Lake Grace Sub Centre, Stubbs Street, Lake Grace WA 6353



Understand first aid

Learn about first aid theory and action plans



CPR and defibrillation

Practise CPR skills and how to apply a defibrillator.



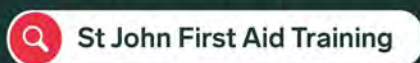
Injury management

Treat and manage injuries in interactive training scenarios.



Ready to make a difference?

Book a first aid course with us



Community Cropping Ticks Another Box

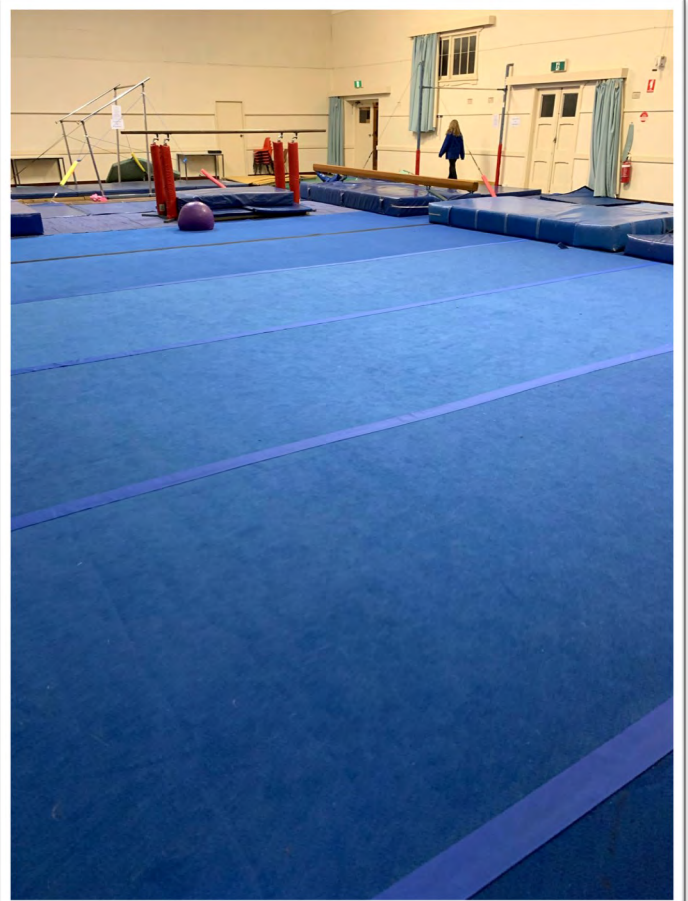
Tahlia Willock

And just like that we've got our 2 new floor mats being put to good use! Many thanks to the Lake Grace Community Cropping Group for the funds to purchase these 2 new mats. We're still waiting for the delivery of our new high bar, but we are so excited to have these new mats!

Ready for the last competition training session before the Katanning Gymnastics Competition on Saturday

24th June and we've now added to our floor space which is fantastic.

There was an awesome turn out for our Monday afternoon set up session, many hands make light work!



Want your negatives scanned and saved?



How about your slides?
The Lake Grace CRC is able to scan your negatives, slides and photographs.
They can then be saved to disc for future use or printed.

Enquiries to 9865 1470

Scanning

The Lake Grace CRC can now scan up to A0

A0 - \$5	A1 - \$4
A2 - \$3	A3/A4 - \$2.50

Discounts for members.

Drop in with your maps, plans etc and we can do up a digital (or hard) copy for you.

9865 1470 Central@lakegracecrc.net

Book Review: Homecoming by Kate Morton

Suzanne Reeves

A beautiful cover and a fabulous read. If you thought your family had a few skeletons in the closet, chances are they have little to get excited about compared to ones within the covers of this novel.

Adelaide Hills, Christmas Eve 1959:

At the end of a scorching hot day, beside a creek in the grounds of a grand country house, a local man makes a terrible discovery. Police are called, and the small town of Tambilla becomes embroiled in one of the most baffling murder investigations in the history of South Australia.

Many years later and thousands of miles away, Jess is a journalist in search of a story. Having lived and worked in London for nearly two decades, she now finds herself unemployed and struggling to make ends meet. A phone call summons her back to Sydney, where her beloved grandmother, Nora, who raised Jess when her mother could not, has suffered a fall and is seriously ill in hospital.

At Nora's house, Jess discovers a true-crime book chronicling a long-buried police case: The Turner Family Tragedy of 1959. It is only when Jess skims through its pages that she finds a shocking connection between her own family and this notorious event – a murder mystery that has never been satisfactorily resolved.

An epic story that spans generations, Homecoming asks what we would do for those we love, how we protect the lies we tell, and what it means to come home.

Available at the Lake Grace Library.



JOB OPPORTUNITY

Plant Operator / General Hand

Full Time— 9 day fortnight



Competitive salary; Staff housing with subsidised rent available

We are seeking **TWO** reliable Plant Operator / General Hands to join our Infrastructure Team to carry out tasks associated with the maintenance and construction of road systems throughout the Shire of Lake Grace.

The application package including a position description can be found on the Shire website www.lakegrace.wa.gov.au or call 9890 2500.

Applications should be addressed to the Chief Executive Officer, Shire of Lake Grace, PO Box 50, Lake Grace WA 6353 or email to shire@lakegrace.wa.gov.au

Applications close 4.00pm on Friday 7 July 2023

The Shire of Lake Grace is an equal opportunity employer

LGDHS Cross Country

On the 8th of June 2023, LGDHS held their annual Faction Cross Country. The students had been practicing for days prior, the weather was perfect, the sun was shining and the students ran like the wind. The courses ranged from 500m (Kindy/Pre-primary) to 4km (Year 10's) and every student who participated showed incredible endurance and stamina running the,

sometimes rough and muddy, track!

Well done to everyone who participated and thank you to Mrs Vicky Klein and Mrs Amanda Trevenen for organising the event, as well as everyone else who volunteered on the day. Bring on the Interschool Carnival next term!

Age Group	1st Place	2nd Place
5YO Girls	Jemima Duckworth	Milla Prater
5YO Boys	Leighton Trevenen	Harry Stubberfield
6YO Girls	Marli O'Neill	Sadie King
6YOBoys	Jordan Roukens	Arlo Maere
7YO Girls	Molly Duckworth	Andie Elefsen
7YO Boys	Corbyn Trevenen	Taj Maere & Frankie McKenzie
8YO Girls	Kelsea Roukens	Haylen Trevenen
8YOBoys	Hunter Bell	Jed O'Neill
9YO Girls	Matilda Duckworth	Ryleigh Willock
9YO Boys	Braxton Roukens	Heath Lewis
10YO Girls	Charli Bell	Aylah Pawsey
10YOBoys	Mitchell Gooding	Bryce Carruthers
11YO Girls	Annabelle Adams	
11YO Boys	Jaycob Trevenen	Wayde Griffin
12YO Girls	Dakota Pelham	Paige Trevenen
12YO Boys	Taj Trevenen	Tyler Argent
13YO Girls	Tiana Hobbins	
13YO Boys	Mitchell and Zachary Matthews	
14YO Girls	Morgan Chatfield	Payton Callope
14YO Boys	Seth Argent	Kaylib Van Wyk
15YO Girls	Savannah Trevenen	Makayla Griffin
15YO Boys	Joe Lankford	



Above: Zahlia Reynolds, Bella Callope and Angel Zis.

Below: Madison Fleay.



Below from L to R: Milla Prater, Taj Trevenen, Dakota Pelham, Frankie McKenzie and Kaylib Van Wyk.



Lake Grace Weather

Date	Min	Max	Rain
7/06	4.2	13.3	0.2
8/06	6.4	16.8	0
9/06	4.8	17.2	0
10/06	9.9	18.5	0.8
11/06	10.4	14.7	0.2
12/06	6.3	15.7	0
13/06	7.5	18.0	0
14/06	9.8	15.8	0.2
15/06	6.2	16.6	0
16/06	10.3	16.0	0.4
17/06	2.2	12.2	1.8
18/06	2.6	14.3	0
19/06	0.2	14.4	0
20/06	3.3	11.6	2.2

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.

Print your photos at the Lake Grace CRC!



- Print from Apple and Android smartphones
- Print direct from your social media on the screen
- Print from Compact Flash, SD, Micro SD, Memory Stick, MS Micro, xD, and USB port
- Panoramic Prints: supports 6x14" and 6x20" sizes
- 6x4" / 6x6" / 6x8" / 8x8" / 8x 10"/ 8x12" sizes available
- Edit photo, add borders and text
- Create photobooks
- Greeting cards
- Calendars
- Collages



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.

News From CWA

Suzanne Reeves

Lake Grace CWA branch is still striding ahead in upgrading it's building. In the last month they have applied for funding from FRRR and also Lotterywest to complete some much needed modernization of the kitchen. The branch has also applied for some community funding from the Shire of Lake Grace to upgrade the oven, rangehood and fridge. Fingers crossed and funding being successful, work will begin later in the year.

CWA has been an important voice and support for women and families over the 100 years it has been in existence. However, as community needs and wants change, it needs to evolve to keep relevant to today's society.

Of course all work and no play makes 'Jill' a dull girl, so members are getting together every 4-6 weeks to have lunch with the object of this networking building a camaraderie and an opportunity to voice ideas about the future of the Lake Grace branch.

One of the bastions of our local branch is the Over 55's (Seniors) lunch that is hosted by a different organization on the first Thursday of the month. This concept was brought to fruition by a CWA stalwart, Shirley Duckworth in 1974 (celebrating 50 years next year). Mrs Duckworth recognized that many older

people on their own didn't get to enjoy a roast dinner while having a stimulating conversation with peers. And so began a local legend.

Unfortunately organisations such as the Anglican Ladies, Red Cross and Hospital Auxillary no longer exist and the CWA has been unable to shore up more groups to take their place. For the June Over 55s Lunch the Lake Grace Hotel stepped up and catered. With over 20 attending it was well supported and enjoyed by all. A big thank you to the Hotel for helping out. If you're part of a group that would like to help out then please give Natalie Gambuti (0429 793 973) or Suzanne Reeves (0427 651 310) a call. As the Over 55s are celebrating Christmas in July on Wednesday 19th July there will be no lunch on the first Thursday of the month, we have also elected to cancel the Lunch for September as this is when Newdegate Field Day is on.

The branches cook book is selling well and in another 12 months we may have to look at another print run. It's great that we have the option of selling the book through the Lake Grace Visitor Centre.

If you would like to know more about CWA or would like to be a member then we would love to hear from you.

RICK WILSON MP

FEDERAL MEMBER FOR O'CONNOR

*Working hard for
the Wheatbelt*



345 Hannan Street (PO Box 10415), Kalgoorlie WA 6430 9021 2044

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.

Sky Muster Premium Launch

Source: NBN

NBN Co has launched a new satellite plan – **nbn**® Sky Muster® Plus Premium – introducing more connectivity options for over 400,000 homes and small businesses located in remote areas across Australia.

Key Features of **nbn** Sky Muster Plus Premium include:

Uncapped Data Usage*: users no longer need to worry about managing a monthly data usage allowance, enjoying the freedom and flexibility in how they use the internet and more time to do the things that matter most.

Capability to burst faster: for the first time the 25/5 Mbps wholesale plan can offer burst download speeds of up to 100 Mbps^{#A}, meaning users can enjoy more high-quality online experiences, from learning and working at home to connecting with their communities and loved ones.

Lower wholesale pricing[&]: a monthly wholesale price about half that of the current largest **nbn** Sky Muster Plus data plans, helps make this new plan even more accessible to people in regional and rural Australia.

The **nbn** Sky Muster® Plus Premium plan is now available to order (as of 1 June 2023) and joins the suite of existing Sky Muster and Sky Muster Plus plans available.

The **nbn** Sky Muster satellite service is Australian-owned and secure. Satellite equipment is professionally installed, with no charge to internet service providers for a standard installation or the standard **nbn** satellite equipment. **nbn** also delivers customer support through on-ground Australian technical support teams, including on-site visits if required – also at no cost to retail service providers.

Not all retail service providers offer **nbn** satellite connections. For further details and to connect with a participating provider, please visit the **nbn** website: www.nbnco.com.au/skymusterplus

GROW A BUMPER CROP WITHOUT BREAKING THE BANK

Your fertiliser dollar buys more at Whitfert

If you're looking for real economies of scale on farm, go with Whitfert's range of proven, quality fertilisers that don't cost the earth. Improve your yield potential without breaking the bank.

Go with Whitfert

CALL: 1800 654 089
www.whitfert.com.au



Let's Build Your Digital Skills

Kayleigh Hobbins

If you're over 50 and want to learn more about your device and how to use it, or concerned about online safety, these information sessions are for you!

We have been granted funding, through a network called Be Connected, to help people over the age of 50 to become more confident in using their devices and browsing the internet and apps, without feeling insecure about doing something wrong or clicking the wrong button.

Starting Thursday July 6, I will be conducting one hour group sessions and providing in depth information on topics about internet safety, learning to use apps, sending/receiving emails, mobile banking, scams and more. If you are interested please register before June 30.

Not comfortable in a group environment? That's ok, I will be doing one-on-one meetings as well, every fortnight. These are by appointment only, so give us a call at the CRC to book.

The best part is, its all FREE! No cost to you at all.

Are you over 50?

Let's Build Your Digital Skills

Every month the CRC will running group information sessions about certain topics to help improve your digital skills.

Date & time: Thursday 6th July at 10am

Subjects: Introduction to basics and devices, video calling, apps and internet safety.

Run time: 1 hour

One-on-one tuition available from Thursday 13th July: 10am-11am and 2pm-3pm

Call before June 30 to book your spot 9865 1470.



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

Time for a home loan health check!

With interest rates on the rise, there's never been a better time to review your home loan.

Enquire online at [bendigobank.com.au/healthcheck](https://www.bendigobank.com.au/healthcheck) or call your nearest branch on 9880 1422.

 Community Bank · Kulin



Bendigo Bank

*Roy Morgan Single Source (Australia), December 2022. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at www.bendigobank.com.au or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (1676698-1734981) (05/22) OUT_29803703, 29/05/2023

Want to **WIN** insurance?

Take out insurance through us for your chance to WIN up to 12 months of cover. 30 DAYS, 30 WINNERS!*

Feel like a winner, contact us about insurance today!

 Community Bank · Kulin 9880 1422



Bendigo Bank

*AU 17+ only. Starts 1/6/23 12:01am AEST. Ends 30/6/23 11:59pm AEST. 1 entry/policy. Daily Draws: 12pm AEST, each weekday from 2/6/23 to 3/7/23, The Bendigo Centre – Bath Lane, Bendigo VIC 3550. Prizes: 30x insurance rebate up to \$3,000 paid by direct deposit or cheque (1 per Daily Draw). Winners at [bendigobank.com.au/insurance](https://www.bendigobank.com.au/insurance) within 7 days of each Daily Draw. Bendigo and Adelaide Bank Ltd ABN 11 068 049 178. T&Cs apply, <https://bit.ly/3HEYsae>. NSW Authority No. TP/185. Permit No's: ACT TP23/00727 & SA T23/562. Bendigo and Adelaide Bank Limited (Bendigo Bank) ABN 11 068 049 178, acts under its own AFSL 237879 under an agreement with the insurer Insurance Australia Limited ABN 11 000 016 722, AFSL 227681 t/as CGU Insurance. Any advice is general and doesn't consider your personal circumstances. Read the PDS and TMDs at [bendigobank.com.au/insurance](https://www.bendigobank.com.au/insurance) to see if the product is right for you. (1819266-1862754) (05/23)

Injury Matters in Lake Grace

Suzanne Reeves

Presenters Ashleigh Michael and Alyson Elari from Injury Matters were invited to Lake Grace to present two workshops; After a Road Crash – Supporting Yourself and Others and a one-hour information session Stay On Your Feet – Move, Improve, Remove. Both workshops were funded by CBH which meant the CRC didn't have to chase funding themselves for these important learning opportunities. Both workshops were well attended with 12 at the 'After a Road Crash' and 14 at the SOYF.

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.

Injury Matters is funded to provide Road Trauma Support in WA and are available to help at any time. Their counsellors are available to have a confidential discussion and answer any questions you may have. They provide free counselling statewide via phone, skype or face to face to anyone affected by road trauma regardless of their level of involvement.

As we know SOYF is alive and well in Lake Grace with Cobi Stanton corralling over 55s for an hour of exercise

every Tuesday morning. The ethos behind SOYF is that you need to keep moving, improve your health by managing medications, nutrition and keeping a healthy mind as well as removing hazards around the home, checking your eyesight and wearing safe footwear.

Feedback from the participants was excellent so we will look at running these workshops in two years time. Another workshop that could be of interest within the community is anxiety, recognizing the triggers and how to manage it. If this is a workshop that could be of interest to you then please let us know.



Above: Alyson Elari presents Stay On Your Feet Information session to local over 55s



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State Wage Case Decision

Source: Wageline

The Western Australian Industrial Relations Commission has increased the state minimum wage and all pay rates in WA awards effective from the first pay period on or after 1 July 2023.

The state minimum wage for adult employees (21 and over) will increase by 5.3% (\$43.50 per week) to \$863.40 per week.

State award rates of pay will also increase by 5.3%.

Junior rates and rates for apprentices and trainees will also increase proportionately.

The new minimum rates and updated Wageline WA award summaries will be available on the Wageline website by 1 July 2023.


Subscribe to Wageline news or follow Wageline social media to be notified with the new pay rates are available on the Wageline website.

This pay rate increase only applies to employers and employees in the **state industrial relations system**. It covers businesses and organisations which operate as:

- sole traders
- unincorporated partnerships

- unincorporated trust arrangements
- incorporated associations that are not trading or financial corporations and other not-for-profit organisations that are not trading or financial corporations

If your business or organisation is in the national industrial relations system, visit the [Fair Work Ombudsman website](#) for information on pay rate increases.



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✉ Shelley.Payne@mp.wa.gov.au

Authorised by S Payne, 92 Dempster Street, Esperance WA 6450.



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

STATION NEWS

Josh is counting the days down before he leaves us for a few weeks to visit friends and family on a long overdue holiday to New Zealand. That means Scott and Wade will be left to hold down the fort.

Wade assisted Kondinin Police with a call out near Norseman last week. We feared the worse after a couple had messaged their loved ones on Sunday morning stating they were driving back to Norseman. Come Monday afternoon they still had not arrived. A phone triangulation showed them to be 150km east of Hyden and their phone had not moved in many hours. It turns out they has decided to camp the night on the side of the road without telling anyone. It serves as a good reminder to let people know if you are travelling long distances and change your plans.

CRIME NEWS

The Kulin Post Office was the victim of a Burglary recently. A male forced entry into the premises via one of the front windows. Once inside he stole a number of items and attempted to depart the scene in his vehicle. Now we say he attempted it because the CCTV



cameras outside the post office captured everything. The male found his car wouldn't start and spent 10 minutes under the hood trying to get it going before realised he had to make a getaway. He pushed his car down the road and managed to push start it before leaving the area. Not before leaving us with some great images including some of his distinctive tattoos.

We attended the scene the next morning and put Scott's forensic skills to the test. Aside from the CCTV of the offender and his vehicle, we found a large amount of forensic evidence. The vehicle the male was using had been stolen in Perth the night before, however the offender was linked to that offence already. Detectives and multiple police stations became involved and the male was arrested at the border of South Australia. He has since been charged with this and several other offences.

We have recently investigated a stealing from the Lake Grace Early Learning Centre that some may be aware of. Three males attended the centre during the hours of darkness and dug up a custom-made street sign that the children use in their playground.

Firstly, this was extremely disappointing to see and was upsetting for some of the children. After a prompt investigation, with the assistance of members of the community, we were able to identify the vehicle used and a 19-year-old Lake Grace man has been charged with Stealing. The sign was returned back to its rightful place however the offenders have removed the 'Kane St' part of the sign and this is still outstanding. We have further lines of enquiry that we'll follow up to track down the outstanding suspects.

TRAFFIC NEWS

Aside from a driver being charged with No Authority To Drive after we stopped him speeding near Newdegate and found his driver's licence was suspended due to fines enforcement, we have had little in the way of traffic news.

We have received complaints of a specific vehicle being involved in hooning behaviour on the roads and in public spaces. We will be following that up this week and will let you know how long his vehicle gets impounded for.

Take care and stay safe.

Regards

Lake Grace Police

Disaster Ready Fund

Media Release: Hon Shelly Payne MLC

Western Australia will be better protected and prepared for future natural disasters following the recent announcement of 23 local projects funded under Round One of the Albanese Government's new Disaster Ready Fund.

Western Australia will be better protected and prepared for future natural disasters following today's announcement of 23 local projects funded under Round One of the Albanese Government's new Disaster Ready Fund.

Through the first round, WA will benefit from over \$18 million in combined investment into disaster prevention, through Federal, State and delivery partner co-contributions.

The Fund was an election commitment by the Albanese Government and will deliver national long-term mitigation funding to help protect communities from natural disasters.

State and Territory Governments submitted applications for a range of projects to improve mitigation and resilience, in collaboration with local councils and community groups.

Successful projects in WA include:

Upgrades to Fire History Datasets in Using Fire Severity Dynamics in the Shires of Lake Grace, Kojonup, Katanning, Wagin, West Arthur, Narrogin, Dumbleyung, Woodanilling, Williams, Ravensthorpe, Jerramungup, Kent, Gnowangerup, Broomehill-Tambellup, Cranbrook, and Esperance, among many others.

Power back up upgrades to the emergency evacuation centre at Dumbleyung to better protect surrounding communities during bushfires, floods, and other emergencies.

Stormwater Drainage Design for the Township of Cranbrook.



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- ONEGAS Welding Gas

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GPs Discussion on Improving Health Outcomes

GPs from across Western Australia discussed ways to improve health outcomes through primary care in a forum with Greens Senator Jordan Steele-John and members of the Royal Australian College of GPs earlier this month.

The forum gave GPs from Perth, as well as regional and rural communities, the opportunity to raise key issues with the Greens Spokesperson on Health Senator Steele-John. The pressing issues on the agenda are:

- The benefits of 60-day dispensing for WA patients. This will double the medicines pharmacists can dispense to patients for stable conditions on the Pharmaceutical Benefits Scheme to up to 60 days. It will save patients up to \$180 per year on dispensing fees and more for people taking multiple medicines, reduce unnecessary trips to pick up medicines, and free up GP appointments for other patients.
- Medicare patient rebates need to better reflect the cost of providing health services across WA and reduce out-of-pocket costs for patients.
- Growing the general practice workforce by supporting registrars to experience general practice placements and making it easier and more attractive for overseas medical graduates to come to WA.

RACGP WA Chair Dr Ramya Raman said the forum is a valuable opportunity for the Senator to hear from WA's GPs.

"GPs know their patients and communities, and the challenges many people face accessing healthcare and medicines they can afford, particularly with the current cost of living crisis," she said.

"The change to 60-day medicine dispensing is in patients' best interests and it's long overdue. It has been recommended by the independent Pharmaceutical Benefits Advisory Committee since 2018 and brings Australia into line with other countries like New Zealand, the US and Canada, where patients can get multiple months of medications on a single script.

"This reform will benefit the people who need it most, including those with chronic conditions, people in rural areas who have a long drive to their nearest pharmacy, and our Aboriginal and Torres Strait Islander communities. Our parliamentarians need to put patients first and support this reform which will save money and time for some six million Australians, and free up GP appointments."

The WA Chair said more can be done to grow the state's GP workforce, particularly in rural communities, and to reduce out-of-pocket costs for patients.

"General practice keeps people healthy and out of hospital – everyone needs access to high-quality and

affordable GP care, no matter where they live across WA or the rest of our country," she said.

"There are many ways the government can grow WA's GP workforce. The RACGP is continuing to call for governments to make it easier and more attractive for international medical graduates to come to Australia by cutting red tape and re-instating the subsidy for their training to practice as a specialist GP. We also want to see the return of a general practice placement program so registrars can experience what it's like to be a GP and the rewards of this career.

"It's also essential that Medicare patient rebates better reflect the cost of providing health services across WA. The RACGP welcomed the recent increase in Medicare rebates in the Federal Budget, but there is a long way to go to repair the decades of underfunding of what is Australia's public health insurance. I look forward to working with MPs and Senators on this, and the government's reforms to continue strengthening Medicare and rebuilding general practice care for patients."

One of the GPs attending the forum, Dr Damien Zilm, who practices in Meekatharra in the Mid-West, was keen to speak to the Senator about the benefits of 60-day dispensing for his patients.

"This change will save our patients money at a time when they really need it. It's especially important for our families who just miss out on healthcare card subsidies – they are really hurting right now and halving the cost of their medication will make a difference," said Dr Zilm.

"It will also make life easier for my patients who live on remote stations and places that are over 100 kilometres from the nearest town with a pharmacy. It will cut the unnecessary travel, and they'll be less likely to run out of their medications."

The Royal Australian College of General Practitioners (RACGP) is the peak representative organisation for general practice, the backbone of Australia's health system. We set the standards for general practice, facilitate lifelong learning for GPs, connect the general practice community, and advocate for better health and wellbeing for all Australians.

Rosies Café & Bakery

Opening Hours

Monday to Friday

7am - 3pm - kitchen closed @ 2:30pm

Saturday and Sunday - 8am - 3pm - kitchen closed @ 2:30pm

Phone: 6801 7090 / 0456 390 205



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**
-Diesel Mechanic
-1st Year Apprentice
Contact Malcolm 0429 651 094
malcolm@farmerscentre1978.com.au
- **School Bus Drivers**
Casual Drivers wanted
for more information contact Winston Garret on
0410 049 715
- **Shire of Lake Grace**
Plant operator/general hand Lake Grace, Gardener/
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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



Converting a District plate to a District optional plate. **LG******

Do you currently display a Lake Grace District plate on your vehicle that is sentimental to you?

Did you know that these plates are ineligible to be remade if one or both are lost or stolen. These plates can now be converted to Optional District plates.

This means you would be able to

- Have them remade if they are lost or stolen
- The grant of the Certificate of Right to Display and Trade
- The ability to display them on a vehicle, whether it is licensed in the plates holder’s name, a third party or an organisation
- The holder of the Certificate may sell that right at any price in the open market

There is no change to the appearance of a District plate once it has been converted but you do have the option to have it remade in either BLACK on WHITE, BLACK on YELLOW or BRAND WA FORMAT. (fee applies)

You do not require any forms and the current fee for conversion is \$175.00

More information can be found on the Department of Transport website

The Licensing Team

Community Information

Go Paperless!

Would you like to receive your rates notice in a convenient electronic form?

Register before the 21st July 2023 to receive your rates via email for the upcoming year. You will receive rates notices, final notice and installment reminders via email. We will continue to post all other rates correspondence to the postal address we have on file for the property. If you own more than one property, we will require ALL property assessment numbers.

Please ensure that your postal, residential and contact details are up to date and current.

You can fill in the form below and hand into the Shire Office or email the details through to shire@lakegrace.wa.gov.au

The Finance Team

FULL NAME: _____

EMAIL ADDRESS: (must be property owner) _____

PROPERTY ASSESSMENT NUMBER: A ____ ____ ____ ____

PROPERTY ASSESSMENT NUMBER: A ____ ____ ____ ____

PROPERTY ASSESSMENT NUMBER: A ____ ____ ____ ____

PROPERTY ASSESSMENT NUMBER: A ____ ____ ____ ____

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 - 7 July

Friday - 4 August (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](http://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.

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

Lake Grace	Newdegate
Tuesday 4 July	Tuesday 27 June
Tuesday 18 July	Tuesday 11 July

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 contaminators 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.

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The Good News Page

Kevin Seaman

One thing I learned getting older, that it's great remembering things you did in the past, for example the Good News Page was known in the beginning of being published in the Lakes Link News as "Bits and Pieces" and "Quips, Quotes and Antidotes".

And I enjoyed it immensely, searching my boxes and books for bits and pieces to pass onto you, The Reader, in the hope you find it interesting and educational. Assuming you must have by the comments about it.

So come with me on a visit to the old days of "Bits and Pieces" and "Quips, Quotes and Antidotes".

Let's start with things you should know:

1. Listening to your favourite music for just 15 minutes a day lowers stress levels, anxiety, sadness and depressed moods.
2. Termite queens live longer than any other insect. Some scientists estimate they can live as long as 100 years.
3. The word "Porcupine" means spiny pig in French.
4. Over 80% of people feel more confident approaching an attractive person if that person has a dog with them.
5. A group of penguins in the water is called a "raft", and a group of penguins on the land is called a "waddle".
6. The fear of running out of something to read is called "abibliophobia"
7. The closest relative to bears are seals.
8. A group of goldfish is called a "troubling."
9. Though not commonly used, the day after tomorrow is called "overmorrow".
10. The praying mantis is the only insect that can turn its head.

And now, for some "Quips and Quotes".

A. In war, it does not matter who is right but who is left.
- Winston Churchill

B. I know I am a handful. That's why you have two hands. - Unknown

C. Familiarity breeds contempt and children.

D. The four most beautiful words in our language are "I told you so."

E. The thing that differentiates man from animals is money.

F. I am not afraid of death. I just do not want to be there when it happens.

G. If it weren't for the last minute, nothing would get done.

H. The prime motivation for all human behaviour is the need to feel superior over someone else.

I. There are a lot of lies going around the world and the worst is half of them are true.

J. Never turn your back on a charging turtle.

And some bits and pieces, something old, something new or something funny, just for you.

Frivolity is growing old.

Remember, old folk are worth a fortune, with silver in their hair, gold in their teeth and gas in their stomachs. I have become a little older now and a few changes have come into my life. Frankly, I have become a frivolous old girl. I am seeing seven gentlemen every day.

As soon as I wake up, Will Power helps me out of bed. Then I visit John. Next, it's time for Earl Grey, followed by Postman Pat. Shortly, Arthur Ritis shows up and stays for the rest of the day. He doesn't like to stay in one place for very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Johnny Walker. Oh, yes, I'm also flirting with Al Zymer.

P.S. The preacher came to call the other day. He said that at my age I should be thinking of the Hereafter. I told him, I do, all the time. Not matter where I am, in the parlour, upstairs, in the kitchen, or down in the basement, I ask myself, "now, what in the dickens am I here after?"

Smiling

Smiling is infectious,
You can catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
And someone saw my grin,
When he smiled, I realized
I had passed it on to him.
I thought about the smile
And understood its worth,
A single smile like mine
Could travel round the earth.

If you feel a smile begin,
Don't leave it undetected,
Let's start an epidemic
And get the world infected. *Anonymous*

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The Good News Page *(cont.)*

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples.

The nun made a note, and places it on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

You realize that your family is growing up when you find the prize at the bottom of the cereal carton!

A Sunday school teacher asked her group of children if anyone could quote the entire Twenty-Third Psalm. A golden-haired four-and-a-half-year-old girl was among those who raised their hands. A bit skeptical, the teacher asked if she could quote the entire Psalm. The little girl came o the rostrum, faced the class, made a perky little bow, and said: "The Lord is my shepherd, that's all I want." She bowed again and went and sat down. That may well be the greatest interpretation ever heard.

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?"

Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while and then said, "Momma, how come ALL of grandma's hairs are white?"

Acting happier than you feel can make you happier than you are. *Fran Lebowitz*

Remember grinners are winners!



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SERVICING NEWDEGATE AND SURROUNDING AREAS

From the Archives... June

1998 - Twenty five years ago...

Lake Grace Golf Club Turkey Day Saturday 20th of June.

2003 - Twenty years ago...

New Shire President Cr Darcy Roberts and new Deputy Shire President Cr Andrew Walker were elected.

75th Great Southern Colts Football Carnival, held at Lake Grace June 14 and 15.

Senior Constable Geoff Daniels and family left Lake Grace bound for Mandurah due to a promotion to Sergeant.

2008 - Fifteen years ago...

Danielle Robertson and Caryn Kirk succumbed to clippers to raise money for the Cancer Council of WA.



Gwen and Laurence Oliver celebrate their 50th wedding anniversary.

Registered nurse Khonzile Sibanda commenced work at Lake Grace Hospital.

Lake Grace Police Station got approved for an increase of staff, going from 2 to 3 officers.

2013 - Ten years ago...

Marcus Trevenen plays his 100th game for the Lake Grace/Pingrup Bombers against Jerramungup.

2018 - Five years ago...

Anna Taylor & Tahryn Trevenen made it into the WA Women's Masters State Hockey teams.

Lake Grace/Pingrup Bombers league team wins first match.

The 2018 'Over 30's Netball Carnival' was in Katanning on Sunday 17th June



L-R Teneeka Morgan, Sharon Lampard, Lauren Duckworth, Maggie Prater, Jemma Bairstow, Robyn Rodney, Debbie Carruthers, Robyn Crabbe, Heidi Souness



Malcolm and Kiri Harwood and their 2 children, arrived in Lake Grace from Merredin, with Malcolm taking the managers position at Farmers Centre.

Are We Under the Right Influence

Readers Blog

Social media has revolutionized the way we connect and interact with each other. It has also given rise to a new phenomenon: social media influencers. Influencers are individuals who have amassed a large following on social media platforms such as Instagram, TikTok, and YouTube, and are able to influence their followers' opinions and behaviours. While influencers can have a positive impact, there is growing concern about their effect on young minds.

Influencers are often perceived as role models and trendsetters, particularly among young people. They are often seen as the embodiment of success, popularity, and beauty. This has led to a rise in the trend of "aspirational" content, where influencers showcase their luxurious lifestyles and promote products that promise to make their followers more like them.

However, the content that influencers promote is not always positive or healthy. Many influencers promote unrealistic body standards, which can contribute to body dissatisfaction and eating disorders among their followers. They also promote materialism and consumerism, encouraging their followers to buy products that they don't necessarily need or can't afford.

In addition to promoting unhealthy behaviours, influencers can also have a negative impact on young people's mental health. Social media platforms are designed to be addictive, and many young people spend hours scrolling through their feeds, comparing themselves to others and feeling inadequate. Influencers' curated and edited content can create a distorted view of reality, leading young people to feel that they are not measuring up to their peers or to the idealized version of themselves that they see online.

It is important to recognize that influencers are not inherently bad or harmful. Many use their platforms to promote positive messages, such as body positivity, mental health awareness, and social justice. However, it is important to be critical of the content that we consume and to question the motives behind it. We should be mindful of the fact that influencers are often paid to promote products, and that their content may not be entirely genuine.

Parents and educators also have a role to play in helping young people navigate the world of social media. By teaching them media literacy skills, we can help young people to critically evaluate the content that they consume and to make informed decisions about what they choose to engage with.

In conclusion, social media influencers can have a powerful impact on young minds, both positive and negative. While we should be mindful of the potential risks, we should also recognize that influencers can be a source of inspiration and positive role models. By promoting media literacy and critical thinking, we can help young people to navigate the world of social media in a healthy and productive way.

How much do you absorb from advertising either online, TV, Radio or print media? We all take in what we're interested in, but does it make us want to go out and buy the advertised product? I would love to believe that a particular cleaning product being spruiked is going to make the house sparkle and cut cleaning time down by at least 50% however the inner cynic suggests otherwise.

Drivers of a variety of health organisations are now clamouring for unhealthy food to not be advertised. I'm not sure it would make a difference; would a cheeseburger then become like the forbidden fruit and make it so much more desirable. I know that many producers are sneaky with their product content and dodgy items but when are we going to take responsibility for our own decisions. If we keep protecting people from making educated choices how would they learn that the irons hot?? Rather than restrict advertising perhaps we need to demonstrate that an individual with great pecs or a weird pout doesn't license them to be a suitable mentor.

Have you every been influenced by an advert to buy something without doing a bit of your own research. Would love to hear about what drove that decision. Editor.

Community Crop Community Grants

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Puzzles and Stuff

Some words for 8th June edition of Boggle

Answers for 8th June edition of Sudoku

- Underaged
- Dungaree
- Underage
- Ungraded
- Endured
- Guarded
- Uneager
- Argued
- Augend
- Dengue
- Denude
- Drudge
- Dudeen
- Duende
- Endued
- Gerund
- Nudged
- Undead
- Unread
- Auger
- Udder
- Under
- Urged

- Drug
- Dude
- Dune
- Dung
- Nude
- Rude
- Urea

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

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

O	D	I
R	F	S
S	T	E

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

AFL

T S Z S E U L B S D G I A N T S A G A H L F B G
 I Q E S P O R T E V S N O T W W F J K D Q A D P
 G F R I W A D X L U A H R H T O G W B T G F O R
 E F S D P O B H G J I I U D V R T Q S D O L D S
 R R X K C G E Z A Z N F C O P C R B L K I T Z X
 S O F K J V A S E I T F K U J K F J U M W S D L
 M F E O V J Q M I U S C R V W Y U C C Z M N O I
 M R C K C A B F L A H J O Q I H L S S E Q U D O
 S R T R M M M Z H X J T V H V P L U H N N S T N
 C U I D R W B N O J D E E A R T F N O W O T H S
 E N W X E J Q A I Z M K R L U E O C Z E S M R U
 F N D U P Y L V M X R C N F C K R F C O L A E E
 K I S N A W S R D K L O O F K C W O E V Z Y B D
 Y N T S N R S N B V T P J O M O A R J M Y C I E
 R G U H F Z Q N M P U K G R A P R W P O W E R Y
 F R O V E R A G J R M C N W N D D A Z A G W X H
 O Y R W B O M B E R S A K A I R F R G H V M Z F
 U Q P C B G D D N M B B Z R E A S D G R E J D U
 B U L L D O G S Q U G W H D G W P T I D I G V L
 M D E F E N D E R V H U E I G R I S A V S G X L
 E L R A J D G L H L X H X I G O U T D C S C G B
 R J R Q R E D L E I F D I M A F R W T Z U U V A
 P K O S F T H G Y T O O F W A S I O M F A U L C
 K M F S K W A H K A N G A R O O S Y K L R X N K

- | | | | | |
|----------|----------------|--------------|--------------|-------------|
| Running | Sport | Ruck rover | Rover | Midfielder |
| Defender | Forward | Ruckman | Centre | Back pocket |
| Fullback | Forward pocket | Full forward | Half forward | Halfback |
| Saints | Power | Suns | Demons | Giants |
| Dockers | Swans | Cats | Crows | Bulldogs |
| Blues | Magpies | Tigers | Lions | Hawks |
| Bombers | Eagles | Kangaroos | Aussie | Footy |

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Great Southern Junior Football Carnival

Peter Walker

The 2023 Great Southern Junior Carnival was held in Gnowangerup on Sunday on 3, 110 by 60m ovals. It was 15 on the field, with most teams having 20 players. We had 2 teams from SDJFA [A mix of year 5/6 players from Albany, Mt Barker and Denmark Walpole], the Eagles and the Lions. We also had teams from Katanning, Kojonup, OFA and Lake Grace-Kukerin. Games were two halves of 17 minutes, with 5 minutes halftime and 10 minutes between games.

The idea of the carnival was to give the year 5/6 players from smaller towns such as Newdegate, Kukerin and Boxwood Hills an opportunity to play against other kids their own age, with kids their own age. It was great exposure with over 3 hours of football as the kids all battled it out. While for the larger towns such as Katanning and Kojonup it was a chance for their kids to play a fast competitive game of footy. For the SDJFA kids it was a great chance to play some new kids, in a new location in composite teams. They all came away very tired but seemed to have a great day. The upset of the day was the OFA team holding on to beat the Eagles 3.9 27- 2.4 16.

The winners of the carnival were the Lions who went through the carnival undefeated. With their closest game being the lunchtime game v the Eagles where they came from behind to run over the top of them, 3-6 24 to 3-2 20. They held the Simon Deegan coached Eagles scoreless in the 2nd Half. There are lots of pictures of this game on the SDJFA Facebook page or contact Lisa Gwynn.

We were extremely fortunate to have a signed West Coast Eagles jumper supplied by Brad Nisbett West Coast Eagles Southern Community Coordinator, awarded to the player of the carnival as voted by the coaches. Winner was Zac Langdon from Jerramungup representing OFA being presented by Chris Rumble president OFA Juniors and event organiser. The best players from each team also received a medallion and

football, Kade Lester OFA, Sebastian Green Katanning, Charlie Thorn Kojonup, Tyler Ravenhill Lions, Zephyr Endacott Eagles and Thomas Ditchburn Lake Grace-Kukerin.

Thanks have to go out to the Gnowangerup Junior Football Club for hosting, running a great canteen to cater for the 120 kids plus parents. Marking ovals and generally making it a great day all round. Particular mention to Chris Rumble, Lachlan Lewis and Rochelle Walker. Umpiring for the day was done by volunteers and was exceptional, as was crowd and player behaviour.

Final ladder was Lions undefeated, then Eagles % in front of 3rd place Kojonup. 4th place Ongerup % in front of 5th place Katanning and 6th Lake Grace-Kukerin.

Below: Lake Grace-Kukerin Coach Kim Gooding and Team Assistant Jeff McKenzie flank the players.

Back Row: Matthew Gooding, Sebastian Green, Mason Newton, Mitchell Gooding, Brandon Gooding, Max Stubberfield, Chase Kuchling, Levi Argent, Thomas Ditchburn, Oliver Hall, Cooper Davidson, Darcy Pelham, Taj Mott and Charlee Bell.

Front Row: Sam Stanton, Bill Davidson, Jonti McKenzie, Bryce Carruthers and Zane Harwood.



Footy, Footy and More Footy *(cont.)*

The Lake Grace-Pingrup Football Club and their merry band of volunteers can breathe a sigh of relief now that the Great Southern Colts Carnival 2023 can be ticked off the list of things to do!

By all accounts the weekend ran like clockwork. The chilly conditions didn't stop the competition having a good attendance over the two days. The ovals and facilities were in awesome condition, Lake Grace-Pingrup Club President Chris Poot thanked the Shire for all of the effort they have put in leading up to the weekend.

Great sportsmanship was displayed across the sixteen games (including the finals) played and it was the closest competition in many years.

There were eight teams representing Associations across the Great Southern, Esperance and Goldfields regions.

The Ongerup Football Association won their first game in about five years so they were very pleased with themselves. Kyren Brooks was coach for the OFA, Craig Shaw was the manager, Bek Dunkeld trainer and Luke Bairstow was the runner.

Fairest and Best for the OFA for the carnival was Charlie Kelsall (Gnowangerup), while the runner-up was Hamish Ryan (Lake Grace-Pingrup).

The new lights came in handy and proved their worth allowing the last round of games on Saturday to still be played, despite the dark skies. The games would have had to be called off if not for the standard of the new lights so they have already shown what an asset they are to the town.

Now that the Lake Grace-Pingrup crew have got it down pat they'll be hand balling the Carnival to Kulin; they wish them good luck for the 2024 and 2025 years before Lake Grace-Pingrup take it back in 2026.

Congratulations to the Peel Cavaliers, representing the Peel Football League who were winners over Goldfields in Sunday's final.

Great Southern Football Council Life Member Jim Hull presented the Harry Reeves medal for Best in Carnival to Judd Kelman from Goldfields and to the runner-up Tom Fitzpatrick from Upper Great Southern.

Peter Rundle MLA presented Umpire of the Carnival (Tuck Waldron trophy) to John Terrace-Smith.

Royce Taylor presented Best Player in final to Hugh Menzies from Peel.

Congratulations to those names in the Great Southern 20 as being recognized as the best players across the carnival. Best of luck also to those chosen to play in the representative side at the Nutrien Country football Championships in July.

Game Day Results were as follows:

Saturday 17th June Round 1

Goldfields 9.5 (59) defeated Lower South West 2.3 (15)
Upper GS 5.10 (40) defeated Ongerup 0.2 (2)
Peel 10.7 (67) defeated Eastern Districts 4.4 (28)
GS Storm 5.6 (36) defeated Esperance 5.3 (33)

Saturday 17th June Round 2

Goldfields 13.4 (82) defeated Ongerup (9.3) 57
Upper GS 10.7 (67) defeated Lower SW 3.7 (25)
GS Storm 9.5 (59) defeated Eastern Districts 4.10(34)
Peel 9.12 (66) defeated Esperance 3.4 (22)

Saturday 17th June Round 3

Ongerup 9.9 (63) defeated Lower SW 7.2 (44)
Goldfields 10.3 (63) defeated Upper GS 4.7 (31)
Peel 15.9 (99) defeated GS Storm 4.5 (29)
Eastern Districts 9.3 (57) defeated Esperance 8.2 (50)

Sunday 18th June Finals Round 1

Lower SW 4.10 (34) were defeated by Esp 7.5 (47)

Sunday 18th June Finals Round 2

Ongerup 5.5 (35) were defeated by East Dist 10.6 (66)

Sunday 18th June Finals Round 3

Upper GS 7.9 (51) defeated GS Storm 5.0 (30)

Sunday 18th June Round 4 — Grand Final

Peel 7.8 (50) defeated Goldfields 3.6 (24)

2023 Great Southern Twenty

Eastern Districts

Hugo Stockman
Dane Biglin

Esperance

Kieren Douglas
Brad Daniel

Great Southern Storm

Jordan Hulm
Kobe Keen
Tait Hartfield

Lower South West

Jacob Duncan

Ongerup

Charlie Kelsall
Konnah Holmes
Jackson Callope

Upper Great Southern

Riley Holden
Flynn Spark
Tom Fitzpatrick

Goldfields

Judd Kelman
Cuba Garlett
Zachary Hunter

Peel

Max Foreman
Hugh Menzies
Rhys McDonald

Footy, Footy and More Footy *(cont.)*



Above: Goldfields Macrae Akroyd tackles Ongerup's Konnah Holmes



Above: Cop that!

Below: Get back here ball.



Above: Goldfields Kailen Leahy isn't going to get away from Ongerup's Thomas Hicks



OFA's Josh Giles (left) and Liam Korosec (above) have their eyes firmly on the ball.



Lake Grace-Pingrup Football Notes

Chris Poot

Saturday 10 June
Round 8 v Newdegate @ Newdegate

Sadly no Reserves for round 8, so all focus was on getting the League side over the line.

Lake Grace started well in blustery conditions kicking into the wind. Some great foot skills on display by Mitch Thornton showing that the wind shouldn't be a factor.

With a pretty accurate 3 goals 1 point we took a 2 goal lead into quarter time. Second quarter saw Lake Grace Pingrup continue good ball movement and maintain control around the ground. All players were really stepping up.

Newdegate came out after half time with a renewed focus and had the majority of the play. They started winning the aerial game and were good with ball movement around the ground.

The last quarter was a very even contest and great to see our players rise to the challenge from Newdegate to run out eventual winners.

Mitch Thornton's hunger for the ball and clean foot skills earned him the Think Mental Health best on ground from the umpires. Well done Thorny.

We finished the game with 4 injuries, but all look to be returning to full fitness in time for our round 9 clash against Boxwood Hills in Lake Grace on 24th June.



Above: Mitchell Thornton, winner of the 'Think Mental Health' Best On Ground.

	Q1	Q2	Q3	Q4
Newdegate	9	12	31	41
	1.3	1.6	4.7	5.11
Lake Grace-Pingrup	19	36	45	65
	3.1	5.6	6.9	9.11

Best Players: Luke Bairstow, Mitchell Thornton, Mitchell O'Neill, Hamish Ryan.

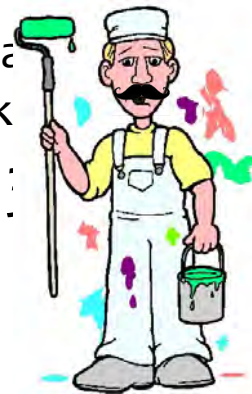
Goal Scorers: Jackson Callope 5, Tyson Prater 2, Mitch O'Neill 2

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Junior Hockey Carnival

Annie Argent

Another fantastic turnout for the annual Bunbury Junior Hockey Carnival with the Ongerup Hockey Association sending seven teams. The event was held over the June long weekend under typically winter conditions. Torrential rain on one day saw 30 games having to be rescheduled or cancelled.

OHA had stellar representation from our past and present junior squads with 16 from Lake Grace-Pingrup sides playing over the weekend. OHA registered the following teams: 1 x 5/6 girls, 2 x 5/6 boys, 1 x 7/8 girls, 1 x 7/8 boys, 1 x 9/10 girls and 1 x 9/10 boys.

With 15 grass fields and two turf, it was a great opportunity for players to get experience on both surfaces while playing in teams that had a lower age range.

For three days teams played between 7 and 10 games culminating in the finals that were held on the Monday afternoon.

Although none of the Ongerup Association teams were in the finals all of the players excelled and learned new skills over the weekends play. Sportsmanship on display was fantastic with great respect shown toward officials.

Thank you to the coaches, managers and parents that brought their kids to the event.



Above: Children representing Lake Grace-Pingrup who played in the Bunbury Hockey Carnival.

Back L to R: Seth Argent, Jaspar Marshall, Kahlen Pitcer, Bella Callope, Payton Callope, Morgan Chatfield, Holly Stanton and Dakota Pelham.

Front L to R: Darcey Pelham, Mitchell Gooding, Beau Trevenen, Levi Argent, Taj Trevenen and Tyler Argent.

Missing from group photo Will Skerris and Amelia Pitcher.

Below: All kitted up to keep oppositions goals at bay is Will Skerris.



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Lake Grace-Pingrup Junior Hockey

Karissa Pelham

Saturday 10 June Round 8 v Newdegate

After having a two weekend break we travelled to Newdegate for our sixth game of the season.

Kids played strong, just unable to score. The score was nil all at half time and kids got hungry and determined in the 3/4.

Lots of team work throughout the field which resulted in Darcey scoring our first goal.

All of a sudden the kids were on fire with Bella Callope scoring two and Taj Trevenen also scoring two, four goals in six minutes.

At three quarter time Lake Grace-Pingrup were leading 5-0. Newdegate put up a tough game with our defence strong and Will saving an amazing goal. Awesome team effort.

Awards: Levi, Jacob, Sam and Amelia.

Year 7s all played out of their skin, strong, solid, skilful hockey all game. Well done little legends.

Final score: 5-0 for Lake Grace-Pingrup

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.

REPORT WILD DOG SIGHTINGS AND ATTACKS

Please report any Wild Dog sightings, tracks or stock attacks to the EWBG. Your input will ensure coordinated control across the Eastern Wheatbelt.

admin@ewbg.com.au
0455 724 848

EWBG EASTERN WHEATBELT
BIOSECURITY GROUP 



Lake Grace-Pingrup B Grade Netball

Misha Holmes

Saturday 10 June Round 8 v Newdegate

Round 7 saw us travel to Newdegate for the local derby. This was always going to be a close game and the girls went into it fully charged!

First quarter the girls played well. The play was fast, but the girls stuck to their players and worked hard to stay within 2 goals at quarter time.

In the second and third we managed to outscore Newdegate with some great defence and good down the court leads. The girls really pushed hard and kept giving multiple options when needed. Every girl played so well and really stepped up, some great goal shooting saw their work pay off.

By the fourth quarter, the girls were still pumped and with our first win for the season in their sights, went out and gave it everything they had. To their credit, plus all their hard work on court, they managed to pip Newdegate by 3 goals at the final whistle.

The excitement and enthusiasm was almost like a grandy!! Shenae and myself couldn't have been more proud of each and every girl. This had been a long time

coming and was fully deserved. Well done girls!!

**Final score was Lake Grace Pingrup 37 V
Newdegate 34.**

BOG – Danie Drummond Hay

2nd BOG – Payton Callope

We have a bye next weekend, but will be back on our home court for Round 9 against Boxwood on June 24th. Lets keep the momentum going girls, get to training and keep going up from here.

All we have for A Grade Netball...(Editor)

Best On Ground: Brianna Brooks

Second Best: Lauren Duckworth

Coaches Award: Tayla Ayers

Christmas in



For Over 55s

Wednesday 19th July - midday

Walker's Hill Vineyard

\$40pp - \$30pp for Seniors Group members

RSVP and payment to the Lake Grace CRC by Wednesday 12th July.

A Most Famous Face

Indian Finance and Economic Updates

544 years ago one of the most famous people in history was born. Though you don't know her name, you definitely know her face.

Here is the story of the woman with the world's most famous smile, Lisa Gherardini, who never even saw her own portrait...

Lisa Gherardini was born in the Republic of Florence on 15th June, 1479.

She came from an old and aristocratic Florentine family which, though well off, wasn't quite as wealthy or influential as it used to be.

The Gherardinis made money from farms they owned around the city. She was the eldest of seven children, and the family moved around Florence several times, eventually settling near the famous Santa Croce.

Here the family may have befriended Piero da Vinci, the father of Leonardo. In 1495 Lisa married a cloth merchant called Francesco del Giocondo. So she became Lisa del Giocondo.

"Mona" was a common Italian contraction of "madonna," meaning "my lady," the equivalent of the English "Madam". So Mona Lisa in Italian meant "Madam Lisa". Hence the Mona Lisa is known as La Gioconda in Italy and La Joconde in France.

He had money, she had a noble name, and together they lived a comfortable middle class life. Lisa had five children with Francesco, and she also raised his son from a previous marriage.

In 1503 they moved out of an apartment and into their own house on the Via della Stufa; Francesco had become part of Florence's government and was making more money. It was in this year, 1503, that Francesco commissioned a portrait of his wife, perhaps to celebrate moving into their new home.

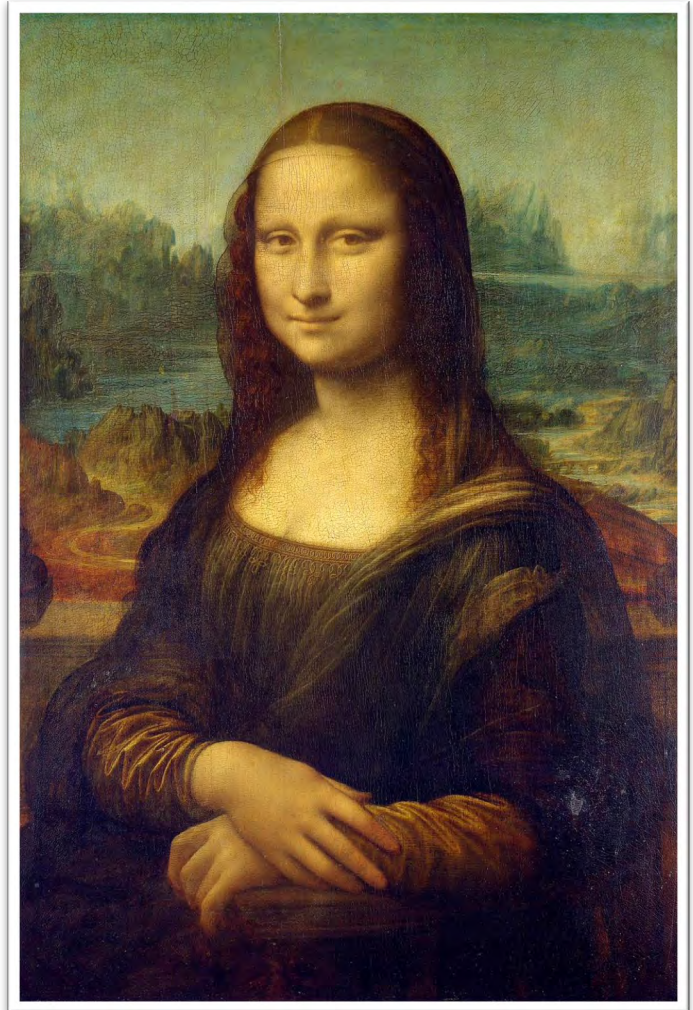
And he commissioned none other than Leonardo da Vinci, who had just returned to Florence from Milan (via Venice) after nearly twenty years away. The 16th century biographer Giorgio Vasari said Leonardo "lingered over it for four years" before leaving the painting unfinished.

He had been commissioned to create a large painting in Florence's town hall, the Palazzo del Vecchio, and so his attention turned to that. But Leonardo never completed that project either.

And when he returned to Milan in 1508, and thereafter went to France to work for King Francis I, he took the portrait of Lisa del Giocondo with him.

He probably continued working on it until his death in France in 1519. So the subject of the most famous portrait in history never even saw it.

The Mona Lisa was kept at the Palace of Fontainebleau and then at Versailles by the French monarchy.



Until 1797, after the Revolution, when it was moved to the Louvre — where it has remained ever since.

But back to Florence, where Francesco was in trouble. He was a supporter of the Medici family (who had been exiled in 1494) and was imprisoned in 1512 amid political tensions.

Only to be released later that year when the Medicis returned and took control of the city again. In 1537 Francesco died, and though Lisa received enough from his will to support herself she entered the (now abandoned) Convent of Sant'Orsola, where one of her daughters was already a nun.

And that is where she died in 1542, at the age of 63. So that's a very brief biography of Lisa del Giocondo, born 544 years ago.

Little could she or Francesco have known that her face (and smile) would become perhaps the most famous face in history, known all around the world nearly five centuries after her death.

Lake Grace Golf Notes

Mark Livall

Sunday 11th June

For the 7th round of the golf season we started our morning off with coaching clinics. Once again we had a great turn out of 12 kids and 10 adults. Many thanks must go to Rob Farley for making the effort and putting in the time to come to Lake Grace and run the clinics. It is very much appreciated.

In the afternoon we played a stroke round and our second qualifier for the year. We also played the highly anticipated count your putts day sponsored by Rex and Tracey Walker. With very wintry conditions forecast we still had a great turn out of 12 players. The winner for the day with a 101 gross and 74 nett was Mitchell Thornton, and the winner for the count your putts with 25 putts was Chad Stanton.

NTP 4 - Great Southern Fuels - M Thornton

NTP 6 - Lake Grace Building - C Stanton

NTP 15 - Lake Grace Roadhouse - C Stanton

NTP 18 - Lakes Plumbing & Gas - M Thornton

Long Putt 9 - Elders - S Oatridge

Long Drive 11 - McKenzie Concrete Co - S Ballantyne

Best 2nd - Nutrien Lake Grace - S Ballantyne

Best 3rd 13 - ACDC Auto Electrics - C Stanton

Sunday 18th June

On the weekend, we mixed things up a bit and played an ambrose day sponsored by Delta Lake Grace and Lake Grace Earthmoving. We had 11 golfers and an absolutely fantastic day for golf.

Winners for the day with a 78 gross and 65 5/6th nett was Reid Stubberfield, Nick Maalouf and Kingsley Strevett (great to see you back on the course Strevy). Runners up with 87 gross and 72 1/2 nett was Mitch Thornton and Patrick Smith.

NTP 4 - Lake Grace Communications and Computers - M Livall

NTP 6 - Neutech - M Livall

NTP 15 - Lake Grace Meat supply - T Towie

NTP 18 - Mallee Hill Mechanical - K Strevett

Long Drive 2 - Maalouf Motors - P Smith

Long Putt 9 - Ironstone Fabrication - P Smith

Best 2nd 7 - Lake Grace IGA - W Humphrey & T Towie

Best 3rd 13 - Maalouf Motors - M Thornton & P Smith



Above: Venturing into the rough (definitely not unexplored territory) are Wade Humphreys and Tyson Towie.

Left: Rob Farley running a clinic for junior golfers.



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

Won't be available in Lake Grace until September 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

School Bus Drivers Needed

Anyone who is interested
Relief drivers needed for school bus runs
License requirements, reimbursement of costs
Call Natalie Gambuti 0429 793 973

Seniors Lunch — July

There will be NO Seniors lunch in July due to the Christmas in July for over 55s being held at the Vineyard on 19th July

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 25th June 8am Communion	Sunday 25th June No Service
Sunday 2nd July 8am Mass	Sunday 2nd July 10am Rev John Jones
Enquires: Bunbury Catholic Diocesan Office 9721 0500 PO BOX 2005, BUNBURY 6231	Enquiries: St Johns Albany 9841 5015 Wally Perry 0448 795 070

COMMUNITY CALENDAR

June 2023

<p>Fri 23 Op Shop Open (10am-1pm) Crochet @ CRC - 10am Fish & Chips @ The Sportsmans Club</p> <p>Sat 24 Rubbish tip Open (9am-4pm) Craft @ CWA (look for flag) Ongerup Round 9: LG-P v Boxwood Hill Gymnastics competition in Katanning</p> <p>Sun 25 Rubbish tip Open (9am-4pm) Golf</p> <p>Mon 26 Rubbish tip Open (9am-2pm)</p> <p>Tue 27 Rubbish 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 28 Rubbish tip open (9am - 2pm) Containers for Change pickup Jnr Hockey Training (Roe) - 3:30pm Hockey Training @ 6pm Shire Council Meeting</p> <p>Thurs 29 Men's Shed (Morning) Football Training @ 6pm Jnr Hockey Training (OHA) - 3:30pm Minkey @ 3:30pm AUSKICK @ 4pm</p> <p>Fri 30 Crochet @ CRC - 10am Op Shop Open (10am-1pm) Fish & Chips @ The Sportsmans Club Last day of school term EOFY!!</p> <p>Sat 1 Rubbish tip Open (9am-4pm) Craft @ CWA (look for flag) Ongerup Round 10: Gnow v LG-P</p>	<p>Sun 2 Rubbish tip Open (9am-4pm) Golf</p> <p>Mon 3 Rubbish tip open (9am-2pm) Lakes Link News Deadline</p> <p>Tues 4 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 5 Rubbish tip open (9am - 2pm) Containers for Change pickup Jnr Hockey Training (Roe) - 3:30pm Hockey Training @ 6pm</p> <p>Thurs 6 Men's Shed (morning) Lakes Link News published Digital Skills Workshop Football Training @ 6pm Jnr Hockey Training (OHA) - 3:30pm Minkey @ 3:30pm AUSKICK @ 4pm</p>
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Coming Events

- 7th July - Driving Assessor in Lake Grace
- 12th July - CWA Meeting @ 1:30pm
- 17th July - HC/MC Truck Training & Assessment
- 19th July - Over 55s Christmas in July
- 21st July - First Aid course in Lake Grace
- 4th August - Driving Assessor in Lake Grace (TBC)

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

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