

LAKE GRACE LINK NEWS

Produced at the
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6th July 2023

\$2.00 inc GST

Vol 29 Issue 13

Medals for Lake Grace Gymnasts

Tahlia Willock

On Saturday 24th June, Lake Grace Gymnastics Club attended the Katanning Gymnastics Competition with 13 athletes across multiple levels. This is the first time we have taken a team to a competition since 2019, which consisted of 2 athletes.

Our athletes showed their skills to judges across 4 apparatus (bars, beam, floor and vault for the girls, and bars, pommel, vault and floor for our boy). It was freezing in the gymnastics centre, but despite the cold conditions and it being their first time at a competition, all of our gymnasts demonstrated their skills to the best of their ability and with confidence.

Each gymnast was graded on how well they demonstrated the skills within their routines, so they were only competing against themselves during the competition. This has given our gymnasts an amazing sense of achievement within themselves and the training they have been doing, and also given them something to work towards for the next competition set to be held in Narrogin on the 9th of September.

In level 1, our gymnasts came away with 3 gold medals and a silver medal. In level 2, our female gymnasts received 3 bronze medals and 4 silver medals, while our male gymnast received a silver medal for his routines. In our level 3, our sole gymnast received a silver medal for her routines. This is an amazing achievement for all of our athletes that entered the competition, and is a reward for the consistent effort that they put into their trainings each week.

Coaches Tahlia Willock, Sarah Clarke, Lauren Duckworth and Debbie Carruthers are extremely proud of all our gymnasts for the effort they are putting into their training each week, and how well they faced their fears of going to competition and walked away with beaming smiles. We can't wait to continue training in Term 3 for our competition team in preparation for the Narrogin Competition.



Pictured are the Level 2 Gymnasts with their medals.

Back row: Molly Duckworth, Ammie Kemboi, Max Stubberfield, Ryleigh Willock, Elise Carruthers, Lacy King.

Front row: Marli O'Neill & Eva Bairstow (Not pictured: Coaches Lauren Duckworth and Tahlia Willock)

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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 17th July

Next Edition
Thursday 20th 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.

Teresa Walton

Dick Phillips

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 things are a little quieter at the moment as we scurry around to get our EOFY in order so we can dump our stuff on the ever patient Anke so that we can get our audit completed. Being school holidays things do get a little quieter as the lucky go to discover a warm spot to have some quality time off. Remember that the library is open Monday to Friday as normal, when Lois isn't here the CRC will be able to check your books in and out...just remember if you want to join up you will need to pop in when Lois is here.
- Our HC/MC workshop is rapidly approaching, we have six taking part. Thank you to those who are participating, it ensures that we are able to bring these workshops to Lake Grace. We won't be holding another one in 2023 but if we can get the interest Keen's will be back in 2024. It's never too early to show an interest, by putting your hand up it gives us an indication that this training and accreditation is needed.
- We are struggling to get another accredited forklift workshop via TAFE, apparently their trainers are all heading to the mines and I can't say that I blame them. TAFE, like many government departments, are drowning in paperwork and rules and regulations. We are looking at bringing a private company in to do the workshop but unfortunately it will be a lot dearer, cost at this stage would be around the \$700 mark, I haven't fine tuned that with the company so it could vary either way. This is a real cost of training as these companies are not subsidised by the government.
- We do have our Working At Heights and Working in Confined Spaces happening in September; there are still a couple of spaces available. Once again TAFE have come out with a terrific idea (yes I am being sarcastic), this workshop now has to be done undercover so I need to find a shed with adequate height clearance for the pod that we are able to use. The mines are starting to look attractive!
- Do you need to do Auschem (was once called Chemcert) training? I haven't been given the costs at this stage but if you would like to register your interest then please let us know.
- Thank you to our roving reporters who help us out with articles and photographs, we can't be everywhere and don't always know what is going on so your help is invaluable.
- We have had our new screen installed (see page 9) and have been having a little play on it. We do need to get rid of the old screen; free to a non profit or group, \$50 to a business or individual. Let us know if you would like it, not sure on the size? Drop in and have a look.
- On another happy note we have been successful in obtaining a FRRR grant (see page 11) to go toward young adult activities (18-35) for drought resilience. This grant will go toward three activities; one in Lake Grace, one in Darkan and one in another centre yet to be decided. These activities will be actioned and managed by a committee of young adults in each community, that way they're getting an activity or event that genuinely appeals to them. The CRC will be in the background to manage the money and provide some guidance; depending on the event planned (Lake Grace's is an Oktoberfest) more funding and sponsorship may have to be sought. Watch this space for more information.
- 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.
- Is anybody interested in a Litterpick? Although people are making a real effort with the cans and bottles there's still plenty of rubbish on the roads. Could be a good way of keeping warm. Give the CRC a call or email if you would like to go on the list of volunteers.
- 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

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



About Town

- Sympathy to the family and friends of Lincoln Hands who passed away on the 25th June. Lincoln owned and managed the Lake Grace Hotel back in the 90s.
- Condolences also to the loved ones of Heather Williams who passed away suddenly. Heather taught in Lake Grace in 2000-2002 before retiring from the teaching game and entering into the world of film making.
- We also farewell a much loved ex resident of Lake Grace and Newdegate, Neil Bishop. Neil passed away last week at the age of 97.
- Sympathy also to Glenda and Arthur Slarke and family as Glenda's mother Veronica Roach passed away on the 4th of July at the age of 98years.

Happy Birthday



- 7th July Grace Penny
Tim Penny
- 8th July Ciara Caffrey
- 9th July Mark Seaman
- 10th July Judy Fleay
Tai Bell
- 12th July Jack Duckworth
Kayleigh Hobbins
- 13th July Annie Slarke
- 14th July Jeff Lay
Lachlan Caffrey
- 15th July Molly Duckworth
Tamika Cross
- 16th July Ben Argent
Chad Stanton
Katherine Willock
- 18th July Shane Giles
Jed O'Neill
- 20th July Jonti McKenzie
Zachary Clarke

**Lake Grace CRC is a
Department of Human
Services Access Point**



DHS Customers are able to:

- Access a self service terminal
- Print off documents
- Use the telephone / fax
- Access Internet

All free of charge for DHS business

Anniversaries



- 8th July Leslie & Bruce Duckworth
- 15th July Geoff & Denise Sabourne



Congratulations to Sissa Pelham who recently played her 250th game.

Sissa is pictured with Nikki Lewis and Chiara Carruthers with the banner. Well done Sissa, great effort and also thank you for giving your time to coach the junior hockey team.

Is This Good Enough?

Suzanne Reeves

Definitely not is the short answer. Last month some bright spark decided the tourist bay west of Lake Grace was a good spot for them to unload their rubbish. This isn't a good introduction to our town as there are a lot of visitors who pull into that rest stop to admire the lake and have a walk in the bush.

This isn't household rubbish; it's definitely from a backyard workshop that appears to specialize in car repairs judging by the number of car bumpers at the site. There was also old alsynite sheeting and timbers, perhaps from a patio roof.

Blue tarps are in abundance, as were a plethora of



drums. Judging from the cardboard packaging the litterer also uses Sikkens. Now Sikkens manufacture timber finishes as well as car paint. Seeing as there are so many car bumpers laying around it would suggest that car paint may be what was in all of the discarded drums.

Have you been clearing out your back yard? Or perhaps you needed more room in the shed? Just in case you didn't know there is a rubbish tip that is open four days a week on Biddy-Camm road north east of Lake Grace.

No doubt the task of clearing up this mess will fall to the Shire, shame on the perpetrator for thinking that this is okay.



MEETING OF THE NATIONALS WA

THE LAKES REGION BRANCH OF THE NATIONALS WA INVITES YOU TO AN EVENING FORUM TO BE HELD AT WALKER'S HILL VINEYARD, NORTH LAKE GRACE AT 6.00 PM ON TUESDAY JULY 18th 2023

Present at the meeting will be your local Member for Roe Peter Rundle MLA and Agricultural Region members Colin DeGrussa MLC and Martin Aldridge MLC.

Your democracy is under attack from both State and Federal governments and we need to make a stand for our future and our children's future.

This State government is systematically dismantling your ability to be heard as vital contributors to our economy

Come along to the forum/finger food dinner and talk to your local state members of parliament about your issues.

Please RSVP to Allan Marshall by 13th July.
Dinner cost is \$30 per head

Email amarshall4@bigpond.com or phone/
SMS to 0427 943 291

The Lakes Region branch AGM will take place at 5.30 PM. Anyone is welcome to attend as an observer



www.nationalswa.com

THE NATIONALS
for Regional WA

Live Sheep Trade

Darren Spencer. Photos Arthur Slarke

On Wednesday 21st of June, the Live Export by Sea Phase out Consultative Committee attended Lake Grace meeting with approximately 180 people attending at the Lake Grace Sports Pavilion. People travelled from as far as Lake King and Jerramungup to have their concerns aired. The committee was introduced, and Chairperson Philip Glyde spoke of the process of the committee and what they had done so far.

Many people addressed the panel with their concerns about what a phase out would do to their businesses and the unintended consequences it would mean for their towns. Consensus was that this is an unnecessary policy driven by votes and not based on science or animal welfare. Below are some of the comments from people that attend.

Andrew Stewart started proceedings by expressing to the panel the consequences of uncertainty in the market at present. Sheep are selling for as low as two dollars per head in the sale yards with many growers not able to get stock up to weight for processors. With the dry May paddock feed is short and many growers have lambs on farm that should have been sold and new season lambs being born. Bob Iffla spoke along the same lines quoting the extra numbers that he has

on hand, and it is a considerable number with the number of sheep he carries on his farms. Garry Prater then explained where the state of the market was at and some comment with statistics from the SCIRO. Garry spoke of the possibility of Saudi Arabia re-entering the live export market and the possibility they could take up to a million sheep per year. The Saudi's had been a major exporter of Australian sheep but exited the market when Australia introduced the Exporter Supply Chain Assurance System (ESCAS) following the Awassi Express debacle. The ESCAS system has the strongest animal welfare standards of any country that participates in the export of live sheep by sea.

Rochelle Walker explained to the committee that she is concerned for the many different people that are involved with her being able to conduct her sheep enterprise. She is concerned for the shearers and mulesing contractors that support her to the shop keepers that rely on people being in her town to workers that she employs to work on farms and support the local sporting clubs. Noel Bairstow followed her and spoke of the history of the live export trade and how it has evolved and supported communities over the years. Asking what the Federal government is going to do to support our communities. Noel also mentioned

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.

Live Sheep Trade *(cont.)*

that live export of sheep by sea also enables the live export of cattle as well with many cargos having both on board. Live export of cattle to the middle east would be too expensive without the sheep on board.

Darren Spencer spoke on behalf of the shearing industry and made mention of impact the decrease in sheep numbers since 1991 had had on the surrounding towns with supermarkets closing and some services no longer available. Shearing contractors are major employers in small towns and the nature of many shearers is they spend most of their income in town. The other major issue with another decrease in sheep numbers is the continuity of work for employees in the shearing industry.

Chloe McDougall expressed her concerns as a small business owner in town and the fact that the phase out is occurring not because of science but out of sentiment of people that have no financial investment in the industry. She spoke of her science-based education and that she could understand if the proposed phase out was based on scientific evidence. Rex Parsons from Jerramungup commented on how his shire has so many corporate farmers who don't farm with livestock in their enterprise and are buying up large tracts of land. These farms only employ a minimum number of staff and their local sporting teams are now struggling to field a side in the Ongerup Association. When they had family farms that ran sheep there were many more people in their town to support the local sporting clubs and the local businesses.

Owner manager of Patmore feeds Dean Toovey asked the panel if they could recommend that the industry be given plenty of time to transition if that's the decision. Patmore Feeds have just invested considerable capital to build new pellet making infrastructure at their Cuballing property. Leon Clarke spoke of the effect this policy is already having and will continue to have on his farming enterprise which produces barley, hay, and straw for livestock producers. Shane Carruthers spoke of how his two sons had come home from Perth to work on the farm and run a sheep-based enterprise." If we were to lose the live sheep, we would have to re-think our strategy "

Bradley Lay summed up the stupidity of this policy when he asked panel chairman where he could get a Social Licence after Federal Minister for Agriculture Hon Murray Watts comment that Live Export trade had lost its social licence. Many people are very passionate about this policy, and we haven't heard the last of it. The panel is due to hand their report to the Federal Minister on September 30 and it will be up to the Ministers discretion whether the report is made public.

Several local people attended the final meeting in Belmont on Friday 23 rd June and reported that it was a very tense and emotional crowd that attended with many animal activists attending. This is an emotional topic on both sides with over 4000 people supplying submissions to the panel before closing date 31st May.



Backyard Buddies— European Wasp

DPIRD

The European wasp 2022-23 season has drawn to a close with 21 nests found and destroyed.

The optimum time to detect and locate European wasps (*Vespula germanica*) has passed. Traps have been cleaned and now is the time to reflect on another fruitful surveillance season. It is also time to say **thank you** to everyone across WA who adopted a surveillance trap, kept an eye out and reported anything unusual!

How did we go?

Nest numbers were much lower than last season; 21 compared to 53. Nest distribution indicates multiple areas of incursion across Perth, predominantly in and around industrial areas – which is typical of this hitchhiking pest. The nests detected did not show signs of 'overwintering', which means they were created this season. This is a promising indication that nests were not missed during last season's surveillance activities. Public awareness and reporting remained strong. Residents, businesses, and local government all detected wasp activity in good time. This allows for nests to be found and trapping areas expanded where required. And finally, there have been no signs or reports of wasp activity since April!

Season highlights:

- 2,800 surveillance traps deployed across the

Perth metropolitan region

- 75 regional traps deployed with 0 detections
- 171 new traps adopted by the community, bringing the total of 'Adopt a trap' subscribers to 1076
- 350 public enquiries, with 4 confirmed detections
- 21 nests found and destroyed across 6 Local Government Areas, all in the Perth metropolitan region
- the majority of nests were found in embankments of water sumps and drains
- a nest was located in a wood log at primary school playground – yikes!
- wasp flight paths were tracked to locate a nest on Perth Airport grounds
- no public injuries were reported from disturbing these cryptic and often hidden nests

Learn more

The surveillance season runs from December to May but reports of suspect wasp activity can be made year-round. For more information about the eradication program, how to identify European wasp or how you can Adopt your own surveillance trap, see agric.wa.gov.au/wasps or contact our Pest and Disease Information Service.

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SERVICING NEWDEGATE AND SURROUNDING AREAS

Out With The old, In With The New

Kayleigh Hobbins

As you might be aware, the CRC was successful in accessing a grant from the Department of Primary Industries and Regional Development for \$8,863. The bulk of this funding was used to swap out our "outdated" smart screen which was purchased in 2010 with an updated one which has all the current technology needed for video conferences, visual learning etc.

The wonderful guys from Best Office Systems in Narrogin came out on Thursday 29th June to install it and it looks great!

This fabulous new smart screen is similar to having a laptop with a big 86-inch LCD screen. Or think of it as a gigantic mobile phone screen. You can use your finger or a stylus pen to operate the programs and apps. It has a camera, wireless keyboard, and some amazing features. It also allows you to use your device wirelessly, yep, no cords needed.

The ladies came in to crocheting on Friday 30th and were using the screen to watch YouTube tutorials on different crochet patterns. "A nice big clearer picture", they loved it! Like all new things we are still getting our heads around the screen's capability but look forward to putting it to use.

So next time you're in the CRC, pop your head in and have a squizz. You too will be in awe of this new piece of equipment.

The remainder of the funds were put toward a Badgy printer. This machine can print on plastic, making ID cards, vouchers or business cards. This machine is still a work in progress knowledge wise but we're hoping to put it to good use.



Mid-season Sale at Sand N Salt

25% off all Ladies and giftware.

Two weeks only!!



Shop 5, 22 Stubbs St

LAKE GRACE WA 6353

Phone: (08) 9865 1465

Email: sandnsalt68@gmail.com

Lake Grace Weather

Date	Min	Max	Rain
21/06	4.9	12.5	0.4
22/06	4.5	14.3	0
23/06	5.0	11.7	0.8
24/06	4.3	14.3	0
25/06	3.7	12.1	2.8
26/06	3.0	11.9	0.4
27/06	0.3	14.1	0.2
28/06	5.1	13.9	0
29/06	0.6	13.2	0.2
30/06	5.6	13.5	0
1/07	1.33	14.7	0
2/07	1.7	16.0	0
3/07	2.2	15.8	0
4/07	6.4	13.5	4.8

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.

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Lake Grace Doctors Surgery Doctors Dates

6/07– Dr Toye 9-5

7/07– Dr Toye 9-12

10/07, 11/07 & 12/07– Dr Olu 9-5

13/07– CLOSED

14/07– Dr Ola (skin checks only)

17/07, 18/07 & 19/07– Dr Olu 9-5

20/07– Dr Toye 9-5

21/07– Dr Toye 9-12

*Closed during
lunch hours
1:00pm -
2:00pm daily*

We would like to thank the entire Shire of Lake Grace for the last 6 years we have spent serving the community.

As informed by the Shire Council, led by the President, a decision has been made to terminate our contract.

We are grateful for the opportunity given to serve the community and we wish the best for the people of the Lake Grace and surroundings.

Dr. Olowa, Dr. Omoniyi and Dr. Olumide.

65 Projects Funded Thanks to Future Drought Fund

FRRR has awarded \$3,733,324 to local organisations in 11 regions across Australia for 65 projects that will enhance the capacity and resilience of these agriculture-dependent communities in preparing for the impacts of future drought.

Funded through the Future Drought Fund's Helping Regional Communities Prepare for Drought Initiative, this is the second tranche of funding delivered through the Initiative's Community Impact Program. The first tranche was announced last month.

The Initiative is designed to support locally-led organisations across 35 remote, rural and regional regions, identified as vulnerable to the impacts of drought.

Thanks to the Community Impact Program, these organisations will work together to deliver a range of projects, events, initiatives, training, capability building and small-scale community infrastructure projects to assist local people prepare for future droughts.

As part of the Program, a facilitator has been employed in each region to support the lead community partner in engaging and communicating with key stakeholders, helping identify investments that are already happening locally and ensuring that the projects align with the community's preparedness priorities.

Nina O'Brien, Disaster Resilience and Recovery Lead for FRRR, says that the Foundation is always impressed by the fortitude and adaptability of rural people and their willingness to learn and share innovative ways to build drought resilience.

"The collaborative nature of the Community Impact Program has been well received by local groups. They have really stepped up, coming together to shape local solutions to increase understanding and provide practical solutions to increasing drought preparedness that make sense at a local community level.

"With the Australian Government's support, these grants will create opportunities for these agriculture-dependent communities to increase social connection, strengthen network opportunities and identify and adopt innovative and transformative ways to build drought resilience.

"We look forward to seeing the impacts of these projects, as they roll out over the next two years," Ms O'Brien said.

As part of the program, each region can also access tailored Australian Rural Leadership Foundation (ARLF) leadership development activities.

ARLF Chief Executive, Matt Linnegar, says the leadership development supports the delivery of local projects and yields long-term benefits for the regions.

"We know that a multimodal approach of leadership development increases the impact the investments have in each region. In addition to the project funding, these leadership development activities build social

capital required to support the project and people in each region. We get to connect local networks, create a deeper sense of shared purpose and develop capability that helps people to take action and address challenges and make the most of opportunities."

Participants also gain access to the wider alumni network of the ARLF. "It's these connections that prove invaluable to people. When they're stuck, there's someone to ask for advice," Mr Linnegar said.

A detailed list of grant recipients and their preparedness projects is below.

Other elements of the Future Drought Fund's Helping Regional Communities Prepare for Drought Initiative are also underway, including a Mentoring program, being led by ARLF. Work is also underway on the design of the network to connect leaders working on these projects across the country and FRRR is finalising the appointment of an expertise panel, which the groups awarded funding can draw on, if they don't have locally qualified people with the skills they need.

In addition, there will be small grants on offer in areas that aren't covered by these Community Impact Program grants, which will open early next year.

Successful grant for Wheatbelt South (Region 18) were:

Corrigin Farm Improvement Group. Community Partner Lead Organisation (CPLO). Strengthen drought preparedness and drive local action in the Wheatbelt South region through the coordination of Community Impact Program activities and evaluation administration. \$73,687

Shire of West Arthur. Economic / Business Diversification. Improve capability, coordination and collaboration between networks, other community organisations and sectors that can be drawn upon in future drought through networking sessions, information, events and through the increase in the utilisation of community infrastructure. \$106,437.

Lake Grace CRC. Youth Events and Networking. Building capability in community leaders, networks and organisations to undertake strategic drought resilience planning and future drought preparedness activities through the establishment of an informal youth network, activities and events which will build capabilities of future leaders. \$52,277.

Corrigin Farm Improvement Group. Next Generation Volunteers. Support capacity building activities where local people and communities have opportunities to develop the skills and knowledge to ace the unique challenges caused by drought in remote, rural and regional Australia through delivering leadership workshops and volunteering opportunities for emerging leaders.



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

For further details or to book your First Aid Course please contact

St John Northam Head office on 9334 1233 or register online at <https://stohnwa.com.au/first-aid-training/first-aid-courses/details/2456-2/provide-first-aid-1-day?sort=popularity&show=10&ref=courses>



Understand first aid

Learn about first aid theory and action plans



CPR and defibrillation

Practise CPR skills and how to apply a defibrillator.



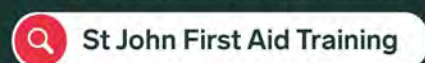
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10 Questions with...

What is your name? Justin Wright

What do you do for a living?

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(Elders Insurance)

What's the best part of your job?

Working with the crew at Elders

Do you have a favourite movie from your childhood?

The Castle

Who's your favourite band? Dire Straits

What would be your dream holiday destination? USA

If you could have any 3 famous people over for dinner, who would they be?

Stefan Edberg, Ayrton Senna & Kylie Minogue

What's your favourite time of year and why? November as it is the time when the Melbourne Cup of Greyhounds is run

Who's your favourite sporting team? North Melbourne / Parramatta Eels

What would be your dream car? Lotus



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Lake Grace WA 6353
PHONE: 9865 1104



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Medals for Lake Grace Gymnasts *cont.)*



Left is the Level 1 Gymnasts: Sadie King, Millie Oatridge, Eve Stubberfield, and Isobel de Vree.

Below: Level 3 Gymnast Matilda Duckworth with Coaches Sarah Clarke and Tahlia Willock.



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closed @ 2:30pm

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POLICE NEWS

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

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

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

STATION NEWS

This week we say we farewell to Sergeant EGAN-REID for a few weeks whilst he ventures to New Zealand to visit family for a well-earned holiday. Scott and Wade visited the school the other week to speak with students about cyber awareness and ensuring safety whilst being online. The talk went well and we were happy that the children asked us many questions.

Wade took a quick trip to Albany to assist in a DST (District Support Team) task regarding a search of bushland for an individual who evaded police. The team were unsuccessful in locating the person, however intelligence suggests he may have hot footed it to Kalgoorlie.

Josh and Scott completed their yearly AR-15 requalification in Narrogin. This rifle is rarely used, however ensuring all offices are aware of how it works is paramount. We are happy to report that both guys passed with flying colours.

TRAFFIC NEWS

We received reports of a vehicle hooning in and around Lake Grace after the Colts Carnival, thanks to your help we were able to identify the vehicle involved. We soon paid the owner a visit whilst they were at work, it's fair to say the owner of the vehicle wasn't expecting us, and not long after our conversation they decided that they were probably were not welcome in town anymore and have since left.

This type of driving behaviour is illegal and extremely disappointing to see, it is a sure-fire way of having your vehicle impounded and being charged under the Road Traffic Act.

Did you know that under Section 34 of the Road Traffic Administration Act 2008, a vehicle owner needs to be able to identify the driver of their vehicle at any given



time, failing to provide the necessary details when required to do so could result in a hefty fine for you.

Scott and Wade recently attended to a vehicle that had caught fire on the Hyden – Lake King Road. Thanks go to the Hyden VFES crew that attended and moved the crispy vehicle off the road, we think it might be beyond saving (photo below).

CRIME NEWS

Regarding crime news there is not much to report, however we were made aware of some rubbish dumping that took place over an unknown period of time.

At the lookout, west of Lake Grace an unknown person or group of people have chosen to dump a large amount of rubbish, if you have any information regarding please drop in to see us.

Kindest Regards,
 Lake Grace Police Station.

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**SKELETON WEED UPDATE IN SHIRES OF LAKE
GRACE/KULIN/KONDININ/DUMBLEYUNG AND WICKEPIN**

**A WELCOME TO OUR NEW CHAIRMAN JIM SULLIVAN WHO HAS
MANY YEARS EXPERIENCE ON THE GRAINS SEEDS AND HAY INDUSTRY
COMMITTEE**

- **WINTER SPRAYING IS UNDERWAY THE CONTRACTOR WILL CONTACT YOU BEFORE SPRAYING**
- **IF YOU HAVE SEEDED THROUGH YOUR SQUARES THEY WILL BE SPRAYED OUT AS PER THE PROGRAM REQUIREMENTS (UNLESS PRIOR APPROVAL BY DPIRD AND LAG)**
- **SPRAY DIARIES MUST BE RETURNED TO THOSE PROVIDED LONTREL WHO WILL BE CONTACTED FOR DELIVERY SOON.**
- **CHECK YOUR INFESTED AREAS MONTHLY ESPECIALLY IF STOCKED
CHECK ONE MONTH AFTER STOCK REMOVED.**
- **ANY QUESTIONS REGARDING YOUR INFESTATIONS OR THE PROGRAM
CONTACT**

LYN CARRUTHERS 0409351373

LAKES LOCAL ACTION GROUP COORDINATOR

SUPPORTED BY YOUR INDUSTRY

Book Review: The Boys From Biloxi—John Grisham

Suzanne Reeves

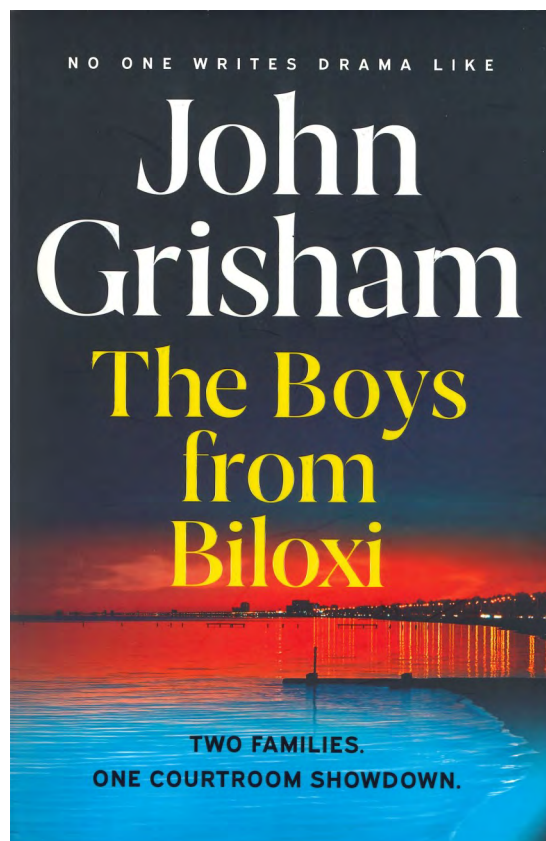
For most of the last hundred years, Biloxi was known for its beaches, resorts, and seafood industry. But it had a darker side. It was also notorious for corruption and vice, everything from gambling, prostitution, bootleg liquor, drugs...even contract killings. The vice was controlled by a small cabal of mobsters, many of them rumoured to be members of the Dixie Mafia.

Keith Rudy and Hugh Malco grew up in Biloxi in the sixties and were childhood friends. But as teenagers, their lives took them in different directions. Keith's father became a legendary prosecutor, determined to 'clean up the Coast.' Hugh's father became the 'Boss' of Biloxi's criminal underground. Keith went to law school and followed in his father's footsteps. Hugh preferred the nightlife and worked in his father's clubs. The two families were headed for a showdown, one that would happen in a courtroom.

Rich with history and with a large cast of unforgettable characters, *The Boys from Biloxi* is a sweeping saga of two sons of immigrant families who grow up as friends, but ultimately find themselves in a knife-edge legal confrontation in which life itself hangs in the balance.

A great read which demonstrates how life's choices can take us in different directions.

This book isn't available at the Lake Grace Library at this stage but if you're nice to me I'm happy to loan.



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Email: bcoxon@summitfertz.com.au



The Good News Page

Kevin Seaman

I was not surprised when people indicated they missed the articles of "Bits and Pieces" and "Quips & Quotes" etc from the Links since changing to "Good News Stories"

But they also indicated that they enjoyed having these stories to read to try and forget the troubles of the world.

Solution = let's combine all and present to you a bit of all current and past topics and any other topic that you may find interesting.

Firstly, under the auspicious title of "Bits and Pieces" (and I am sure Stephen King, writer of many terrifying stories, would be proud to put his name as the author):

Three Boys Go into a Haunted House (Author Unknown)

Three boys go into a haunted house. One brought a knife, one brought a gun, and one brought nothing but a few cough drops.

They crept in. It was pitch black and stone quiet. They were suddenly starting to regret this dare. Stupidly, only one brought a flash light. The aggressive darkness and inky black yielded with grudging compliance but always seeming to push back. They moved cautiously onward amid the dust and cobwebs. The floor creaked. They breathe in tight, quick breaths. You could hear a pin drop.

Suddenly, there was a deep moan. "OOOOOOOOOUUUU". It seemed to come from below them. The house had been abandoned for years. Who or what could make such a sound? The boys looked at each other, but continued on, hearts pounding in their chests.

As they proceeded into the kitchen they encountered a swarm of flies. Buzzing and beating at their necks and faces, they rushed and stumbled to the door, not stopping to see what they were truly feasting on. They slammed the door behind them. Maybe a body? But no way were they going back to find out. And again came the sound, "ooooOOOOooooOOOUU" but louder this time, and closer. They proceeded through the dark into the dining room. They saw a fully set dining table covered in cob webs. Dust-covered regal-looking glasses, goblets, and silverware adorned the table. Spiders climbed on ivory plates. Clearly a house of privilege and set for a grand feast which never happened.

Or, perhaps, met a fatal end?

They pushed on. But again that unearthly howl. "OOOOOooooOOOOOOUUOOOooooUUOOOUoo".

They found the basement staircase, and from below, the sounds seemed to be emanating. Could they proceed? Would they? Did they dare? Two of the boys looked at each other, faces filled with worry. But the third said, confidently, "We're going down there." Not wanting to seem the weaker, the other two boys steeled themselves and nodded.

The stairs creaked and groaned evilly under their feet. The rickety banister shook in angry defiance. Insects and vermin scattered underneath them with every step. They were descending into hell, they knew, but none would turn back.

And the sound: "OOOooooOOOOOOUUUUUUuuuuOOO". Now loud enough to fill not only their heads but seeming to claw at their very souls!

Not at the basement door! The antique, crying speak of the hinges eeeeeEEEEEEEEEE made the boys wince and almost cover their ears. But they had to know. WHAT was making that horrible, terrible sound?

"ooooooOOOOOooUUUUOooooooUUUUUUUUOO OOOO".

In the center of the basement lay an unholy coffin! A twisted artistic expression of murder, decay and disease! Brutish, incorrect lengths had been forced together, buckling the wood and bulging the steel at points, as if death, itself, were attempting to escape. It was festooned with beast-like emblems and decrepid artifacts: skulls, antlers, skins, totems, and drenched in the colour of blood!

It was TRUE! The house really was haunted!



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The Good News Page *(cont.)*

“OOOOOOuUUUooOOOOUUUUUUUUOOOUOouuuoOU
OUUU”.

Now the boys realized with sheer horror that the insane moaning was definitely coming from the coffin!

Before the boys could turn and run, the coffin started to turn! It turned and turned, and gained speed. It was spinning in the air before them! A mix of terror and fascination gripped them. Unable to look away. Unable to run. It spun faster and faster AND FASTER!

“OOOOUUUUUUuuuuuuUOOOOOOooooUUUOOOOoo
o”.

The first boy with the knife slashed in the air in front of him, as if to stab away at the evil! Then he dropped the knife and ran back up the stairs, never to be seen again.

The second boy with the gun fired warning shots at the ceiling BANG! BANG!, but then thought better of it, dropped his gun and also ran up the stairs, and was also never to be seen again.

The third boy stood there calmly, reached into his pocket and popped a cough drop into his mouth. He sucked on it for a bit.

And the coffin stopped.

Boom boom!

A little challenge for you: Unscramble the mixed WA town names below:

1. RINGAPIGN
2. WNIEROD
3. LALMIGNOOG
4. REEKGINM
5. EPWLAOL
6. JIPUMNAM
7. KMNDEAR
8. NOTELSUSB
9. NCKRAKOORB
10. NOTEMPBER

Answers on page 32.



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.

Warrior Wellbeing Article

The Regional Men's Health Initiative, (08) 6314 1436, menshealth@4blokes.com.au

What Do You Do When Someone Close to You Is Struggling But Won't Seek Help?

I was speaking with a bloke not long ago, Joe, who was feeling really frustrated when trying to help a mate who was avoiding Joe's attempts at support and refusing to seek help, even though he was obviously in some emotional distress. As is often the case Joe felt powerless in this situation and asked how he might better approach things.

So, what do we do when someone close to us, often a friend or family member, won't seek help? How do we manage the sense of obligation we may feel or the emotions that come with this?

First and foremost, we must remind ourselves that we do not carry the responsibility for other people's health and wellbeing, they do! However, in the above situation it is important to try and understand the reasons why some people are less likely to seek help when it is needed. We need to recognise that often when people are in the middle of a tough situation, simply making a decision to admit something is wrong can be a difficult and daunting thing. It can take time for some people to become comfortable enough with their situation to then contemplate the idea of accessing help. For others, negotiating feelings of embarrassment and shame can be quite overwhelming.

I take my hat off to Joe because, like him, we all need to recognise our role as primary carers, that is, everyday people in the community actively supporting and looking out for our mates.

Whilst our intentions can be coming from a good place, trying to get someone to change or seek help can put more of a strain on your friendship/relationship. Alternatively, simply avoiding the issue can foster stronger feelings of isolation and possibly result in the person becoming even more resistant. This can prove difficult when the time comes, and they are ready to reach out but may no longer feel comfortable with the idea of approaching you.

As difficult as these situations can seem, it is important to be there for people who are going through a tough time. You can do this just by letting them know you are available to listen when they need it and help when they do decide to reach out. In the meantime, you could take the opportunity to do a bit of research into what specialised local support options might be available, if required, such as a counsellor, financial/legal support or the GP, so you can be prepared and direct them when they do reach out. We also need to remind ourselves that the ability to listen effectively is one of the most important skills we can possess. Being a good listener can have a big impact on improving our relationships and helping others.

At the end of the day, it's also important to look after yourself. Setting clear boundaries is healthy and is all about understanding our limits. If you are starting to feel

overwhelmed, talking to someone yourself can provide a good outlet and perhaps some insights into ways to manage the situation.

Most of the time, giving someone the space they need to arrive at seeking help is a good thing. However, if you do have concerns that someone is at imminent risk or danger to themselves or others, it is important that you act on this and seek professional help immediately. In these circumstances you may be worried about going against a person's wishes, but realistically most of us would rather deal with an angry response than a situation where the person we care about is seriously hurt or in trouble.



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Community Newsletter

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CEO Chat

Welcome to the start of a new financial year. Work is well underway towards finalising the budget for the 2023/2024 year. We are working on getting it endorsed by Council at the next Council meeting on 26 July.

We are pleased to advise everyone that the lights at the Lake Grace Ovals have now been adjusted as promised. Thanks to CBH for the use of the cherry picker and Doug Pauley for braving the blustery weather some 30metres up in the air.

We said farewell to Cheryl Chappell on Thursday 29 June as she officially retires on 30 June after nearly 11 years and 2 months with the Shire of Lake Grace.

I attended the live sheep export meeting in Lake Grace on 21st June. There was a good turnout of people and it was made most obvious to the consulting panel that there really wasn't a plan B and that live export should stay. There were some very good arguments put forward for its retention. The main spokesperson on the panel was very impressed with the quality of the arguments put forward and remarked to me afterwards that there was one person there that should be a politician as that is the sort of person needed in government.

The Aboriginal Cultural Heritage Act is still creating headaches and confusion within all parties. I would suggest that everyone interested tries to keep up with updates via the government website.

Highlights from 28 June Council meeting;

- The WA Planning Commission sought comment from the Shire on a property subdivision at North Lake Grace. Council resolved to unconditionally support the proposed subdivision as long as the proponent can clearly demonstrate it will comply with all relevant town planning requirements pertaining to the subdivision of rural land.
- At last month's meeting Council approved the removal of the "Overnight Caravan Parking Not Permitted" sign at the Lake King Rest Stop subject to consultation with affected parties. As a result of the consultation process it was referred again to Council who have now resolved to leave the sign in place.
- Council received a report on the Aboriginal Cultural Heritage Act most of which is still undergoing updates.
- A submission was received from a ratepayer regarding concerns with the proposed sale of Lot 12 Biddy- Camm Rd to CBH. Council considered the submission and after consultation with several parties were satisfied that the areas of concern raised would be dealt with in the development approval process. As such the sale will proceed in due course.
- Finally, due largely to concerns raised by ratepayers during the consultation period recently undertaken whilst updating the Shire Strategic Community Plan Council has taken the steps to give the Doctors in Lake Grace 3 months notice of the termination of their Practice Management Agreement for the operations of the Lake Grace and Newdegate Medical Centre. A survey was sent out several months ago through Australia Post to all householders and mailbox holders within the Shire as well as links to the survey being placed on the Shire social media pages. This was a decision not taken lightly by Council and in no way reflects any doubts as to the ability of the Doctors. We thank them for their services over the past 6 plus years.
- Work is currently underway to replace the doctors who will be finishing up on 31 August.

Alan George
Chief Executive Officer

Ordinary Council Meeting

An Ordinary Council Meeting will be held on **Wednesday 26 July** from 3.30pm at the Council Chambers, Administration Building
The Agenda will be available on www.lakegrace.wa.gov.au

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.

Everyone Welcome

Community Infrastructure Services

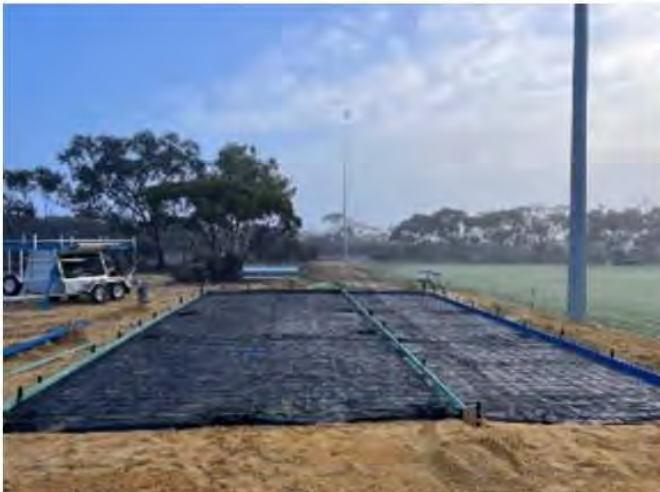
Shire staff and contractors have commenced work on the Newdegate Hockey shed replacement project. This project was made possible by the Local Roads and Community Infrastructure Project funding the Shire received and funding from the Newdegate Hockey Club to fit out the building once complete. This project is expected to be completed prior to the Grand Final.



In the last month or so contractors for the DWER Rural Water Planning team in Albany installed a floating cover on the North Lake Grace underground concrete tank to try and reduce evaporation. DWER is currently in the early procurement stages of getting quotes to supply and install a 250KL steel tank and a high flow solar pump that will connect the underground tank and the steel tank to allow for an easy to use emergency community water supply. The Shire has also been successful in receiving a Community Water Supply grant that will see the installation of a 250KL steel tank and solar pump on the Buniche underground water tank for a future community emergency water supply. (works are currently underway at Buniche at the time this is being written)

Craig Elefsen

Manager Infrastructure Services



Concrete pad ready for the walls



Stopping evaporation



Check our Shire website
<https://www.lakegrace.wa.gov.au/>

Community Emergency Service

Fire Control Office Training

Between 20-22 June we hosted an FCO training event at the Newdegate Country Club, delivering 4 courses for each of the participants. Everyone achieved competency in Bushfire Safety Awareness, Firefighting Skills and Machinery Supervision, with some completing the Fire Control Officer's course and the others levelling up their game on liaising with aerial suppression resources with the Ground Controllers course. This represented the first major step in working towards our Shire-adopted Bush Fire Service Training Program. Our Training Program details the training expectations for community members in the different firefighting roles available, from Farm Response to the Chief Bush Fire Control Officer.

The training included classroom theory sessions tailored to the group's experience and concluded with practical drills and assessments of the skills covered. We had the Lake King 4.4 and Newdegate 3.4 fire trucks for the practical which presented a great opportunity to learn more about the capabilities of each truck. We also learnt about the crew safety and protective equipment that our trucks are fitted with, including exterior water sprays to minimise the impact of a burn-over situation. All participants noted good learning opportunities and various gems that they would take away with them. We would also like to give a big shout-out to Mackenzie from Farmyard Pantry for keeping us

well-fed with her delicious and nutritious catering over the three days, Thank you!

Matt Castaldini

Community Emergency Services Manager



Hose Drills



Crew Protection Sprays



Ladder Training



High Pressure Hose Drill



Above: DCBFCO Brad Watson, Anthony Teale, CESM Matt Castaldini, Amanda Giles, CBFCO David Roberts, Jason Sugg, Peter Walker, Ross Chappell, Craig Newman, Dean Rintoul, Callan Tonkin, Aaron Guelfi, Geoff Richardson, Tyson De Landgraft. Present, Not in Photo: Rhys De Landgraft. Other Attendees: Craig Elefsen, Scott Ball, Wes Hall

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 (cancelled)

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.

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



Check our Facebook page

<https://www.facebook.com/ShireofLakeGrace/>

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 18 July	Tuesday 11 July
Tuesday 4 August	Tuesday 25 July

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.

Community Information

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.

Facility Hire

Please contact the Shire to book Shire facilities.

You are required to read the COVID Safety Plan before using the facility.

People, groups, and clubs who hire public buildings are still required to:

- Complete the WA Government Safety Plan
- Register users of the facility
- Monitor entry and exits
- Disinfect surfaces, door handles, table chairs, showers, and toilets regularly.

At the end of the event the requirements are:

- Clean and return tables and chairs to the designated storage area
- Put all rubbish into the outside Sulo bins provided, including rubbish in toilets
- Ensure all stoves and lights are turned off
- Report any damages incurred while hiring the facility
- **Facility is to be left in the same condition as found upon arrival including the floors**
- All external doors are closed and locked

Shire cleaners are responsible for the general cleaning of the facility. They are not responsible for cleaning up after a function.

Please clean and put away everything you use.

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



FULL NAME: _____

EMAIL ADDRESS: (must be property owner) _____

PROPERTY ASSESSMENT NUMBER: A _____

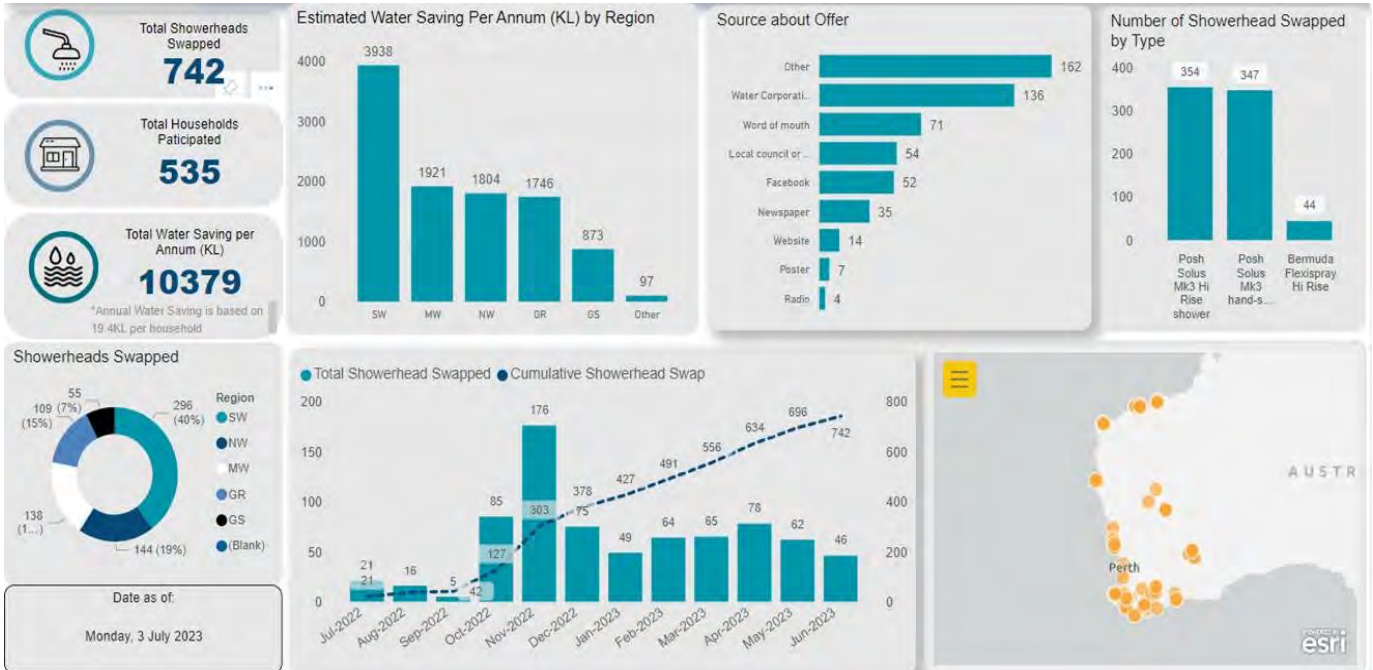
PROPERTY ASSESSMENT NUMBER: A _____

PROPERTY ASSESSMENT NUMBER: A _____

PROPERTY ASSESSMENT NUMBER: A _____

Showerhead Swap Program Saves Millions of Litres

The 22-23 Showerhead Swap Program has come to an end with fantastic estimated water savings of over 10 million litres of water - that's more than 4 Olympic Swimming Pools! The Lake Grace CRC still has shower heads available to swap so come by the office with your water bill and we can swap your shower head for you!



Save the Date

Delta Lake Grace are hosting one for the ladies:

Crops & Cuppas

*Thursday the 3rd of August 2023
 At Walkers Hill Vineyard, Lake Grace
 From 9am to approx 2pm*

An open invitation:
to all women involved in agriculture in any capacity

Agenda to follow shortly:
Keep an eye on social media and the Lakes Link

RSVP or further information please contact:

*9865 2973
 Admin.LakeGrace@deltawa.com.au*





Employment Opportunities

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**
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Tyson Bell 0427 890 058
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- **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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most days

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Come and enjoy a tea/coffee with homemade cake

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Vintage cool drink bottles, vintage motorbikes, vintage farm machinery, etc.

FREE appraisals 25 years experienced antiques dealer.

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Email jimsmoker55@gmail.com



Puzzles and Stuff

Some words for 22nd June edition of Boggle

Answers for 22nd June edition of Sudoku

- Disforest Rifest
- Defrosts Rifted
- Defrost Refits
- Foisted Sifted
- Forests Drift
- Forties Fetid
- Fosters Fired
- Frosted First
- Sifters Fists
- Softies Fords
- Drifts Frets
- Fjords Fried
- Firsts Sifts
- Forest Fits
- Foster rife

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

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

T	S	E
P	R	E
T	R	O

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



Gardening

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

- | | | |
|--------|-------|-------|
| BED | GROW | SOIL |
| BUSHES | HOE | STEM |
| DEAD | LEAF | WATER |
| DIG | PLANT | WEEDS |
| DIRT | ROOT | WILT |
| FLOWER | ROSE | WORM |
| GARDEN | SEED | YARD |



LGDHS Interschool Cross Country

Suzanne Reeves, Photos and stats courtesy of Lake Grace District High School

Twenty plus students from Lake Grace District High School travelled to Kojonup to take part in the Interschool Cross Country. Seven schools took part in this event that challenges students in years 4-10 to run their way through an outdoor course in the fastest possible time.

Freezing conditions, rain and HILLS were just some of the adversities that the runners had to endure as they made their way through the course.

Lake Grace came in fourth in the overall results and third with the handicap, Mitchell Matthews and Mitchell Gooding broke records on the day.

Results:



Pictured above: The team of Lake Grace District High School Students who attended the Interschool Cross Country in Kojonup.

OVERALL		
Place	School	Points
7 th	Jerramungup	121
6 th	Gnowangerup	191
5 th	Boddington	197
4 th	Lake Grace	262
3 rd	Ravensthorpe	381
2 nd	Wagin	461
1 st	Kojonup	542

HANDICAP		
Place	School	Points
7 th	Gnowangerup	191
6 th	Boddington	203
5 th	Jerramungup	315
4 th	Wagin	527
3 rd	Lake Grace	576
2 nd	Kojonup	578
1 st	Ravensthorpe	757

INDIVIDUAL			
Age Group	Champion	Runner-up	Third Place
Year 5 Boys	Mitchell Gooding Record: 6:44.56		Bryce Carruthers
Year 7 Boys		Taj Trevenen	
Year 8 Boys	Mitchell Matthews Record: 9:43.34		
Year 9 Girls	Morgan Chatfield		



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.

Lake Grace-Pingrup Football Notes

Chris Poot

Round 9 versus Boxwood Hills in Lake Grace

League

Lake Grace-Pingrup 15.10 (100) defeated Boxwood Hill 4.3 (27)				
LGP	31 5.1	44 7.2	85 13.7	100 15.10
BH	7 1.1	13 2.1	20 3.2	27 4.3

The side ran out into what would have to have been one of the coldest days for football in the last few years. Thankfully not much of a breeze, but there was some precipitation to keep things interesting.

Before the game got under way, young Lewis Garard was presented with his jumper in his debut league game. Boxwood were down a few key forwards, but that doesn't change the mindset - you go out to beat whoever is out on the field on the day. The boys played arguably their best 4 quarter game for the year. We did lose a few with injury early in the game, but thankfully the way the game was going meant we didn't have to risk anyone coming back on.

Austin "Rattle" Cook played his best game of league football for Lake Grace-Pingrup and it is pleasing to see his determination and efforts on the training track to continue developing his game help him with a great performance. Little Lewis Garard was outstanding on debut and showed he can fit right in and his future could take him anywhere. It was a hard day for coach Kelvin Holmes to pick best players with everyone contributing.

Goals: Not provided



Best Players: Konnah Holmes, Luke Bairstow, Lewis Garard, Austin Cook

Reserves

Lake Grace-Pingrup 13.19 (97) defeated Boxwood Hill 4.3 (27)				
LGP	36 5.6	51 7.9	80 11.14	97 13.19
BH	6 1.0	14 2.2	21 3.3	27 4.3

With the school kids home and a few ins for the league side, the reserves team looked really strong. The young brigade of school kids home from Perth added great run and skill to help the old blokes out around the ground.

Lewis Garard played so well they had to take him off at half time to rest up for the afternoon game. Jonti Robinson looked good running through the midfield and Jai Holmes who seems to have grown 2 feet in 10 weeks took plenty of great marks and kicked 4 goals up forward. Link Eaton was solid at center half forward as well and took a few ripper pack marks.

Goals: Not provided

Best Players: Lewis Garard, Jonti Robinson, Chris Poot, Jai Holmes

Round 10 versus Gnowangerup in Gnowangerup

League

Lake Grace-Pingrup 7.14 (56) defeated Gnowangerup 8.7 (55)				
Gnow	20 3.2	20 3.2	47 7.5	55 8.7
LGP	16 2.4	27 3.9	35 4.11	56 7.14

The club flew down to Gnowangerup on Saturday for the round 10 top of the table clash with Gnowangerup.

Lake Grace-Pingrup coming off their best game against Boxwood and were in positive spirits. Gnowangerup still missing some key players from their best side were ready to take us on after a healthy outing against Jerramungup the week before.

The Bulldogs got off to flyer of a start with the first few goals. The Bombers were struggling with hitting targets around the ground, but eventually managed to hit the scoreboard and keep themselves in the game. The second quarter continued much the same way, except the Bombers defensive unit was able to hold the Dogs scoreless into the wind. The third quarter saw plenty of shots on goal, but some reason the homing device on

Left: Lewis Garard being presented with his jumper for his debut League game by coach Kelvin Holmes.

Lake Grace-Pingrup Football Notes *(cont.)*

the ball couldn't find its way through the big sticks. With a huge rev up from Coach Kelvin Holmes at 3 quarter time, the boys gave it their all to fight back the lead and hold on in what was a thriller all the way down to the final minute.

Well done to Gnowangerup for hosting NAIDOC round. Great to see Robbie Minter addressing the players and crowd before the game. Robbie presented the NAIDOC round game ball to Luke Bairstow for his superb performance.

Goals: Jackson Callope 3, Bailey McGlenn 2, Tyson Prater 1, Mitch O'Neill 1

Best Players: Luke Bairstow, Ashton Gray, Mitch Smith, Reuben Smith

Reserves

Lake Grace-Pingrup 8.11 (59) defeated Gnowangerup 2.6 (18)				
Gnow	1 -.1	2 -.2	17 2.5	18 2.6
LGP	20 3.2	43 6.7	51 7.9	59 8.11

With a few senior players out, the young brigade stood

up to show how bright the future of the club is. Link Eaton led the way from the ruck giving silver service to Willy and Liam Korosec in the middle.

Ryan Baker played brilliant off the wing and through the middle. His hardness at the ball and no fear coupled with ferocious tackling has helped his chances of a call up to the league side when it presents.

Ol' Christo Trevenen wound back the clock from defence and Lachie Gray was great up forward in the first half. Two wins from the past two outings gets the side back on track for the final round of fixtures ahead of finals.

Goals: Not provided

Best: Ryan Baker, Liam Korosec, Link Eaton, Christo Trevenen



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.



Are you a Men's shed member? Cost is only \$15 pa.

Membership renewals will be sent out this month, if you don't receive a renewal notice then please drop into the CRC so that we can rectify the situation.

If you would like to be a member then drop into the shed on a Tuesday or Thursday morning and fill in an application form.

Lake Grace-Pingrup Junior Netball

Courtney Withnell

Round 9: Saturday June 24th v Boxwood Hill

Lake Grace-Pingrup had a good win over Boxwood last weekend, winning 32-14. All kids did great while playing on wet and slippery courts. Our team work has come a long way with a number of younger kids stepping up while the experienced players keep the team moving along smoothly.

AWARD WINNERS -

Best on ground - Xavier Pawsey

2nd Best on ground - Paige Trevenen

Coaches award - Braxton Roukens & Layla Fleay

AWARD WINNERS -

Best on ground - Paige Trevenen

2nd Best on ground - Charli Bell

Coaches award - Layla Fleay

Round 10: Saturday 1st July v Gnowangerup

While most of our year 7s were away after their Canberra Camp, we had lots of year 5s come in to help complete the team this weekend. The efforts around the circle have definitely improved and are showing with a close win over Gnowangerup, 11-9. Great intercepts by Rebekah and Charli helped turn the game around.

Thank you to Braxton Roukens, who filled in and made a big difference in our defending end.

ANSWERS for Good News Page

- | | |
|---------------|---------------|
| 1. Pingaring | 6. Manjimup |
| 2. Dowerin | 7. Denmark |
| 3. Goomalling | 8. Bussleton |
| 4. Mekering | 9. Cranbrook |
| 5. Walpole | 10. Pemberton |



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

Lake Grace-Pingrup A Grade Netball

Karen Bairstow

Round 9: Saturday June 24th v Boxwood Hill

Played in Lake Grace on one of the coldest days at sport in Lake Grace.

From the very first centre pass every player was switched on and gelled together to play a great style of netball.

The players all played their positions beautifully and linked up play as a team, probably the best team effort of the year.

The backing up of each other and perfect passing got the ball into the goal shooters who played very well and ran their opposition ragged.

Centre court was on top and the defensive end were well on top of the game making for some turnovers to get the game in our favour.

Thankyou to Sammy who came up and played and played an awesome game in WA and huge thankyou to Tayla for sitting on the bench for us. A great game to watch and coach, well done girls.

FINAL SCORE: LGP 60- BOX 23

Best on ground: CLAIRE GRAY

2nd Best on ground: CHLOE MCDOUGALL

Coaches Award: SAMMY PALMER

Round 10: Saturday 1st July v Gnowangerup

After the bye we travelled to Gnowangerup to play a very talented side. Apart from the first quarter where we kept up with Gnowangerup, we were outplayed by a very fast and skilled team. The defence tried their hardest against some talented shooters who hardly missed a goal. But we found it very difficult to get the ball down court and into the circle opting to throw over tall defenders rather than everyone working to the front. Everyones effort was there but unfortunately the result wasnt. Another bye, then the start of the last round down at Jerramungup, lets all get to training and work on our game.

HUGE THANKYOU again to Sammy and Tayla for coming up and playing for us.

FINAL SCORE:GNP 57- LGP 27

Best on ground: CLAIRE GRAY

2nd Best on ground: LAUREN DUCKWORTH

Coaches award: JOELY SLINN

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.

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



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[newdegatecrcwestnet.com.au](https://www.newdegatecrcwestnet.com.au)



Register via <https://events.humanitix.com/eco-natural-dye-workshop>

Newdegate CRC also has Pilates classes happening on Friday morning at 9:30am (21st July onwards) with Tara Cook.

Classes need to be booked in a 6 week block - \$120.

Lake Grace-Pingrup B Grade Netball

Misha Holmes

Saturday June 24th Round 9 v Boxwood Hill

This week the girls braved the chilly 12 degrees day in Lake Grace for our match against Boxwood Hills. Unfortunately Boxwood played solidly for all 4 quarters, and we just couldn't get into the flow of the game. The girls didn't give up all day, and fourth quarter saw them get into their groove, but it was a little too late.

Well done to the girls for sticking together and keeping going. It's a great feeling in the team each week.

Final score was Lake Grace Pingrup 19 V Boxwood Hills 58

Best on ground – Sammy Palmer

2nd Best on ground – Latisha McGlenn

Coaches award – Rachael Leagas

Saturday 1st July Round 10 v Gnowangerup

We travelled to Gnowangerup this week for the last game in Round 2. Playing inside was definitely a bonus with the cool weather again. The girls all wanted to

improve from last week and were excited to play. With a few late withdrawals due to sickness we hit the court with 9 girls raring to go. Thanks to Emilee Eaton for sitting on the bench if we needed her.

First quarter took us a bit by surprise. Playing indoors is always a lot faster and Gnowangerup's team was on fire. Our defence played brilliantly against very strong shooters who never missed.

The girls stepped up in the second quarter and did some great plays down the court. They provided extra options when needed and worked hard to stick on their players.

At half time we were down by 21 but were keeping Gnowangerup in our sights and had definitely started to shift the play.

Our third and fourth quarters the girls kept getting better and really slowed down Gnowangerups scoring. It was great seeing the girls fight it out right until the end against an extremely skilled Gnowangerup side.

Our final score didn't reflect the effort all the girls put in. They played some great netball and our fitness and skills just keep getting better.

Final Score Lake Grace Pingrup 22 v Gnowangerup 56

Best on ground – Danie Drummond Haye

2nd Best on ground – Georgia Mills

Coaches award – Courtney Shephard We have a bye next week before starting our final round on July 15th in Jerramungup.

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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 3rd August 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 the Lake Grace CRC on 9865 1470

to book your spot.

Lake Grace Golf Notes

Mark Livall

Sunday 25th June

On the 25th of June we played a Stableford sponsored by Lake Grace Meat Supplies and Farmers Centre Lake Grace. Once again, we had another fantastic turn out of 14 golfers and welcomed 2 new faces for the year in Clint Trevenen and Kim Slarke. Conditions for the day looked to be great for golf but soon turned when the rain clouds come in with wind, rain and even some hail which didn't help the score cards. Winner for the day and obviously stood up to the conditions was Harry Slarke with 37 points. Runner up with 35 points was Reid Stubberfield.

NTP 4 – ACDC Auto Electrics – C Trevenen

NTP 6 – Lindandrew – J Wright

NTP 15 – Mckenzie Concrete – F Hunt

NTP 18 – Lakes Plumbing – S Stubberfield

Long Putt 9 – Delta Agribusiness – M Thornton

Long Drive 16 – Lake Grace Earthmoving – H Slarke

Best 2nd 3 – Lake Grace IGA – M Thronton

Best 3rd 5 – Ironstone Fabrication – C Stanton

Sunday 2nd July

On the weekend we played our 3rd qualifier for the year which was a stroke event sponsored by Neutech Lake Grace and Lake Grace Hotel. We had 10 hit off and welcomed back Andrew Hunt for his first hit of the season (and a few years) must have been jealous of the boys having all the Sundays off! It was a great day for golf with the sun shining and the course in fabulous



condition. Winner for the day and playing some great golf was Harry Slarke with a Gross of 91 Nett 68. Runner up was Alistair Hunt with 98 off the stick and 71 Nett, well done boys.

NTP 4 – Lewis Building – Andrew Hunt

NTP 6 – Mallee Hill Mechanical – N Malouf

NTP 15 – Afgri Lake Grace – H Slarke

NTP 18 – Lake Grace Communications & Computers – M Livall

Long Putt 9 – Tiger Spark Electrical – M Livall

Long Drive 10 – Lake Grace Roadhouse – M Livall

Best 2nd 1 – Fyfe Transport – H Slarke

Best 3rd 9 – Great Southern Fuels – Alistair Hunt

Next Saturday we are playing Turkey day sponsored by the Taylor Family. There will be a BBQ tea to follow so could all members please bring a salad. If everyone could please try to get their teams into Reid Stubberfield asap it would be greatly appreciated.

Lake Grace Golf Club



Turkey Day 2023

Proudly Sponsored by
the Taylor Family.

Saturday 8th July

4BBB Stableford

Names in 11:45 AM
Tee Off 12:15 PM

All Welcome. Pairs can be Mens,
Ladies or Mixed

Visitors including those without a current
handicap partnering with a Local Member are
eligible for main prize.

Non golfers handicap will be set by
Match Committee.

BBQ Tea to follow.
Members please bring a salad

Please contact Reid Stubberfield 0429 651 069

Lake Grace-Pingrup Junior Hockey

Karissa Pelham

Round 9: Saturday June 24th v Boxwood Hill

We played our 7th game of the year at home vs Boxwood Hill. The kids were pumped.

Tyler led the Bombers out as captain today. We had an excellent strong team play in all 4 quarters, with all team players using great skill and speed. Bella scored the first goal in the 1st quarter. Leading 2 nil at half time, with some awesome defence and attacking.

Paige snuck in the 3rd goal and in the 4th quarter a little "spud run" down the field to get a hat trick. Bella got her 3rd goal for the team, winning 4-0! Best team game yet.

Goals: Bella 3, Paige 1

Best on ground: Bella Callope

2nd Best on ground: Taj Trevenen

Coaches award: Amelia Pitcher

Milkshake award: Jaycob Trevenen

Round 10: Saturday 1st July v Gnowangerup

The team was excited to be playing on the turf in Gnowangerup. Year 7s were exhausted from the Canberra Camp, having 5 out of our team away we got Tate Naisbitt and Darci B to fill in for us. Dakota lead the team out as captain today. They were on fire playing some skillful hockey and awesome team effort again. Excellent team passing led to some goals. Well done everyone, winning 6-0 with so many more shots just missing.

Goal scorers: Darcey Pelham x2, Tyler Argent x2 and Darci Borgward x2

Best on ground: Tyler Argent

2nd Best on ground: Darcey Pelham and Bryce Carruthers.



Pictured is the team warming up before the game and then all together with coach Sissa Pelham.

Eat A Colourful Diet

rush.edu/news

If you're looking for a way to make your meals more vibrant, look no further than your grocery store's produce aisle. There, you'll find a rainbow of fruits and vegetables — from the palest white to the brightest orange to the deepest purple.

Fruits and vegetables get their coloration from phytochemicals, natural bioactive compounds which, in addition to giving many fruits and veggies their eye-catching hues, also promote good health.

In fact, the most vibrantly colored fruits and vegetables are the richest in vitamins, minerals, fiber and antioxidants.

Get your daily dose of fruits and vegetables

According to the food pyramid, you should be eating up to nine servings of vegetables and fruits each day.

Clinical dietitian Jennifer Ventrelle, MS, RD, LDN, recommends filling at least three-quarters of your plates at lunch and dinner with vegetables.

And instead of rich, sugary treats after your meals or for between-meal snacks, use whole fresh fruits to satisfy your sweet tooth.

What do the colors mean?

But which veggies and fruits you eat is as important as how often you eat them. That's because different colors have different health benefits:

- **Red** fruits and vegetables, such as tomatoes, strawberries and red beans, are packed with vitamin C, vitamin A, potassium and antioxidants.
- **Yellow/orange** fruits and vegetables, including carrots, peaches, squash and pineapple, are also loaded with vitamin C, vitamin A and potassium. They can also boost the immune system and enhance vision.
- Mushrooms, bananas, onions and other **white** fruits and vegetables are good for the heart and help to control cholesterol levels.
- **Green** means lots of heart-protective potassium and vitamin K, which aids the blood clotting process. Green fruits and veggies also help to maintain vision health and strong bones and teeth. Dark green, leafy vegetables have the highest concentration of antioxidants and fiber.

Blue/purple fruits and vegetables, including such favorites as cranberries, purple grapes, raisins and eggplant, boost urinary tract health and memory function and promote healthy aging.

"As often as possible, choose fruits and vegetables that are high in fiber," says Ventrelle. "They will fill you up more, leaving less room for foods that are high in calories and fat."

An added benefit: High-fiber diets have been

associated with decreased risk and recurrence of cancer.

Ventrelle also recommends eating fruits and vegetables that are highest in antioxidants, which boost the body's immune system, protect blood cells from free radicals, promote the growth of healthy cells and may help to lower the risk of stroke.

Fresh is best, but if you do cook vegetables, use a lighter preparation. Don't use a lot of oil, or fry or sauté them. Steaming or grilling is better.

Fruit and veggie do's and don'ts

Here are a few other things to keep in mind when planning your menu:

- **Although fruits and vegetables are healthy, they aren't necessarily low in calories.** "Avocado is a good type of fat," Ventrelle says, "but one-fourth of an avocado has 100 calories." Raisins and cherries are other examples of fruits that, while healthful, are high in calories. Eat higher-calorie fruits and veggies in moderation.

Continued over page

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Contact me to discuss State Government matters – let me know what is important to you

Hon. Shelley Payne MLC

Member for Agricultural Region

92 Dempster Street, Esperance WA 6450

📞 9072 1786
 📘 ShelleyPayneMLC
✉️ shelley.payne@mp.wa.gov.au

Authorized by Shelley Payne, 92 Dempster Street Esperance WA 6450

Eat A Colourful Diet *(cont.)*

- **Go light on the starchy vegetables.** If you choose sweet potatoes as a side dish, use that as your starch even though it's technically a vegetable. Don't have sweet potatoes *and* corn, which is also a starch. Pick some other veggie that's higher in fiber.
- **Veggie preparation matters.** "Fresh is best, but if you do cook vegetables, use a lighter preparation," Ventrelle says. "Don't use a lot of oil, or fry or sauté them. Steaming or grilling is better." And be aware that if you boil vegetables, you lose a lot of the health benefits. The nutrients leach out. So when you pour out the water, you're also pouring out the nutrients.
- **Don't drown fruits and veggies in heavy sauces, dips or toppings,** especially if you're watching your weight. Try sprinkling apple slices with cinnamon instead of smothering them with peanut butter or caramel. And dunk those carrot sticks in fat-free yogurt instead of ranch dip. If you must have sauces or dips, look for lighter recipes or limit the amount you eat to a few tablespoons.
- **Eat with the seasons.** Choose fresh fruits and vegetables that are "in season" to ensure you're eating a good variety of colors throughout the year. For instance, add squashes, root vegetables and different

types of apples to your fall menu.

- **If you can't get fresh fruits and veggies, frozen is fine.** Avoid eating a lot of canned vegetables, because they tend to have more sodium. And choose canned fruit that's packed in water or natural juice, not sugary syrup.

- **If you like dried fruits, eat them in moderation.** They tend to have a higher concentration of calories and sugar than their fresh counterparts. A serving size of dried fruit should be no more than one-fourth of a cup.

If you're counting calories, buy smaller pieces of fruit. Large bananas can be almost 200 calories, so pick smaller ones. Apples, nectarines, peaches and other round fruits should be roughly the size of a tennis ball. For bite-sized fruits, such as grapes and cherries, one serving equals approximately 17 pieces.

With so many vegetables and fruits to choose from, and with so many ways to enjoy them, you'll find it's easy to create a "colorful" diet that's satisfying, nutritious and delicious.

News from NRM

New Corella Management Program

As CEO of Wheatbelt NRM and chair of the Department of Primary Industries and Regional Development's, Pest Parrot, and Cockatoo Strategy Steering Committee, I am pleased to be leading this significant new collaborative wheatbelt initiative.



From denuded sporting ovals to chewed CCTV wiring, most of us have witnessed the ongoing frustrating waste of resources from the damage caused by corellas, as pictured here from one of our partners in this program, the Merredin Shire.

It will operate with the support and significant financial contribution from our partners via local government authorities the Avon Regional Organisation of Councils (AROC) and Wheatbelt East Regional Organisation of Councils (WEROC) and the CBH Group.

We will be launching the project soon which has a timeline of 3 years.

Seedling giveaway/significant discount!

Get in touch with Beren (beren.spencer@INPEX.com.au) if you would like some Smooth-barked York gum (mallee) seedlings to plant this season.

Up to around 10,000 stems available for free to

landholders or community groups. If you want a large number the cost can be negotiated with Beren directly. All stems are pick up from the Wickepin area – make sure you have an agreement with Beren prior to pick up!

Red Card program

We are happy to report a renewed push for our Red Card feral animal community management program this year has yielded some great results.

Our big thanks to the 28 communities that joined with us in this year's campaign. We will releasing the final count for the season and our community donation plans soon to update you all. If you would like to know more about the program, you can head to our website or contact our Wheatbelt NRM Red Card Co-Ordinator Jacqui at JLucas@wheatbeltnrm.org.au

We're excited to be making plans for our next campaign early next year. Please get in touch if you think you might like to participate.

If you would like to receive NRM's newsletter then give them a call on 9670 3100.

The Lake Grace Golf Club has already been successful in picking up a couple of trays of tree seedlings courtesy of the giveaway.

NRM will be in Lake Grace in August for their annual tree giveaway (so will keep you posted on when this is happening (this is only small amounts of trees suitable for lifestyle blocks etc.).

Australian Inventions - DID YOU KNOW?

<https://www.facebook.com/search/top?q=lizzie%27s%20collectables%20museum%20port%20pirie>

The Coolgardie safe, Australia's first form of crude refrigeration, was invented by a mining contractor working the Coolgardie Goldfields in Western Australia in the early 1890s. He had noticed a wet bag kept his bottles cooler.

After some experimentation he made a wire box with hessian walls, sat it in water and placed on a verandah so that any breeze would evaporate the water in the hessian thus, through the process of evaporation, cool the air inside the box thus preserving its contents.

Coolgardie was 150 miles from the nearest general store and fresh food was literally at a premium. It was not only hard to get and expensive to purchase it deteriorated rapidly in the desert heat.

While the safe was an instant success it's development was impeded by the lack of water in the harsh dry deserts of Australia's interior.

This was resolved by using condensed salt water. There were so many safes being used in Coolgardie that by the turn of the century eight different companies were supplying condensed salt water to the region.

It wasn't long before the success of the Coolgardie safe spread and it was being used, in many variations, all

over the country. Some were professionally made and others home made out of whatever materials were available; old wooden boxes, used metal, hessian bags and fencing wire.

The legs of the box not only improved airflow but when placed in a bowl of water drowned any marauding ants or other insects trying to get to the food.

This great example of a Coolgardie Safe is on display in the WA Museum Boola Bardip.



Funeral Care * Pre Planning * Funeral Bonds
New Monuments * Repairs & Restorations * Bronze & Engraved Plaques



COVENTRY
FUNERAL CARE

21 Richardson Street, Katanning
Tel: 9821 1079

We're here for you



DAWSONS
FUNERAL HOME

120 Federal Street, Narrogin
Tel: 9881 1161

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

Bill is on the internet.

Bill sees something that offends him.

Bill moves on.

Bill is smart.

Be like Bill.



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 July 8am Communion	Sunday 11th July No Service
Sunday 18th July 8am Communion	Sunday 18th July 10am Morning Prayer
For inquiries please phone 9865 1248.	Enquiries: St Johns Albany 9841 5015 Wally Perry 0448 795 070

COMMUNITY CALENDAR

July 2023

<p>Fri 7 Op Shop Open (10am-1pm) Crochet @ CRC - 10am Fish & Chips @ The Sportsmans Club</p> <p>Sat 8 Rubbish tip Open (9am-4pm) Craft @ CWA (look for flag) Ongerup Winter Sports Bye Golf—Turkey Day</p> <p>Sun 9 Rubbish tip Open (9am-4pm)</p> <p>Mon 10 Rubbish tip Open (9am-2pm)</p> <p>Tue 11 Rubbish Collection SOYF Exercises 10am @ Pavilion Men's Shed (morning) Op Shop Open (1pm-4pm) Chair Aerobics - 1pm @ Village Hall Junior Netball Training 4-5pm</p> <p>Wed 12 Rubbish tip open (9am - 2pm) CWA Meeting @ 1:30pm Containers for Change pickup Jnr Hockey Training (Roe) - 3:30pm Hockey Training @ 6pm</p> <p>Thurs 13 Men's Shed (Morning) Football Training @ 6pm Jnr Hockey Training (OHA) - 3:30pm Minkey @ 3:30pm AUSKICK @ 4pm</p> <p>Fri 14 Crochet @ CRC - 10am Op Shop Open (10am-1pm) Fish & Chips @ The Sportsmans Club</p> <p>Sat 15 Rubbish tip Open (9am-4pm) Craft @ CWA (look for flag) Ongerup Round 11: Jer. V LG-P</p> <p>Sun 16 Rubbish tip Open (9am-4pm) Golf</p> <p>Mon 17 Rubbish tip open (9am-2pm) Lakes Link News Deadline</p>	<p>Mon 17 HC/MC Truck Training & Assessment LGDHS First day of Term 3</p> <p>Tues 18 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 National Party Forum @ 6pm</p> <p>Wed 19 Rubbish tip open (9am - 2pm) Containers for Change pickup Over 55's Christmas in July Jnr Hockey Training (Roe) - 3:30pm Hockey Training @ 6pm</p> <p>Thurs 20 Men's Shed (morning) Lakes Link News published Football Training @ 6pm Jnr Hockey Training (OHA) - 3:30pm Minkey @ 3:30pm AUSKICK @ 4pm</p>
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Coming Events

- 21st July - First Aid Course in Lake Grace
- 21st July - Silk Scarf Dying (Newdegate) p.33
- 3rd August - Crops & Cuppa - Delta
- 4th August - Driving Assessor in Lake Grace

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

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.

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