

LAKE GRACE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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12th October 2023

\$2.00 inc GST

Vol 29 Issue 20

First Aid For Youth

Suzanne Reeves



Above: First Aid students were put through their paces on resuscitating a baby by trainer Jean Walker.

Eleven youth took part in a First Aid course last week at the Lake Grace St John Ambulance subcentre; thank you for the use of this fine facility and opening up for us.

This workshop was a joint effort from Lake Grace Roadwise and the Lake Grace CRC. Funding was provided by the Lake Grace Community Cropping Community Grants programme.

Roadwise's goals is to upskill young people who are either preparing to start on the journey of getting their drivers licence or may already be on their P plates. We want them to have some first aid knowledge as they venture out on to the road; giving them the ability to help

others if they come across an accident or help themselves and their friends if they're involved in one.

Aside from coming across or being involved in a road accident it is a known statistic that young people are by nature risk takers so First Aid is a useful skill in a time of need.

Trainer, Jean Walker, commended the participants on successfully gaining their First aid certificate. She stated that without exception the group were polite, respectful and cooperative and commented that the community and their parents should be very proud of them. Well done!

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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
<i>Conditions do apply.</i>				

CRC Opening Hours

9am - 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 23rd October

Next Edition
Thursday 26th October



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.

Annie Slarke Dick Phillips
Lee Duckworth

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- 2) While the Lakes Link News aims to publish all material submitted, Lakes Link News reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.
- 3) No articles, letters or advertisements will be accepted which may appear to be defamatory or accusatory, or to favour one side in a legal dispute.
- 4) Lakes Link News reserves the right to shorten or otherwise amend any contribution other than advertisements.
- 5) The opinions, views and beliefs expressed in articles and other submissions to the Lakes Link News do not necessarily reflect the opinions, views or beliefs of the CRC staff or Committee.

260 copies circulated each fortnight

Editorial

- Well hello all, it's good to be back albeit I've been a bit sluggish in getting back into the groove of work. A huge thankyou to Liz and Kayleigh on doing such a fabulous job while I was away. As wonderful as it is to get away it's always nice to get back to your own patch.
- We have finished our workshops for the year as we know everyone is going to be incredibly busy with harvest, Christmas and end of year rushing toward us at a rapid rate of knots. However we never stop planning; we have two Auschem workshops planned for 2024, one in February and one in March - we should have the dates for these by the end of October. At this stage the February workshop is full, I will contact these potential participants once I have dates and then will work on filling up the March workshop. We won't be committing to another date after these two until they're done and dusted.
- I know I have said this before but workshops take a lot of planning; if you register an expression of interest then please let us know if you no longer wish to do it. If you submit an enrolment it is important that you commit. If the workshop has to be cancelled due to lack of numbers then it could be many months before another one can be organised due to the high demand for training and the lack of trainers available.
- Katanning TAFE have managed to get themselves a forklift trainer so we have shown an interest for another forklift workshop in the New Year. Other dates we will be organising are HR truck and also HC and MC truck; if any of this training is of interest to you or your business then please give us a call and register.
- Our First Aid for Youth workshop last Friday went well; a big thank you to the Lake Grace sub centre for providing us with the venue and to the Community Cropping Community Grants for funding the training costs and to Lake Grace Roadwise for covering the cost of food. We will look at doing this workshop again in 2025.
- It was great to see we had surveys returned in response to the Home Care support for Staying in Place. Mable will be at the Lake Grace CRC on Monday 23rd October to talk to potential support workers about how to get set up. If you haven't already filled in a questionnaire and would like to, then please do so or give us a call on 9865 1470. The information session will run from 9am to 10:30am. See advert on page 16.
- 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:
 - Suzanne - manager@lakegracecrc.net
 - Elizabeth - staff02@lakegracecrc.net
 - Kayleigh - staff01@lakegracecrc.net
- We have had some response from stall holders for the Harvest Festival that will be held on Thursday 14th December, we are always looking for more. Is there a group out there that would like to sell the showbags? If not then the CRC will do again.
- We are always looking for more articles and local news to put in each fortnight. Did you know that putting in an article is a great way to get your information out to the community and into the archives for future generations? Give us a call or send us an email if you see or know of anything that your local community should know about.
- **Don't forget voting for the referendum is this Saturday (14th October) at the CRC. Doors open at 8am and close at 6pm.**

Suzanne Reeves

Harvest Festival 2023

....aka Late Night Shopping....

Thursday 14th December
4:30pm - 7:30pm

**We are looking for stalls,
displays and activities....**

**if you have something in mind please give
the CRC a call/email and register your
interest. If any businesses are planning
on staying open later then please let us
know.**

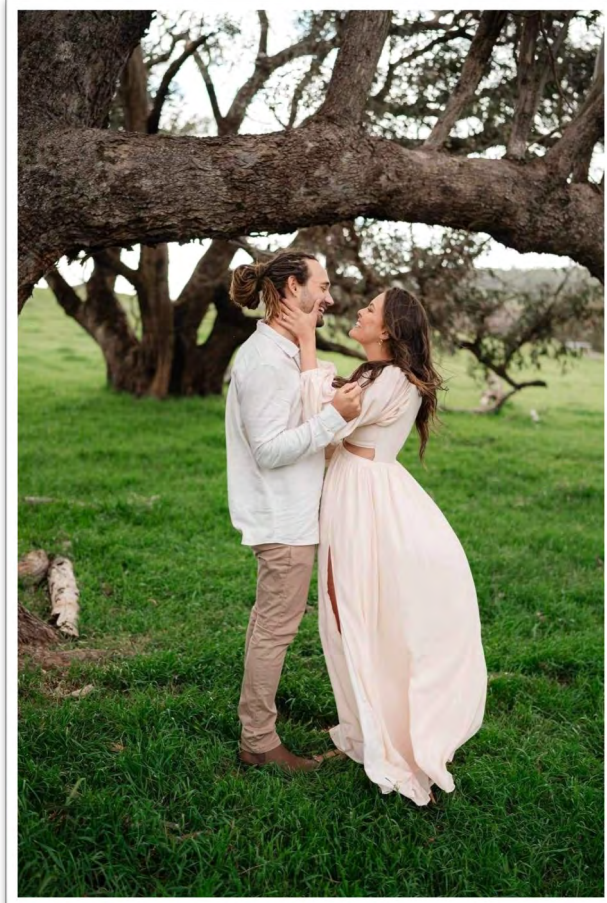
Contact the Lake Grace Community Resource Centre

on 9865 1470 or central@lakegracecrc.net



About Town

- Congratulations to Nick Dunham and Kiara Olivier (pictured below) on the announcement of their engagement. Wishing them a life time of love and happiness.



- Congratulations also to Rachael Leagas and Jaiden Randall who announced their engagement on 28th September in Pemberton. Best wishes to you both for a long and happy future.

Happy Birthday



- 14th October Jordan Roukens
- 15th October Jade Penny
Coral Pelham
- 16th October Jeff Smith (?)
Alex Willcocks
- 17th October Debbie Giles
- 18th October Michael Watson
Arnold Livall
- 19th October Alby Stanton
- 20th October Rohan Willcocks
- 23rd October Shaye Bowron
Steve McPherson
- 24th October Grant O'Neill (?)
- 25th October Paige Zweck
Archie Jones
- 26th October Sam Willock
Connor Bray
Kayla Newton

Anniversaries



- 14th October Maggie & Tyson Prater
- 16th October Anna & Royce Taylor (30!)
- 17th October Matt & Chloe Trevenen
- 18th October Jo & Leon Morgan
- 19th October Jemma & Luke Bairstow (10!)
- 20th October Margaret & Phil Clarke
Suzanne & Craig Reeves
- 22nd October Kael & Claire Gray
- 23rd October Stephanie & Matt Lloyd
Jade & Andrew Penny
- 25th October Vynka & Joel de Vree

Come and support your local BOWLS Club

Starting Thursday 19th October

6:30pm—7:30pm

Teams of 4 @ \$5 per person

Sausage sizzle to follow — \$2

Prize money to be won

Bowls are available to use

Shoes are optional

Cultivating Slow Making

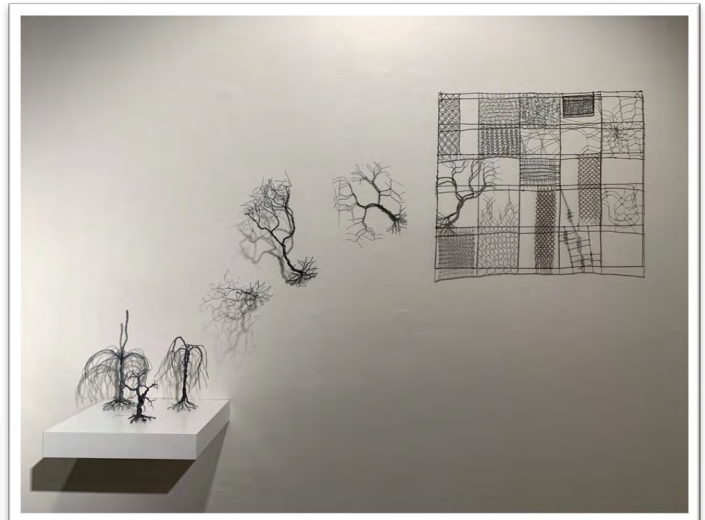
Slow-making is taking time to notice and to care for people, place and the materials of making. To cultivate is to care or, nurture and encourage the complex relationships between people, plants, animals and the soils that sustain all of us on Earth. Hence Cultivating slow-making is a process of nurturing new works through the exchange of ideas and knowledge, materials, technical skills, and scientific inquiry and nurturing long term relationships. This is an ongoing engagement with people, materials and skills grounded in connection, care, and sharing.

Many slow-makers ground their practice in field-based walking, taking time to notice and to care for their local environment and bring attention to the wider ecology. Much of the work of cultivation is done in learning about the local environment, the soil, the seeds and their needs and preparing for the best possible conditions for thriving. In this sense, cultivation is process-based and relies on the skills and knowledge of the cultivators to communicate and bring about the changes that germinate healthy individuals.

Slow-making artists are cultivators and are often called upon to become mentors for new and emerging artists and to facilitate and teach programs and skills to the wider public while embracing social change. The artists in this exhibition have a long history of cultivating art as teachers, artworkers, mentors and workshop facilitators. These selected artists consider the ways they cultivate their practice within the current environment to produce intimate new

works that respond to the theme of Cultivating slow-making

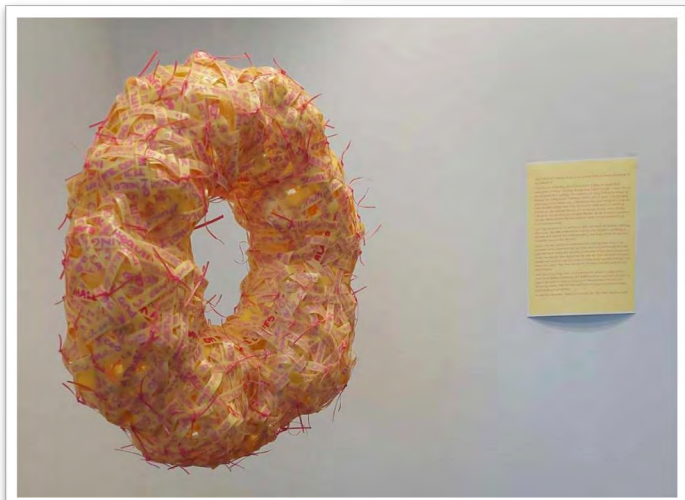
Curated by Annette Nykiel, this exhibition includes the works of ten artists, two of whom are from Lake Grace; Tania Spencer and Kerrie Argent. The exhibition is at the Mundaring Art Centre on the Great Eastern Highway. Opening hours are 10am-5pm on Wednesday through to Friday and from 11am to 3pm on the weekend.



Above and Below: 'Rewiring of Hands and Minds' by Tania Spencer.



Right & Below: 'Woven Words' by Kerrie Argent.



Be Breast Aware This October!

Kaylor Andrews, Wheatbelt Reg. Ed. Off., Cancer Council Western Australia, Kaylor.Andrews@cancerwa.asn.au

October is Breast Cancer Awareness Month so it's an important time to shine a light on the impact that breast cancer has on many Australians. It's also important for people to get to know common breast cancer symptoms.

Women from regional Western Australia (WA) are known to delay going to a medical clinic when they were experiencing symptoms, with many experiencing self-doubt about the existence of the symptom. In 2019, 1,899 women in WA were diagnosed with breast cancer, and 259 women lost their lives to it.

If you're unsure about a possible symptom, you should make an appointment to discuss the change with your doctor, clinic nurse or Aboriginal health worker as soon as possible. This is particularly important if it's been more than four weeks since you first noticed the change. Cancer treatments have improved in recent years, and it is much easier to successfully treat breast cancer if it is found early. The more it spreads, the harder it is to treat. So, we must Find Cancer Early.

Everyone's breasts are different. It is important that you get to know what your breasts look and feel like, so you know what is normal for you. There is no right or wrong way to check your breasts.

Common symptoms of breast cancer include:

- A lump or hard area in your breast or underarm, especially if it is only on one side
- A change in the size, shape or feel of your breast
- Change in the look of your breast, including redness, rash, or your skin looks like the skin of an orange, or is wrinkling in small folds
- Changes to the nipple, like it's pulled inwards, leaking, itchy or has a sore that won't heal
- Breast pain or discomfort, especially if it is only on one side
- An area of the breast that feels different to the rest

You can give yourself the best chance to Find Cancer Early, by going to see a doctor, clinic nurse or Aboriginal health worker straight away if you have any of the symptoms above. The benefits to Finding Cancer Early is that treatment is easier, and you can be around longer to do the things you love doing with the people you love.

For more information about breast cancer symptoms, visit www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.



Lake Grace Scholastic Book Fair

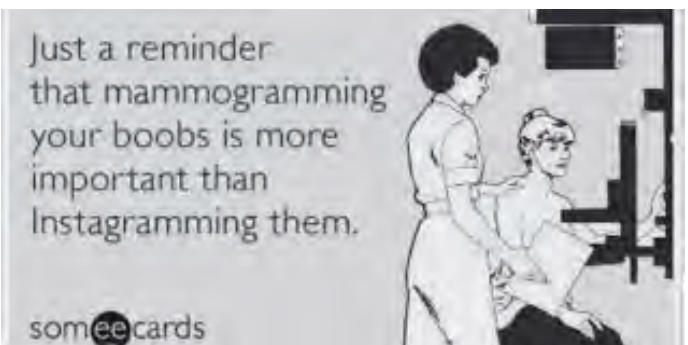
Lake Grace Community Library

Monday 16 October - Thursday 26 October 2023

Mon 10am - 3:30pm

Tues 9am - 4pm

Wed 10am - 3pm Thurs 9am - 3pm



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

kojonupvethospital.com.au

kvc@kojonupvethospital.com.au



Photo Stories



Left: Bishop Ian Coutes was in Lake Grace on Sunday 1st October to run the Anglican service.

Parishioners provided a fabulous morning tea to follow.

Pictured are Walter Perry, Bishop Ian Coutes, Maxine Thornton and Lenore Gladish.

Photo Arthur Slarke.

Right: Frank Oliver is doing some precision loader work; loading Deb Clarke's wheelbarrow with soil while Greg Argent waits his turn.

The busy bee at the Hospital garden saw all of the soil loaded onto garden beds; garden bed edging put against pathways and the rose garden mulched.

There will be another delivery of soil this week so it will be back to the tools Frank!

Photo Kerrie Argent.



Left: Tyler Argent, Will Korosec and Ben Argent construct raised garden beds.

These garden beds will be used for flower and vegetable beds.

There has been a fantastic turnout of volunteers to get the work done and there will be a few more to get the job completed.

The trees will be arriving this week!

Photo Kerrie Argent.

Right: As fast as the fellows were making the garden beds more volunteers were following behind to dress them up. Annie Argent, Tor Desmond and Levi Argent were three of the many wielding paint brushes.

Photo Kerrie Argent.



Gardening Tips - Spring Citrus Care

Citrus, like Lemons, Oranges and Mandarins, are amongst the most popular fruit trees people grow at home. During spring, Citrus trees are very busy, producing fragrant white flowers and a fresh flush of new leaves. Caring for Citrus trees in spring is particularly important, as it plays a big role in the future health and productivity of the tree.

The key spring Citrus care tasks are feeding, watering and protecting trees from common pests like Citrus Leaf Miner, Aphids and Bronze Orange (stink) bugs.

Feeding Citrus Trees

Citrus trees are heavy feeders and require lots of nutrients to support healthy leaf growth and promote lots of flowers and fruit. The best fertiliser for feeding Citrus trees is one that has the right balance of nutrients for Citrus, such as Yates Thrive Natural Citrus & Fruit Liquid Plant Food. It's easy to use, just mix 1–2 capfuls in a 9 L watering can and apply around the root zone every 1–2 weeks. It's also available in a pelletised format which can be applied every 6–8 weeks.

Regular feeding will also help to correct Citrus nutrient deficiencies, that may cause yellow leaves.

Watering Citrus Trees

Citrus trees have quite a shallow root system and can

dry out quickly during dry or hot weather. Young Citrus trees should be watered every day for the first six weeks in spring while they establish.

More mature Citrus trees need thorough and regular watering, 2–3 times a week. Citrus in pots will dry out faster than in-ground trees and will require more frequent watering.

To water Citrus trees more effectively, apply a soil wetter like Yates Waterwise Soil Wetter around the trees during spring. This helps fix water-repellent soils and enables moisture to move down into the root zone where it's needed. And applying an organic mulch, such as bark chips, around the tree will reduce evaporation from the soil and help keep the root system moist. Keep the mulch a few centimetres away from the trunk, to enable good air flow and help reduce the incidence of disease.

Protecting Citrus Trees from Insect Pests in Spring

Citrus are vulnerable to three key insect pests during Spring – Citrus Leaf Miner, Aphids and Bronze Orange Bugs. Some pests require prevention, others are controlled as soon as they're spotted.

Citrus Leaf Miner

Fixing distorted and curled leaves is one of the most common questions about Citrus trees in Spring. The insect pest that causes these deformed leaves is Citrus Leaf Miner.

It's a small moth that lays its eggs on tender new foliage. These eggs hatch into larvae that tunnel into the leaves, creating silvery trails and causing the leaves to distort. It ruins the look of a tree and in severe cases affects plant health by reducing the potential for photosynthesis (capturing energy from the sun).

Unfortunately, once the leaves are twisted the damage is permanent, until the leaves naturally fall from the tree. So, prevention is the key!

Aphids

Aphids are small sap sucking insects that can be green,

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Email jimsmoker55@gmail.com



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- Print off documents
- Use the telephone / fax
- Access Internet

All free of charge for DHS business

Gardening Tips - Spring Citrus Care *(cont.)*

brown or black and can cause new leaves to curl under and twist.

Like Citrus Leaf Miner, the damage caused by aphids is permanent. As soon as Aphids are spotted on new Citrus leaves, it's time to act. In addition to Aphids, you may also notice Ants running up and down the tree. They're after the sweet sugary substance that Aphids excrete (called honeydew).

Bronze Orange Bug

Bronze Orange Bugs, often referred to as stink bugs, are sap-sucking pests that cause young leaves and tiny developing fruit to wither, brown and die. They can be present from early to late spring. Young Bronze Orange Bugs are green when young, then turn bright orange and mature to dark brown. As soon as Bronze Orange Bugs are noticed (you may also smell them in the tree), it's time to start spraying.

How to Protect Citrus Trees from Citrus Leaf Miner, Aphids and Bronze Orange Bugs

In late Winter and during Spring, new Citrus growth needs to be protected from these pests. Prevent Citrus Leaf Miner damage by spraying the new leaves with Yates Nature's Way Citrus & Ornamental Spray.

It deters the Citrus Leaf Miner moth from laying her eggs on the foliage, thus preventing the damage caused by the tunnelling larvae.

Spray leaves every 5-14 days from when the new foliage is around 4cm long. Continue spraying until the young leaves are mature and are no longer vulnerable to the Citrus Leaf Miner attack.

Aphids and Bronze Orange Bugs can also be controlled by spraying with Yates Nature's Way Citrus & Ornamental Spray.

This spray works by contact action, so it's important to spray the pests directly, repeating every 5-14 days, as needed.

These bugs are good at hiding, so it helps to walk around the tree several times and look for them from multiple angles. When spraying for Bronze Orange Bugs, wear eye protection, gloves and long-sleeved clothing, as they can squirt a nasty caustic liquid at you.

JEWELRY WORKSHOP

Make your own Ring or Bangle



18TH NOV 2-5PM

3.5 hour workshop I will guide you through the process of measuring, heating up the metal, hammering, sawing, soldering, filing and polishing and you will walk home with a unique Ring and Bangle made by you from start ot end. Choose your design from set options.

Contact: www.mawedajewelry.com
 Location: Lake Grace Regional Artspace
 Phone: 0420 515 280



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Paper - b&w	\$4—\$6
Paper - colour	\$6—\$12
Card	\$14—\$34
Photo	\$24—\$56
Banners	POA

Lake Grace Weather

Date	Min	Max	Rain
27/09	11.5	31.9	0
28/09	15.2	33.5	0
29/09	11.5	30.8	0
30/09	10.9	22.4	1.0
1/10	6.1	23.4	0
2/10	10.1	16.7	0.4
3/10	5.3	18.9	0
4/10	4.6	22.8	0
5/10	7.9	26.1	0
6/10	10.4	31.3	0
7/10	15.6	33.8	0
8/10	18.9	35.7	0
9/10	12.0	30.8	0
10/10	12.8	23.9	0


**Lake Grace
Community Resource Centre**
*is one of AEC's voting
locations for the Referendum*
Corner Bishop Street and School Place

**2023
REFERENDUM**

14 OCTOBER 2023

8am to 6pm

for more voting locations and information visit
<https://aec.gov.au/referendums/>

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.

Lake Grace Doctors Surgery Doctors Dates



16/10 – Dr. Timmy 9-5

17/10 – Dr. Timmy 9-5

18/10 – Dr. Timmy & Dr. Ines 9-5

19/10 – Dr. Timmy 9-5 IN NEWDEGATE

20/10 – Dr. Timmy 9-5

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

23/10 – Dr. Timmy 9-5

24/10 – Dr. Timmy 9-5

25/10 – Dr. Timmy & Dr. Ines 9-5

26/10 – Dr. Timmy 9-5 IN NEWDEGATE

27/10 – Dr. Timmy 9-5

PLEASE BE AWARE – The doctor is qualified to present at the hospital. This may result in delayed appointment times or rescheduling of appointments.

Many thanks, Livingstone Medical

10 Questions with...

What is your name? Rolette Stols

What do you do for work? Wholegoods Admin at Afgri Equipment

What's your favourite thing about your job? The fact that not one day is the same, and it challenges me to learn new things everyday.

Do you have a favourite food? Yes, I do....Pasta, can have it every day of the week.

If you could be any animal in the world, what would it be? Think it would be a dolphin, they seem to be so free and easy going

Where would be your ideal holiday destination? Somewhere remote, close to the ocean, with no Cellphone signal, reception or internet connection.

Do you prefer Summer or Winter? Summer, just not a winters person, hate feeling cold

If you could pick any actor to play you in a movie, who would you choose? Myself, as we were all made uniquely and no one else would be able to act as me.

Do you have a favourite sport/sporting team? No, not a sports fan at all.

If you're having a dinner party, what's your go-to meal to serve? Roast meat, vegetables and a nice dessert.



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The Shearing Game

State Library of Western Australia

This story is based on a 1966 interview with Bill Prince.

I came into the shearing game in 1925. It was somewhere between the bad old days of shearing and nowadays. In the bad old days, shearers had to find their way from job to job on pushbikes, carrying a swag and a billy. Now (1966) shearers are taken around on a shearing contract and provided with very good accommodation and meals, hot and cold showers, and all that sort of thing.

I was a good shearer and always did my best but I found that there was always somebody better. In my time, the record number of sheep shorn in a day was 321 established by well-known character Danny Cooper. My best tally was 304 shorn at Ellendale in 1935.

But to say the fastest gun shearer was always the ringer - the man who earns the most money - in a shearing shed is not quite right. Sometimes it was the wool presser but this would have been a very rare occurrence.

I had rather an experience with Danny Cooper. It occurred in a shed out from Port Hedland by the name of Mundabullangana. Although Danny had been a wonderful shearer he was a very old man by then at sixty-three years of age. Comparatively, I was a young man in my prime and at the top of my game as far as shearing was concerned.

After shearing a fortnight, up to one hundred sheep a day, Danny was giving the appearance of being stiff and sore. But looks can be very deceiving as I was later to learn.

Danny came up to me and another chappie by the name of Neil Pickersgill and mentioned the fact that he did not think that the young shearers of that day were as good as the old ones. We sniggered.

Then one morning he told us he was going to "slip into us". He sure did. At the end of the day, Danny had shorn 245 pretty heavy young hoggets, and Neil and I,

although flat out, finished 20 to 25 sheep behind. From that day on, Danny beat us every time.

I found that being a good shearer (without being a gun shearer) was a much easier life in the shearing game. Once I became proficient, and a little bit faster than the next one, I found that everybody was after you.

You could not let up. It became a nerve-racking business. You had to guard your reputation, you had to guard everything that spelled honour in the shearing shed, and you could not let anybody beat you.

We had a rouseabout there at one stage who made up a little rhyme about every individual shearer we had in the shed. The one that related to me and hurt my feelings at the time, I will tell you briefly.

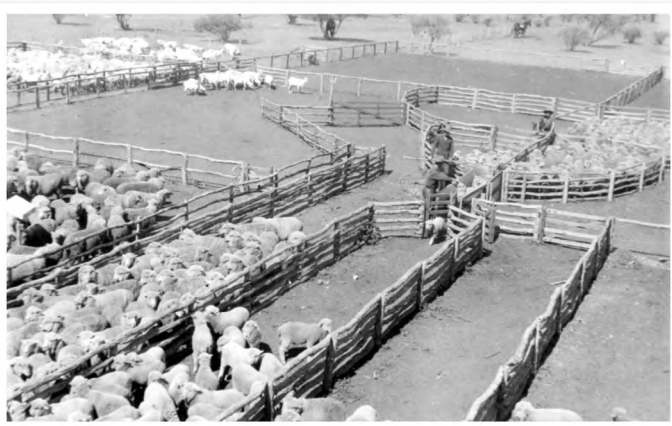
Bill Prince a shearer by trade
The worst blooming shearer that God ever made
Go back to your knife, take on the spade
Gawd blimey you're the worst shearer that
God ever made.

It took me a long time to grow up and I used to be good at rough and tumble. I rather prided myself on my ability to use my hands (fight) until I got severely thrashed and even then it did not convince me. It took me quite a few thrashings before I found there were a lot of men better than me.

In those days there was sort of a rough and ready code. To prove yourself you'd simply get out on the gravel, take off your coat and the best man won. In those days (fighting) was more or less a form of entertainment and anyone who showed cowardice or fear, well he might as well walk out.

If a fellow got up and had a go, even though he might get a hiding, he was respected after that and accepted too. There was no time for fellows who couldn't take it.

It was usual, as with other men that worked hard, for shearers to quench their hard-won thirsts at the nearest



Above: 303873PD: Shearing on Pinnacles Station in the 1930s



Above: 090287PD: Blade shearing on Yerriminup, near Kojonup, ca. 1916. Sitting at far right Philip Egerton Warburton, standing behind far left Mr Pich Eley, W. E. (William Edward), 1880-1966.

The Shearing Game *(cont.)*

bar. I recall one little incident when we called in at Yankeetown in Carnarvon.

We were all assembled around the bar and the barmaid asked each one of us what their position was in the shearing shed. Of course, we all tried to impress her. No one admitted to being a rouseabout - a fellow who did all the menial tasks around the shed.

Finally, she turned around to a character who used to stutter and asked him "What are you in the shed?" "Mmmmiss," he confessed, "I'm just a bloody rouseabout."

"Well," she said impressed. "Well you have one on the house, you are the first rouseabout I have ever met in the North West"! (laughter)

My last year as a professional shearer was 1935. In nine months of that year, I travelled from state to state, and to New Zealand. Relieving 35,000 sheep of 350,000 pounds of wool.

After that, I went farming and from there I

Right: 212376PD: Shearing shed, late 1920s

followed different ways of life.

SOURCE - [Interview with Bill Prince, shearer] [sound recording] / [interviewed by John Thomson]. Prince, Bill.

Oral History | 1966.

Available at 2nd Floor Oral History Stack (Call number: OH6 Transcript (Access))

Gallery - Images from the State Library of WA collection.



RICK WILSON MP

FEDERAL MEMBER FOR O'CONNOR

*Working hard for
the Wheatbelt*



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

rick.wilson.mp@aph.gov.au rickwilson.com.au RickWilsonMP

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



Getting a Good Night's Sleep

The Regional Men's Health Initiative - P: (08) 6314 1436 - E: menshealth@4blokes.com.au

There are times in business when it's all go, whether it's on the farm during seeding and harvest or meeting deadlines at work. It may mean working longer than normal hours and possibly becoming sleep deprived. A lack of sleep not only reduces our ability to perform work effectively, it also reduces our ability to work safely. Some have regarded sleep as a useless waste of time with no purpose - NOT TRUE. Science and medicine are discovering more and more about the role of sleep and its influence on our wellbeing and health.

How much sleep do we really need?

- Infants and toddlers - 9 to 10 hours at night plus day naps;
- School age including teenagers - do best with 9 to 11 hours at night;
- Most adults - 7 to 8 hours a night;
- Older adults need the same as younger adults but sleep lighter and for shorter periods.

Some people just need fewer hours of six or less a night without ill effects. The need for less or even more sleep can run in families (suggesting a genetic basis

but it is incredibly rare).

What are the effects of lack of sleep? While we're sleeping, our body is busy tending to our physical and mental health and getting us ready for another day. Lack of sleep can lead to:

- Drowsiness and irritability during the day;
- Poor concentration hindering memory and our ability to pay attention;
- Poor physical coordination increasing the risk of accidents;
- High blood pressure which is one of the main risk factors for heart disease;
- Depression.

Regularly sleeping less than 5 hours is associated with poor physical and mental health and wellbeing.

Sleep may be more difficult to come by as we age, and this can be traced to treatable health issues that cause interrupted sleep. Some factors that could cause sleep difficulties:

- Sleep disorders like sleep-apnoea, restless leg/arm syndrome, leg cramps;
- Pain from conditions like arthritis, heartburn, back pain, headaches;
- A frequent need to urinate;
- Illness - depression, coughing, shortness of breath;
- Medications.

Some helpful tips for getting a good night's sleep are:

- Go to bed and get up at the same time each day, this synchronizes our body clock;
- Aim for daily exercise before evenings;
- Relax before bed i.e. warm shower, reading and avoid caffeine, nicotine and alcohol;
- Establish your pre-sleep routine (usually 3 things);
- Use bedroom/bed only for sleeping or intimacy - not as a lounge room for watching TV.

Generally, if we can't sleep, we shouldn't lie in bed. Leave the bedroom and do a quiet activity that doesn't stimulate us. To help maintain a healthy lifestyle we all need to contemplate what is an adequate amount of sleep for us personally and visit our GP for treatment if we are amassing a huge sleep debt.

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Recycling Refundable Containers is Getting Easier

Norm Chilcott, All Good Refund Depot

You can fight the fill from the palm of your hand with the Containers for Change WA app available for download from the Apple Store or Google play.

This handy tool will help you locate your closest refund point or bag drop, it has a handy scanner that links with your mobile to tell you what's in and what's out and help you get your refund sooner when you can set up your own member number through it.

Using the app very soon you will be able to book a personal pick up for those times when you are unable to get in to drop off your items, you can book a pick up, watch this space so we can tell you more about this as it happens. As I understand it, from your app you will be able to put in your address, see when the next pick up is happening in your region and book a pick up slot, how easy is that?

To find out more about the app or to download it, just follow this link: <https://www.containersforchange.com.au/wa/containers-for-change-app>

All Good Refund Depot has now processed just under 5,000,000 items through its Wagin processing facility, these items have not only come from Wagin but, all of the surrounding towns where we have bag drops and pick up points and we could not do any of it without you.

That number is huge, let it sink in, that is 5,000,000 items or \$500,000 back in to the community through private collectors, businesses and non-profit organisations. Thank you.

Our team really appreciates what you are doing for the environment by sending your refundable containers in for processing, but there are a couple of house keeping things I need to remind you about.

Please remember to remove your lids, and even though some containers have text that reads: "crush plastic bottle and replace lids", please don't. We do want your lids, but it helps us a lot if they are separated from the container.

Fun fact of the day, did you know that Western Australia is the only State or Territory in Australia that recycles the container and the lid, way to go WA?

All Good Refund Depot now has pick-ups from Lake Grace, Kukerin, Dumbleyung, Nyabing, Pingrup, Hyden, Kulin, Harrismith, Wickepin, Tincurrin, Highbury, Beaufort River, Arthur River and Duranillin.

Some of the towns listed have official bag drops and others are pickups by private arrangement, but if we pass by your property on our route we will pick up from your place.

Our branded ute and specially built trailer are out on the road regularly, remember don't be fooled by any imitators.

For any details then please contact us 0439 956 175.



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Facilities not air conditioned



**Find out how you can get paid
for supporting your local community or
get help to stay living at home**

Join Mable and your local CRC to hear about *Staying In Place*
Lake Grace CRC
Monday 23rd October, 9:00am - 10:30am



Help others with daily activities, personal care or companionship.



Choose your own hours and rates.



Get help with invoicing, payments, and insurance.



Choose your own clients and services to provide.

**For more information contact
Lake Grace CRC on 9865 1470 or Brad at Mable on 0478 398 194**





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.

At this stage Sergeant Joshua Egan-Reid's final day with us is Friday 13th October, and his position has been internally advertised.

Lake Grace Police Station will operate as a two-person Police Station until a new Officer In Charge applies for the vacant position, in the interim Scott will take up the reins as an Acting Sergeant.

Scott returned from a week's training in Albany. He took part in, and completed, a Land Search and Rescue (LANDSAR) course, so is now officially a professional at hide and seek.

Wade also completed some training in Albany last week. He completed a First Response Negotiator Course. This was a very competitive course where only 155 officers in the state are qualified.

Crime News

Recently a vehicle was stolen from a farm near Lake Grace, which is a reminder again to ensure your property is safe and secure. The keys were left in a obvious location near the vehicle.

Secondly there have been similar reports of stealing's and damage to work sites outside of town. This pays as a strong reminder to ensure you take your keys home, or have them secured somewhere safe, don't make it easy for someone to steal the property you've worked hard for.

Sometimes locking machinery and vehicles inside a secure facility is not enough and you should still take the keys with you.

We have had another report of copper wiring being stolen from a Bin near Pingrup. Police have lines of enquiry that they are following up, we encourage you as always to report any suspicious behaviour to Police.

We appreciate our community and the knowledge you all hold regarding what's happening around town, please speak with us if you think you have any information or concerns.

Traffic News

It has been a busy period within our Policing District.

We attended a truck that rolled over near Lake King, thankfully no one was hurt, except maybe the driver's pride. The local wildlife would have enjoyed the free grain, and there may even be a bumper crop on the road side next year.

Lake Grace Police assisted in Policing the Kukerin

Burnouts along with Wagin Police Station. Traffic Police units from Perth and Albany also attended over the weekend, the event appeared to be well managed with everyone enjoying themselves keeping the hooning to the skid pad.

The Kulin Bush races have also been and gone, every Police Station within our cell had been involved in the event, with a focus on Road Policing. Random Breath and Drug Tests were carried out on drivers attending and departing the event. Unfortunately, some were still not getting the message when it comes to drink driving.

Drink Driving

Driving with alcohol and/or drugs in your system can impair your ability to control a vehicle. Research suggests that a blood alcohol concentration (BAC) of 0.05% means the risk of being involved in a traffic crash is double that of a person who has not been drinking at all. Police have powers to stop any driver and conduct alcohol and drug related tests.

Any alcohol at all will affect your ability to drive. In Australia, it is an offence to drive while your BAC is 0.05 or above*.

Your BAC should remain below 0.05 if you:

- drink no more than two standard drinks in the first hour and one per hour thereafter (for men of average size); or
- drink no more than one standard drink per hour (for women of average size).
- However, it can vary significantly from person to person. * Note the legal limit is zero BAC if:
- You are a novice driver (novice driver has not held a driver's licence for a total period of 2 or more years).
- You have been recently disqualified for certain alcohol or drug related offences.
- You are a holder of an Extraordinary Licence.
- You are an alcohol offender. or
- You are a driver of a:
 - Bus (vehicle equipped to seat more than 12 adults, including the driver).
 - Vehicle carrying passengers for hire and reward (Uber; Ola; Taxi, Small Charter Vehicle etc.).
 - Vehicle carrying dangerous goods.
 - Vehicle of or over 22.5t GCM

Take care and stay safe.

Regards
Lake Grace Police

Book Review: *The Ghost Ship* by Kate Mosse

Elizabeth Castaldini

I have to admit that I haven't finished reading this one yet, as life has been very full lately, but I have started it and will hold onto it until it's done as I am hooked!

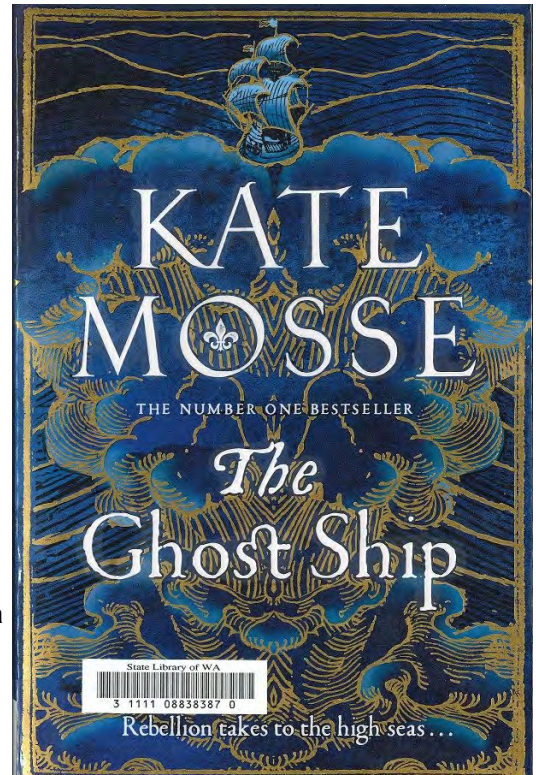
Loosely based on history from the 1600's in France, the story is inspired by two real eighteenth-century female pirates.

Here is the back cover:

The Barbary coast, 1621: A mysterious vessel floats silently on the water. It is known only as the Ghost Ship. For months it has hunted pirates to liberate those enslaved by corsairs, manned by a courageous crew of mariners from Italy and France, Holland and the Canary Islands.

But the bravest among them are not who they seem. And the stakes could not be higher. If arrested, they will be hanged for their crimes. Can they survive the journey and escape their fate?

A sweeping and epic love story, ranging from France in 1610 to Amsterdam and the Canary Islands in the 1620s, the Ghost Ship is a thrilling novel of adventure and buccaneering, love and revenge, stolen fortunes, and hidden secrets on the high seas. Most of all, it is a tale of defiant women in a man's world.



CCL Hardware

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If you don't see it in store, please ask, we are happy to source and get in for you.



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\$50.00 PER PERSON

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GET YOUR TICKETS BEFORE RACE DAY

BOOK YOUR TABLES

9865 1219

From the Archives... October

1998 - Twenty five years ago...

Royce Taylor has taken up the position as Councillor for the Lake Grace ward.

Congratulations to Philip Fleay who starts a full time flying course with Phoenix Aviation at Jandakot Airport.

Anna Taylor won a silver medal at the Hockey Australia Women's Masters Championships, which was held in Adelaide.



2003 - Twenty years ago...

Lake Grace Tennis Club played their first pennant match for the season and won 18 to 16 against Tarin Rock.

Men's bowls triples championship winners were John Griffin, Geoff Sabourne and Chris Carruthers.

2018 - Five years ago...

The Crochet group at the CRC have been making this enormous pile of blankets for the Wheelchairs for Kids charity.

2008 - Fifteen years ago...

The Lake Grace Sportsman Club puts in a proposal to replace its grassed Bowling Green with synthetic turf and upgrade the lights around the green.

Lake Grace Development Association will collaborate with the Lake Grace Anglican Parish to create a community garden.

The Lions Club along with volunteers from Curtin University, finish a newly cemented bike track for the Lake Grace Kindergarten



Lions Club held their inaugural public Pancake Day.

The CWA has been busy fundraising for a new replacement bench for the garden.

2013 - Ten years ago...

St John Ambulance WA has appointed a new Community Paramedic based in Lake Grace. Pete Hewat took up the position.



Testing out the new bench are CWA President Margaret Carruthers who is flanked by members Irene McGlenn and Eileen Mather.

Community Newsletter

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



CEO Chat

A reminder that the Local Government Elections are on the 21st October. Postal voting is open and must be posted in time to reach the Returning Officer by 6.00pm on election day. However, you may hand deliver your postal voting papers to an electoral officer, or obtain a replacement package, between 8.00am and 6.00pm on election day at the Shire of Lake Grace, 1 Bishop St Lake Grace.

At the recent Local Government Convention Councillor Len Armstrong received a Merit Award which is an award recognising notable contributions to WALGA, the Local Government sector, and the community by elected Members, Local Government Officers, and WALGA employees. Len has a total of 27 years as an elected member with WA Local Government, with time served in Albany and Lake Grace where he has served two terms as Shire President. Len has held numerous community and regional positions including chair of the State Government South Coast Fishing Advisory Committee and has been

awarded a Rotary International Paul Harris Medal. Congratulations Cr Armstrong!

We bid farewell to Dr Michael Livingston on Friday 13th October and thank him for his personal service over the last month or so. The practice has now been well set up for the incoming resident doctors who will be arriving in town on the 14th October. We would like to welcome Dr Tim and Dr Ines and their two young children to town. Dr Tim will be commencing on 15th October whilst Dr Ines will be settling the children in over the next week or so. The practice has undergone a period of much needed change and will remain under the auspices of Livingston Medical.

The new park next to the Visitors Centre in Lake Grace is looking great and is receiving many favourable comments from visitors. Planning is underway for the official opening of the Newdegate Country Club in early November after renovations.

*Alan George
Chief Executive Officer*

Highlights from the Council Meeting of 27 September

- Council confirmed the purchase of 84 Bennett Street, Lake Grace and gave approval for Administration to continue negotiations with WA Country Health Service for the construction of 2 x 2 bedroom units for housing nurses.
- A Development Application was approved for expansion of a cattle feedlot on Lot 2540 Mallee Hill Road, South Newdegate for Springfield Farms.
- A Development Application was approved for Akron Pty for a proposed group dwelling on Lot 216 (7) Quondong Court, Lake Grace consisting of 2 x 3 bedroom dwellings.
- A Community Funding Request from Newdegate Container Exchange for bins was approved.
- Approval was given for extended trading hours for businesses over the Christmas and New Year period.
- Council authorized the disposal of several assets that were either obsolete, damaged and cost prohibitive to repair, or unserviceable.
- Council authorised the Chief Executive Officer to request the Minister for Lands to amend the designated purpose of Crown Reserve 46769 from "Parking, Recreation and Automatic Weather Station" to "Parking, Recreation, Automatic Weather Station and Storage Area" with the power to lease or sub-lease or licence for any term not exceeding 21 years.
- Council moved that a letter of thanks be written to Glenda Slarke, Kerry Slarke and Devon Stubberfield thanking them for their time and effort they have spent over several years helping maintain the garden beds at Lake Grace Town Hall and RSL building.

An **Ordinary Council Meeting** will be held at 3.30pm **25 October 2023**, Shire of Lake Grace Council Chambers, 1 Bishop Street, Lake Grace WA 6353

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. All welcome.)

Community Emergency Service



Recently I attended the Regional Operations Advisory Committee meeting for the Upper Great Southern Region, where we were presented with pre-season information and discussed issues raised. Two of the key points discussed were from Western Power and the Bureau of Meteorology.

Firstly, Western Power acknowledged that in the absence of a maintenance cleaning program, their insulators are more prone to pole-top fires. The program was paused as a result of a significant injury to a worker. As per recent announcements, Western Power has recommenced maintenance washing, this time from a helicopter platform. All of our power feeds have been identified as priority areas, with work to commence ASAP. The indicative plan showed that the areas of Varley, Lake King and Mount Madden are scheduled first, with other areas to be completed by the end of the 2027 financial year.

Secondly, the Bureau of Meteorology provided indicative weather forecasts for Summer, stressing that we are likely to endure much higher maximum temperatures, higher minimum temperatures and have sustained periods of "heatwaves." While these conditions will be problematic in relation to fire, we are also mindful that if not managed appropriately, heat-related illnesses can be catastrophic for both people and livestock. We would like to encourage everyone to take steps to ensure your safety, be aware of the warning signs and symptoms of heat-related illness, and maintain hydration this summer, whether harvesting or responding to fires.

Matt Castaldini
Community Emergency Services Manager

RESTRICTED BURNING PERIOD

19TH SEPTEMBER TO 31ST OCTOBER 2023 & 1ST FEBRUARY TO 30TH APRIL 2024

PROHIBITED BURNING PERIOD

1ST NOVEMBER 2023 TO 31ST JANUARY 2024

Government of Western Australia
Department of Communities

Have your say

on WA's new Action Plan for young people!

The State Government is developing a three-year Action Plan for young people in Western Australia and we would love to hear what matters to you most.

If you are aged 10-25 and living in WA, please let us know:

- What are your goals for the next 3 years?
- What gets in the way of you achieving your goals?
- What change would you like to see the Action Plan make for young people over the next 3 years?

Young people make up almost 20 per cent of Western Australia's population, representing a powerful voice across our State. Your views and ideas are critical to shaping the future!

To provide your views, please visit the Department of Communities' website: communities.wa.gov.au/YouthActionPlan

Scan QR code

FREE RABBIT BAITS - EOI

The EWBG are calling for EOI's to hold bait mixing days for the landholders in the Shire's of Kondinin, Kulin, Lake Grace, Mt Marshall, Merredin, Mukinbudin, Naremben, Nungarin, Trayning, Westonia & Yilgarn.

EWBG WILL PROVIDE:

- Assistance with and pay the cost of obtaining a Restricted Chemical Product (RCP) Permit.
- The supply of poison one shot 1080 oats that will be mixed with the landholders oats (you supply) for the landholders to trail out on your property.
- A LPMT on-site at a pre-arranged bait mix day near you.

REGISTER EOI NOW

✉ admin@ewbg.com.au
☎ 04 55 724 848

*Mixing days are dependent on level of interest from landholders.

Community Information



REGIONAL FIRST HOME BUYER GUARANTEE

DID YOU KNOW that the Australian Federal Government is supporting eligible regional home buyers to buy a home sooner, in a regional area?

The RFHBG can be used to buy a home with a deposit of as little as 5 per cent (lenders credit criteria apply).

The Regional First Home Buyer Guarantee can be used to buy a regional home with a deposit of as little as 5% (lenders credit criteria apply).

Eligible residential properties include:

- an existing house, townhouse or apartment
- a house and land package
- land and a separate contract to build a home
- an off-the-plan apartment or townhouse

Specific dates and requirements apply for the different property types.

GUARANTEE OVERVIEW

5% Minimum deposit required

10,000 places Available for FY2023-24

Individual and joint applicants

Maximum purchase prices apply

[See price caps](#)

Visit: <https://www.nhfc.gov.au/support-buy-home/regional-first-home-buyer-guarantee> for information and fact sheets, eligibility criteria and participating lenders.

*Applications can only be made with a Participating Lender or their authorised representative (a mortgage broker). The Shire of Lake Grace and NHFC does not accept HGS applications or provide personal financial advice.

*Home buyers (and those advising them) should consider consulting a Participating Lender and seek independent financial and legal advice about whether a particular home loan or property, and the terms of the HGS suit personal circumstances and objectives.

Australian Government

National Housing Finance and Investment Corporation

Home Guarantee Scheme

Regional First Home Buyer Guarantee

Fact Sheet 2023/24

1 July 2023



Follow our Facebook page
<https://www.facebook.com/ShireofLakeGrace/>

Community Information

Office Open Hours

Monday - Friday 8.30am - 4.00pm
Staff can be contacted via phone between 8am—5pm.

Licensing Payments

All licensing payments are to be made in person at the Shire of Lake Grace, 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

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

The next Practical Driving Assessor (PDA) will be at the Shire of Lake Grace office on:

November (to be confirmed)

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

Bookings can be made at the Shire office on 9890 2500 until further notice.

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

Town Planning &

Please contact the Shire of Lake Grace on 9890 2500 or email shire@lakegrace.wa.gov.au for all Town Planning and Building Surveying enquiries and requests.

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.

Newdegate	Lake Grace
Tuesday 17 October	Tuesday 24 October
Tuesday 31 October	Tuesday 7 November

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 contents 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.

Good News Page

Kevin Seaman

How often have we heard, said or criticized (and I am in that group) "Facebook is nothing but a lot of gossip" BUT after accidentally coming across the Facebook display on the brides computer when left on, I have to admit that there are many words of wisdom displayed on the little cartoons.

So for you readers who are not privileged to own one of these instruments of "AI" (artificial intelligence) here are some 'quips', 'quotes' and 'anecdotes' to enlighten your day.

- A wise man once said "Be careful who you let in your ship as some people will sink your ship because they can't be the captain."
- Don't get all weird about getting older. Our age is merely the number of years the world has been enjoying us.
- No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind. – Taylor Swift
- If you tell the truth, you don't have to remember anything. - Mark Twain
- The best of life's journey is who you share it with.
- To make a difference in someone's life, you don't have to be brilliant, rich or perfect. You just have to care.
- Don't trust people whose feelings change with time. Trust people whose feelings remain the same, even when time changes. – Bob Marley
- I found the key to happiness, stay away from idiots. – Morgan Freeman
- If we could spread love as quickly as we spread hate and negativity, what an amazing world we would live in.
- No matter how good or bad life is, wake up each morning thankful you still have one.
- Anyone who thinks fallen leaves are dead has never watched them dance on a windy day.
- Life is like a book, some chapters are sad, some are exciting, but if you never turn the page you will never know what the next chapter holds.
- I have the right to remain silent, I just don't have the ability.
- Don't close the book when bad things happen in your life, just turn the page and begin a new chapter.
- In a winter chill or summer heat, a farmer works so the world can eat. THANK YOU FARMERS!

Now for you "Good News Only" readers, who only like the "Good News Stories" here are a couple to warm your hearts.

The Story of the Grateful Starfishes

One morning, an elderly man was walking along the beach when he noticed a young boy picking something off the sand and throwing it into the sea. As he got closer, the man realized the child was throwing stranded starfishes that had washed up on the shore back into the breaking waves.

Approaching the boy, the man asked what he was doing. "The starfish will die if they're still on the shore when the sun rises," he replied. Perplexed, the old man said, "But that's pointless! There are countless miles of beach and thousands of starfish. It doesn't matter how many you return to the water, you can't make a difference."

Unfazed, the boy bent down, picked up another starfish, and tossed it into the sea. "It matters to this one!" he said.

Moral of the story: no matter the odds of success or the scale of the challenge, your actions can make a difference. It's better to light a candle than curse the dark. Every little bit counts. Doing something to make a positive change is always better than nothing.

It's Humbling to Know Someone Helped and Hugged Her When She Needed It

My daughter who is new to driving and having a licence, just called crying and said she had an accident, I went into mum panic mode and made sure first she was ok and so was everyone else.

She calmed down, and said it wasn't an accident but a piece of metal or something had been dropped by a car on the road, consequently the car in front braked hard and swerved to miss it and then my daughter slammed her brakes, missed having an accident but has hit the object, she did the right thing by pulling over and putting her hazards on! But being a P plater, got a terrible fright.

A very BIG thank you to the beautiful lady who she said that stopped and offered assistance by removing the item and placing it on the side of the road, and then checking over my daughters car with her and finally giving her a giant big hug.

When mum or dad aren't there, it's humbling to know someone helped and hugged her when she needed it and to all the other cars that stopped whilst I was on the phone to my daughter making sure she was calm before driving off, that also offered assistance and help and was truly generally concerned about her welfare, it was incredibly kind and so humbling to hear!

So very big love to those that are reading this and offered assistance. Especially to that lady and her beautiful appreciated hug. You guys rock! THANK YOU!



Road To A Million

An incredible opportunity awaits one lucky camper: the chance to win \$1,000,000 by simply enjoying a road trip and supporting local tourism and regional economies.

Australia's love affair with camping continues to see record growth in interest for caravan and camping holidays in 2023, reaching a 20% increase above 2021/22 with 60.9 million nights taken, 15.1 million trips and a record number of RV registrations totalling to 792,713.

In an effort to remind everyday Australians you can have an incredible holiday without breaking the bank, we have brought back the Road to a Million campaign.

This is an important message regarding 'value', as many Australians are affected by the significant increase in the day-to-day 'cost of living'.

The campaign will inform Australians of the benefits of caravan and camping, providing educational content regarding the best camping equipment, suggested itineraries, recipes, fun and games for all the family plus much more.

"Caravan and Camping is Australia's best value holiday, not only do you get the best value for money, but you also reconnect to nature, to your relationships and vanquish the everyday stresses of life," said Keelan

Howard, General Manager of Marketing at Caravan Industry Association of Australia.

When travellers explore a region during their trips, local businesses reap the rewards as tourists partake in visiting local attractions and dining experiences.

Given the widespread appeal of summer travel in Australia owing to its fantastic weather, the current season presents an opportunity to make the most of these visitors.

After witnessing the remarkable success of the 2022 campaign, we have also brought back the zoning system that rewards campers who travel regionally.

"A camping holiday this summer is good for you, your stress levels, your friends and family. With the increased cost of living hurting many Australians, you could pocket a million dollars all while supporting Australian small businesses," said Keelan Howard.

The further participants venture from their designated capital cities, the more points they accumulate.

The campaign begins on October 1, 2023 and ends on February 29, 2024.

Not only is this campaign beneficial to get participants camping, which is fundamental for boosting health and wellness, but it's also great for supporting regional Australia. To help spread the message, use our hashtag #RoadToAMillion and tag us at @letsgocaravanandcamping on Instagram and Facebook.

For more information, head to our website at www.roadtoamillion.com.au, where you'll find information on how to enter, deals from participating caravan parks and an archive of fantastic content.

FOR MORE INFORMATION:

Contact: Luke Chippendale

General Manager: Government Relations & Corporate Communications

Email: lukec@caravanindustry.com.au

Website: www.roadtoamillion.com.au



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

Food for all the family

Custom kills

Cooked chooks available every day



Open

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

Saturday 8:30am - 12pm



Located in Lake Grace Plaza
Contact Dean Sounness: 9865 1225



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.



How Much is Too Much to Pay Upfront?

Knowing how much to pay tradespeople up front, before the job begins, starts with knowing your consumer rights around job deposits, estimates and quotes – and knowing who you're dealing with.

Tradespeople provide all kinds of work and services including building, electrical, plumbing and gas, re-roofing, tree lopping, concreting, household repairs and other manual labour work. Most tradespeople are honest and reliable.

But there are steps you can take to help protect yourself from misunderstandings about the cost of a job, being ripped off by con artists who try to charge you too much for a deposit, dodgy work, or payment demands for more than the original quote after the job is done.

Start by researching who you're dealing with to make sure they're reliable. Some tradespeople must also be licenced. You can search for licenced professionals such as electricians, builders or plumbers on the Consumer Protection website.

Shop around to get at least three written quotes, from trusted personal recommendations or industry recognised tradespeople, to make sure you're getting the best deal.

Provide the tradespeople with lots of information about the job you want done, so they can estimate or quote accurately. An 'estimate' is only an approximate charge, a quote is an agreed fixed price.

When it comes to paying a deposit to get the work started, pay only a small amount to cover the tradesperson's initial costs. Never pay for the whole job upfront. A small amount is no more than 10 per cent of the total job price. If you are entering into a building contract valued at more than \$7,500, the builder is not allowed to ask for more than 6.5 per cent as a deposit.

Requests for cash deposits, payments in full before work begins or a refusal to provide a written quote are all red flags. Ask if the business accepts credit card payments as this could offer a charge back safeguard if the work is not carried out or is unsatisfactory.

Right now, the notorious travelling conmen known as 'bitumen bandits' are in WA, with Consumer Protection issuing a [public warning](#) last month, including naming eight companies and 13 individuals to avoid due to them breaking multiple consumer laws and threats to destroy completed work if invoices aren't paid.

Take time to do your homework by researching tradespeople, getting three written quotes, being clear on what work you want done, and limiting up-front deposits.

For more information or assistance call Consumer Protection on 1300 30 40 54, email consumer@dmirs.wa.gov.au or visit the website www.consumerprotection.wa.gov.au

We're hiring in Lake Grace

We believe our staff are our greatest asset as we work together to deliver the very best in Home Care in the Wheatbelt.

We are looking for caring and passionate nursing and Home Care support workers in the Wheatbelt.

Our Care with Purpose people-centred care model promotes dignity, respect, privacy and independence.

As a not-for-profit organisation, we are inclusive and welcome all faiths and backgrounds. We offer competitive hourly rates, casual loading and full training. We have both permanent and casual roles available now.



If you would like to discuss further call 1300 244 000 or email your CV to homecare@catholichomes.com



*care with
purpose*

Puzzles and Stuff

Some words for 28th September edition of Boggle

Answers for 28th September edition of Sudoku

- Governors
- Governor
- Governs
- Grooves
- Groves
- Reorgs
- Rogers
- Rovers
- Snorer
- Sooner
- Genro
- Goers
- Goner
- Goons
- Goose
- Gores
- Gorse
- Grove
- Negro
- Noose
- Ogres
- Ovens
- Overs
- Reorg
- Roger
- Roose
- Rover
- Roves
- Segno
- Senor
- Servo
- Snore
- Sorer
- Sorgo
- Verso
- Egos
- Eons
- Ergo
- Goer
- Goes
- Gone
- Goon
- Gore
- Noes
- Nogs
- Nose
- Ogre
- Ones
- Ores
- Oven
- Over
- Roes
- Rose
- Snog

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

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

A	F	R
L	E	C
P	A	T

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

McKENZIE



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GREAT SOUTHERN FUELS 2023 HARVEST PROMOTION



GREAT SOUTHERN FUELS ARE GETTING YOU READY FOR THIS SUMMER WITH FREE PERSONALISED FISHING SHIRTS!

SIMPLY PURCHASE 205L OF ANY BP OR CASTROL OIL FROM US BETWEEN SEPTEMBER 18 & DECEMBER 31ST 2023 FOR YOUR CHANCE TO GET KITTED OUT!

FOR MORE DETAILS, SPEAK TO THE TEAM TODAY



1 ENTRY PER EVERY 205L IN 1 TRANSACTION. PROMOTION ONLY ELIGIBLE TO ACTIVE GSF5 CUSTOMERS. GSF5 T&C'S APPLY.

Lake Grace

Treasure Trail & Market Day

Visitor Centre lawn
Sat 28th October
9am - 12pm

KIDS ARTS & CRAFTS

Market Stalls

Garage Sale

PLEASE REGISTER FOR STALL OR GARAGE SALE WITH LG VISITOR CENTRE 9865 2140

LAKE GRACE VISITOR CENTRE



Lake Grace Basketball

Courtney Withnell

Thanks to all that came along for the first game of the season, was great to see lots of new players and families joining.

Results 4th October Round 1:

Taipans def Black Mambas 51-34

Copper heads def Cobras 41-22

Tigers def Lions 25-22

Cougars def Jaguars 27-6

A reminder that **Subs are due by round 3**. The new bank details are as below, \$65.00 per person.

Congratulations your new bank accounts are open.

Account number are as follows:

Easy Saver BSB: 633-000

ACC: [208 503 714](#)

Fixtures for Round 2 11th October:

6pm Cougars v Tigers (women)

7pm Jaguars v Lions (women)

7pm Copperheads v Taipans (men)

8pm Cobras v Black Mambas (men)

Umpires:

6pm (W) Brady & Trivan

7pm (W) Geoff & Brayden

7pm (M) Trivan & Brady

8pm (M) Goeff & Brayden



All Good Refund Depot



We have regular pick ups from Lake Grace, Kokerin, 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 Kokerin & 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

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

Cancer Support Coordinator for the Wheatbelt can provide you with emotional support and assistance navigating through the range of services available over the phone or through video consult: call Monica Graham Tues-Thurs on 0428 747 845.

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

Ring 9865 1208 for dates and times to make an appointment.

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

First Aid Kits

Are now available for purchase at
CCL Hardware Lake Grace.

Lake Grace Community Men's Shed AGM

Tuesday 17th October
10am at the Men's Shed

Lake Grace CRC AGM

Wednesday 18th October
7pm at the Lake Grace CRC

Lake Grace LCDC AGM

The Lake Grace Land Conservation District Committee's AGM will be held on
Thursday 19th October
10am at the Lake Grace CRC

NOTICE OF AGM

The Lake Grace-Pingrup Football Club and associated sub-committee's will be holding their AGM at the Lake Grace Pavilion on Tuesday the 31st of October at 6:30pm.

Women In Farming AGM

WIF will be holding their AGM at Walkers Hill Vineyard on Wednesday 18th October at 4pm.

Lake Grace Op Shop

We need kitchenware and volunteers.
We will be open on 28th October during Treasure Trail & Market Day

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 693 014
Cr Steve Hunt	0427 651 585

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

Summer Sports

Lake Grace Basketball	Amber McPherson	0484 861 553	lakegracebasketball@outlook.com
Lake Grace Bowling Club	Lynda Trawinski	0429 651 403	waynetrawinski@bigpond.com
Lake Grace Swimming Club	Annie Argent	0427 569 834	kfc85@bigpond.com
Lake Grace Tennis Club	Natalie Livall	0428 258 188	lakegracetennisclub@gmail.com
Lake Grace Cricket	Brayden Reynolds	0410 514 462	braydenreynolds82@yahoo.com.au
Lake Grace Gymnastics Club	Jenni Roche	0409 770 978	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 15th October 8am <i>Communion</i>	Sunday 15th October 10am <i>Morning Prayer</i>
Sunday 22nd October 8am <i>Communion</i>	Sunday 22nd October <i>No service</i>
For inquiries please phone 9865 1248.	Enquiries: St Johns Albany 9841 5015 Wally Perry 0448 795 070

COMMUNITY CALENDAR

October 2023

Fri 13 Op Shop Open (10am-1pm)
Crochet @ CRC - 10am
Fish & Chips @ The Sportsman's Club

Sat 14 Rubbish tip Open (9am-4pm)
Pennant Bowls - Karlgarin v Lake Grace
Craft @ CWA (look for flag)
Steak Tea @ Sportsman's Club 6:30pm
Referendum—@ CRC 8am-6pm
Pingrup Centenary

Sun 15 Rubbish tip Open (9am-4pm)

Mon 16 Rubbish tip Open (9am-2pm)
Book Fair opens at LG Library
LGDHS P&C Meeting 7pm

Tue 17 Rubbish Collection
Men's Shed AGM @ 10am
Op Shop Open (1pm-4pm)
Chair Aerobics - 1pm @ Village Hall

Wed 18 Rubbish tip Open (9am - 2pm)
Containers for Change pickup
WIF AGM @ Vineyard - 4pm
Lake Grace CRC AGM @ 7pm
Women's Basketball @ 6pm & 7pm
Men's Basketball @ 7pm & 8pm

Thurs 19 Men's Shed (Morning)
Lake Grace LCDC AGM—10am @CRC
Bowls Training from 5pm

Fri 20 Crochet @ CRC - 10am
Op Shop Open (10am-1pm)
Fish & Chips @ The Sportsman's Club
LGDHS—Margaret Cotton Music Festival

Sat 21 Rubbish tip Open (9am-4pm)
Craft @ CWA (look for flag)
Pennant Bowls - Lake Grace v Kukerin
Steak Tea @ Sportsman's Club 6:30pm

Sun 22 Rubbish tip Open (9am-4pm)

Mon 23 Rubbish tip Open (9am-2pm)

Mon 23 Lakes Link News Deadline
Mabel Information Session at LG CRC

Tues 24 Rubbish Collection
Recycling Collection
Men's Shed (morning)
Op Shop Open (1pm-4pm)
Chair Aerobics - 1pm @ Village Hall

Wed 25 Rubbish tip Open (9am - 2pm)
Containers for Change pickup
Kids Basketball @ 4pm
Women's Basketball @ 6pm & 7pm
Men's Basketball @ 7pm & 8pm

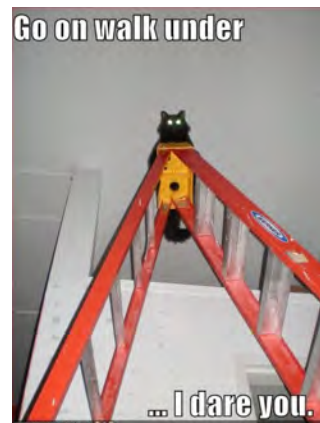
Thurs 26 Men's Shed (morning)
Lakes Link News published
Book Fair finishes
Bowls Training from 5pm

Coming Events

27th October - Interschool Athletics Carnival @ Ravensthorpe
28th October - Treasure Trail & Market Day
28th October - Cricket (Lake Grace v Williams)
31st October - LG-P Football Club AGM
18th November - Silversmithing workshop
14th December - Harvest Festival

Save The Dates...

9th March 2024 - Ladies Long Table Luncheon
5th October 2024 - Oktoberfest



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

Sudoku

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

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