

LAKE GRACE LINK NEWS

Produced at the
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2nd March 2023

\$2.00 inc GST

Vol 29 Issue 4

Jumping into 2023 with Gymnastics

Elizabeth Castaldini, Photos by Lake Grace Gym Club



Session 2 Lake Grace Gymnastics Class: (In order left to right) Coach Tahlia Willock, Maddison Wheeler, Lacy King, Marly O'Neill, Reilly Willock, Eve Stubberfield, Lily Stubberfield, Sadie King, Amy Kemboi, Isobel DeVree, Millie Oatridge, Eva Bairstow, Coach Sarah Clarke.

It's an exciting year ahead for the Lake Grace Gymnastics Club and has started off with lots of energy as the students enjoy their time on the mat. The Gym has a capacity of 44 students with 3 coaches, Sarah Clarke, Tahlia Willock, and Lauren Duckworth continuing this year, meaning more hands to support, teach and guide the students through the movements. As most of the sessions are full this term, this is a record number of students for the Club since starting back up last year.

Coaches Sarah and Tahlia have been busy preparing for the season and have successfully qualified in both Women's Artistic Gymnastics (WAG) and Men's Artistic Gymnastics (MAG) as of November 2022. They have also completed their Supervisor Certificates allowing them to take on anyone interested in being a coach and be trained in all things Gymnastics. More coaches are always welcome.

In September this year, there is a goal to have a team of boys and girls from Lake Grace Gym Club to head to the Katanning Gymnastics competition. The Katanning competition is an opportunity for the Lake Grace gymnasts to experience competition in the region, offering skills to be judged from Level 1. As the State Competitions start at a Level 3, this means there is limited exposure to competitions at the lower levels of the sport.

The Girl's competition will include a Floor Routine, Uneven Bars, Beam and a Vault. Boys will participate in a Floor Routine, High Bars, Vault, Pommel, Parallel Bars along with a routine on the Rings. With the competition being over one Saturday late in September, we will have athletes competing at Level 1, 2 & 3 in the girls and Levels 1 & 2 in the boys and a great opportunity to experience.

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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 13th March

Next Edition

Thursday 16th March



To the **very** dedicated team who volunteered their time to this edition of the Lakes Link News.
Thank you also to our many contributors of articles.

Lee Duckworth

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

- A reminder to anyone who is interested in Land Conservation; we will be holding a meeting at 10am on Tuesday 14th March to determine the future of the Lake Grace LCDC (Land Conservation District Committee). Unless there is a display of passion and determination to keep this group going (it is a gazetted group that is supported by government) it will be folded. Please come along and have your say.
- We have been a little busy with workshops and this will continue for the next month. Our Working at Heights and Working in Confined Spaces workshops were at capacity but we will have another set of these post July. We already have a lot of interest for these so if you want to put your name down please do so. This will help determine if we need to organise a third set.
- Our forklift workshops set for later this month, are full and I'm working on getting dates for two more workshops post seeding (I already have 8 names for these so please be quick if you wish to put your name in).
- The HR Truck training and accreditation will be going ahead in the week of the 17th April as we have the names. If you're interested please get in quick as there is a process involved to enrol and it can't be done at the last minute. HC and MC will be held in July providing we can get the numbers.
- We've got an information session in partnership with LIFT coming up at the end of March that is targeted toward the farming members of our community. It will be an informal session with Road Safety Officer Rodney Thornton who will impart his wisdom on what you can and can't do when shifting your farm machinery down that public road. It's not just about the monster equipment it's also about that auger or sheep feeder. As the Romans would have said "It's all fun and games until someone loses an eye". It will be a Sundowner event from 3pm on Thursday 30th March, we haven't fixed a venue as yet until we have more idea on numbers. Please contact the CRC to register, this will assist with catering.
- There are places available in the Muster Dogs workshop; if you think your four legged worker could do with some professional development then this is an opportunity for your both.
- There's also the Muster Dogs demonstration that will be held on Saturday 11th March (at the sporting precinct). Football will be having a licensed bar and the Canberra Camp will be providing food. Attendees are more than welcome to bring a picnic if they prefer. Cost will be \$10 a car (funds going toward Canberra Camp). Gates open around 5pm.
- It wouldn't be too late to join a refresher course for piloting vehicles which will be held at the Pingrup CRC on 15th March. Please register your interest with either Lake Grace or Pingrup CRC's (we will pass your information on). Is there anyone out there who would like to do the full piloting course? If so please give us a call on 9865 1470.
- A big thankyou to Leanne, Liz and Kayleigh for holding the fort while I had a week off. If anyone has some slides/photos/negatives that they would like scanned we have a couple of gun staff who would be champing at the bit. We are prepared to offer a discount for bulk quantities as we go through this staff training phase.
- Thank you to everyone who has sent information in for the paper, it all helps ensuring we give our community a broad spread of information.

Suzanne Reeves

Want to get your truck license??

Keen's Driver Training will be in Lake Grace in the week beginning 17th April to do driver training and assessments for an HR license (only). Please contact the Lake Grace CRC to reserve your place as soon as possible.

Cost - \$1,400

(3hr lesson + 1 hour assessment)

Bookings close Wednesday 24th March

Ring the Lake Grace CRC on 9865 1470.

There will be HC & MC training & assessments in July



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

- Belated sympathy to the McDonald family following the recent passing of Helen McDonald. Our thoughts are with you.

Anniversaries



- 2nd March Nikki & Andrew Lewis (10)
- 5th March Brad & Janine Watson
- 6th March Chris & Shannon Poot
- 16th March Jared & Tania Bray

Farewell John and Joan

Kayleigh Hobbins

On the night of the 25th of February, the Lions Club and Men's Shed put on a great little celebration at the Sportsman's Club, for a lovely couple who are sadly leaving Lake Grace. John and Johanna DeVree were farewelled after being in town for 65 years. The event was attended by friends and family, who were there to reminisce and look back on all the great memories that John and Johanna are leaving behind.

There were plenty of laughs, a few great speeches, a delicious steak dinner but overall the atmosphere was bittersweet.

Well done to Arthur Slarke and Nick Maalouf and others involved in making this night happen.

And to John and Johanna, good luck with your future endeavors, you will be dearly missed.

Happy Birthday

- 2nd March Deegan de Vree
Frankie McKenzie
- 4th March Jordanne Medlen
Kerrie Argent
- 5th March Kelly Hawtin
Xavier Nenke
Levi Carruthers
- 6th March Corey DeVree
Jessica Duckworth
- 7th March George Chircop
- 8th March Stephanie Clarke –Lloyd
Fiona Chatfield
- 10th March Kyren Moore
- 11th March Fergus Downey
- 12 March Marg Bushby
Rex Walker
Abby Bairstow
- 13th March Imogen Taylor
John Callope
- 14th March Belinda O'Neill
- 16th March Taj Trevenen



Community Crop Community Grants

Under the umbrella of the Lake Grace
Development Association Inc.

Funding now available

- Small - under \$1,000
- Medium - \$1,000 — \$5,000
- Large - over \$5,000

Drop into the Lake Grace CRC or email them on LakeGracecrc@westnet.com.au for an application form.



Walking up to 20kms a day - Our Ancestors & Exercise

Warrior Wellbeing Article, The Regional Men's Health Initiative, P: (08) 9690 2277, E: menshealth@4blokes.com.au

Our ancestors were used to walking up to 20 kilometres per day, they had to, to survive on the Savannah Plains and the Serengeti or they would end up as someone's lunch. We are not designed for sitting around and not exercising. The human body has not had millions of years to adapt to our sedentary lifestyle and we need to change our habits before it is too late.

Blokes have had a significant change because many of the work tasks that have always been manually done are now obsolete or automated.

Exercise is essential for our brain, mind, body and our cardiovascular health. I read a book titled *Brain Rules* by John Medina and rule 1 (out of 12 brain rules) is *exercise boosts brain power*. An enlightening read.

There are a lot of variables, from nurture to nature, that help how we age but one of the greatest predictors of successful ageing is the absence of a sedentary lifestyle. Industrialization has given us many benefits, but it has also meant, that for most of us, we have gradually quit moving. The result of this is more and more Australians are being classified as being overweight, with the fastest growing chronic condition in Australia in 2022 being Type 2 Diabetes.

There is a lot of current research that suggests exercise can:

- help prevent Type 2 Diabetes (by up to 60%);
- improve our cardiovascular health thus decreasing the risk of strokes and heart attacks;
- affect the outcome of both anxiety and depression. The fact that exercise helps regulate the release of chemicals (serotonin, dopamine, and norepinephrine) into our bodies makes it an important element in maintaining the right balance;
- halve the risk of general dementia through aerobic exercise, just twice a week. It can also cut the risk of Alzheimer's by 60%.

So, what does this all mean for our exercise regime? There is a lot of advice around with different suggestions on exercise requirements. This varies from 5 minutes high intensity, to 30 minutes per day, to 1 hour a day every second day. We are the only one that knows our body's physiology and what will ultimately work for us. A guide is a minimum of 150 minutes per week of moderate exercise.

If you are limited in how you can exercise you can still make a difference. If you can physically walk only 50 metres a day, double it! Walking 100 metres per day compared to 50 metres can make a difference. The improvement in your body's physiology will be profound and the positive effect is that starting with a little bit of exercise will make you want to move more.

Exercise options are endless, swimming, hydrotherapy, light gym work, walking groups, belonging to sporting groups, volunteering. Although in regional WA sometimes these options can be limited for people to access.

Don't let it stop you exercising – get moving!

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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About the company

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Farmers Centre 1978 Pty Ltd are currently seeking service technicians to join our busy **CASE IH** agriculture dealerships.

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For more information contact:

Malcolm Harwood on 0429 651 094

Resumes to malcolm@farmerscentre1978.com.au

All applications are handled with the strictest confidence.

Lake Grace DHS P & C Update

Nikki Lewis

Following our AGM on Monday 13th February, I would like to announce the P&C committee for 2023 as below. Welcome to all new committee members and a massive thank you to those who have previously held committee positions. I know we will still see your smiley faces at meetings and school events.

President: Nikki Lewis

Vice President: Sarah Clarke

Treasurer: Kelly Callope

Secretary: Elizabeth Castaldini

School Board Rep: Tahryn Trevenen

Sports Committee Rep: Tahryn Trevenen

Canteen Co Ordinator: Annie Argent

Uniform Co Ordinator: Nadine Molcher Lankford

Drum Muster Rep: Kevin Naisbitt

New – Online Canteen / Communications App

We have now joined and launched the new FlexiSchools App for Canteen orders, P&C communications, and soon uniform orders.

If you haven't already make sure to register by **12noon**

Friday 24th February and FlexiSchools will credit your Flexi Account \$5 for signing up and also give our school \$5 per account in a Flexi Account.

See flyer in this newsletter for more details and QR code to register. If you have any issues or queries regarding the new App please let me know.

Note; We will not have FLX card facilities at our canteen so please don't sign up or order your kids these cards.

For anyone with canteen stickers, you're welcome to keep using these stickers or cash orders until the end of Term 1. All going well for the convenience for canteen volunteers we will look to only accept online orders for lunches starting Term 2. (More information to come)

Recess and Icy pole and ice cream sales will still be available via cash at the counter at the canteen.

Our next P&C meeting is scheduled for **Monday 27th March @ 7pm**. Please send any agenda items, or apologies to lakegrace.pandc@gmail.com or directly to Elizabeth Castaldini.

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Bookings by appointment



The difference between ordinary and extraordinary

is that little bit extra

Summer Movie Night



Friday 10 March

Mr's G's Caravan will be open from 6.30pm



Lake Grace Visitor Centre Lawn
Starts after sunset from 7.30pm

Bring your own chairs and rugs



Book Review: *Day's End* by Garry Disher

Suzanne Reeves

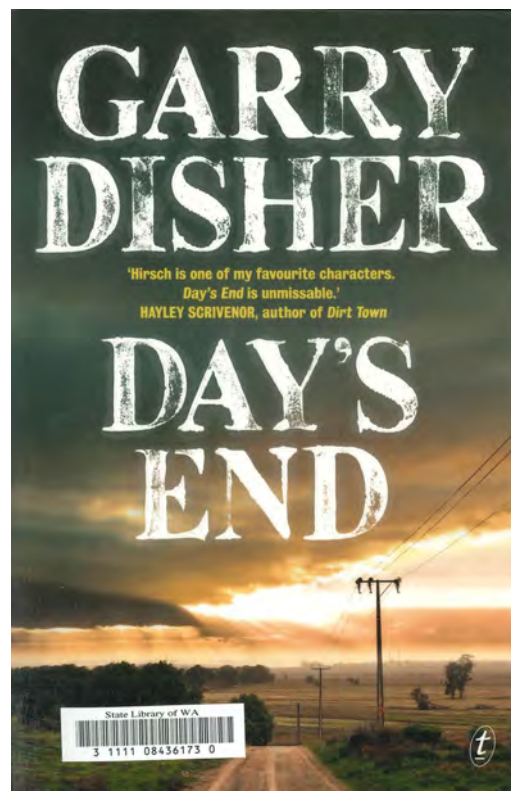
This is the fourth book in the Hirsch series and is just as enjoyable as the previous three. A copper in a small rural town, Hirsch sees the idiosyncrasies of small town life; the highs and lows and the toll that life can take on those who have little prospect while having a heart warming response to those who fight back.

Hirsch's rural beat is wide. Daybreak to day's end, dirt roads and dust. Every problem that besets small towns and isolated properties, from unlicensed driving to arson. In the time of the virus, Hirsch is seeing stresses heightened and social divisions cracking wide open. His own tolerance under strain; people getting close to the edge.

Today he's driving an international visitor around: Janne Van Sant, whose backpacker son went missing while the borders were closed. They're checking out his last photo site, his last employer. A feeling that the stories don't quite add up.

Then a call comes in: a roadside fire. Nothing much - a suitcase soaked in diesel and set alight. But two noteworthy facts emerge. Janne knows more than Hirsch about forensic evidence. And the body in the suitcase is not her son's.

Available at the Lake Grace Library as part of the State Library's book exchange. If you haven't read his earlier works *Consolation* is also available at the library, other works can be ordered in.



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- Tools, hardware, steel & timber
- ONEGAS Welding Gas

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

Lake Grace Weather

Date	Min	Max	Rain
15/2	16.3	26.1	0
16/2	11.7	31.6	0
17/2	14.5	30.7	0
18/2	15.5	36.9	0
19/2	16.9	32.3	0
20/2	17.4	32.9	0
21/2	18.2	40.4	0
22/2	17.1	33.9	0
23/2	16.0	23.9	0
24/2	8.6	26.5	0
25/2	9.8	28.9	0
26/2	14.8		
27/2			
28/2			



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Monday - Friday 8:30am - 5.30pm

Saturday 8:30am - 12pm

Located in Lake Grace Plaza

Contact Dean Sounness: 9865 1225



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 Opening Hours

2nd March – Dr. Toye Lake Grace 9-5

- Dr. Olu Newdegate 9-2

3rd March - Dr. Toye Lake Grace 9-12

6th 7th and 8th March - Dr. Olu Lake Grace 9-5

9th March - Dr. Olu Lake Grace 9-1

10th March – no doctor. The receptionist is available to take bookings 9-3.

13th 14th and 15th March - Dr. Olu Lake Grace 9-5

16th March - Dr. Toye Lake Grace 9-5

17th March - Dr. Toye Lake Grace - 9-12

Dr. Linda Haines will be here 30th and 31st March 2023.

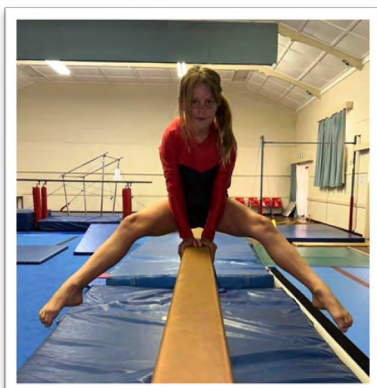
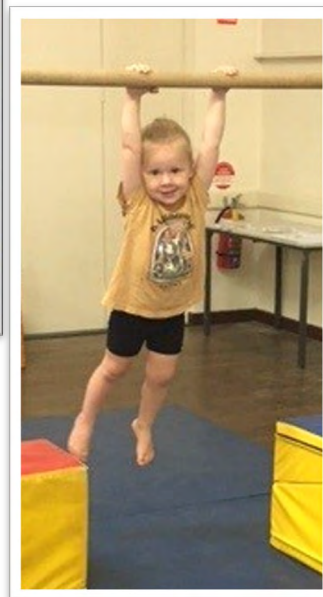
Closed during lunch hours 1:00pm -2:00pm daily

Gymnastics (cont.)

This is the first time Lake Grace will be attending the Katanning competition since last attending with a team in 2018 and the coaching team are excited to make this happen. The next couple of terms in Lake Grace Gym Sessions will be working with the gymnasts towards this competition and having fun while doing it. There is still an opportunity for the older students who are interested in gymnasts to join in the fun. With large groups in the Kindergym, afternoon Sessions 1 and Session 2, there is still room in the Monday afternoon Session 3 (higher level skills) to come along and check it out, the Gym Club would love to have you.

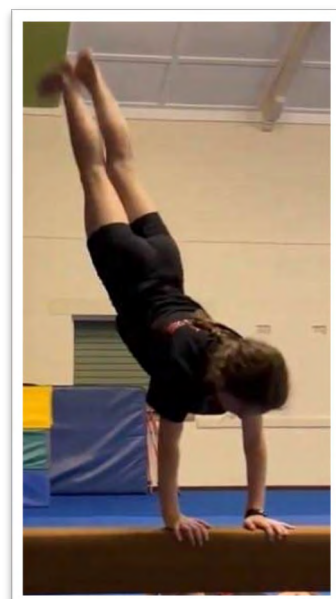
The Lake Grace Gym Club are also getting ready for their first fundraiser of the year, with Seeding Freezer meals available to order. Meals are \$10 each, with options of Lasagna, Shepherd's Pie, Chicken Curry, Lamb Casserole and Beef Casserole, provided in foil, oven safe containers. Orders need to be placed to lakegracegymclub@gmail.com by the 15th of March, and will be first in best dressed as there is a limited amount of meals available. If you are interested, please contact the gym club to enquire.

Kinder Gym Class having fun (top to bottom): Riven Clarke, Sonia Harris with Shai, and Layla Bell.



Left: Matilda Duckworth completing a straddle on the beam. Bottom left: Charli Bell, action handstand on the high beam.

Top right: Elise Carruthers, Charli Bell, Matilda Duckworth, Haylen Trevenen and Max Stubberfield. Bottom photo: Session 1, Trevor Wheeler, Levi Castaldini, Eve Couzens, Zara Clarke, Andie Elefson, Abby Bairstow, Carter Trevenen, Eli Stubberfield, Harry Stubberfield, Macey Desmond, Isla Ballard



Irish Pork Stew with Stout and Caraway Seeds

6-8 servings

Ingredients

2kg bone-in pork shoulder blade steak (or about 1 and a half kilo of cubed meat plus bones)

1/4 cup plain flour

2 1/2 teaspoons salt

2 teaspoons freshly ground black pepper

3 tablespoons canola oil

3 medium yellow onions, chopped

250gm brown mushrooms, quartered

1 1/2 teaspoons caraway seeds,

1 1/2 cups Irish Stout or other dark beer

1 1/2 cups water

2 bay leaves,

4 carrots, peeled and sliced about 1/4-inch thick

250gm baby Yukon Gold or small red potatoes, quartered

1/4 cup chopped Italian flat leaf parsley



Method:

Heat oven to 300 degrees.

Prep meat: Trim bones from pork shoulder steaks and set aside. Trim the fat from the meat (and discard), and cut the pork into 1-inch cubes. In a large re-sealable freezer bag, combine the flour, 1 teaspoon of salt and 1 teaspoon of pepper. Add the pork, in stages, if necessary, and shake to coat.

Saute pork: Heat 1 tablespoon oil in a large ovenproof Dutch oven over medium-high heat until shimmering. Add half of the meat to the pot so it covers the bottom of the pot evenly and cook for 2-3 minutes before moving so that the sides brown nicely for a total of about 8-10 minutes. Transfer the meat to a bowl, add another tablespoon of oil to the pot and finish browning the rest of the meat then transfer that to the bowl as well.

Saute veggies: Reduce heat to medium and add the last tablespoon of oil to the Dutch oven and heat until it's shimmering. Add the onion and mushrooms and cook until the vegetables just begin to soften, about 3 minutes, stirring occasionally. Add the caraway seeds and the 1 1/2 teaspoons of salt and 1 teaspoon of pepper and cook for another 2 minutes or so.

Assembly: Add the raw pork bones to the Dutch Oven and top with the cooked pork chunks. Add the Irish Stout, water and bay leaves then raise the heat and bring to a boil, and stir and scrape any browned bits from the bottom of the pot.

Bake: Cover Dutch oven with the lid and transfer to oven to cook for 1 hour. Remove pot from the oven, give it a stir if you'd like, and add the carrots and potatoes, cover again and put back in the oven for another 1 to 1 1/2 hours until the carrots and potatoes are cooked through and the sauce has thickened.

Finish: Remove pot from the oven and then remove the bones from the stew. Add the parsley and stir everything together, taste for seasoning and add more salt or pepper if needed.

School “Oval Greenification” Project

Elizabeth Castaldini

The students at Lake Grace District High School have for many years played on a brown oval with patchy green areas, in the summer due to a lack of water supply and reticulation on the school grounds. The huge project to give the students an annual green oval through the “Oval Greenification Project” has been underway with the tank installed over the last couple of weeks.

With the School Board putting forward the proposal, and support from the School P & C and other grants sourced from outside the school, it has been a Lake Grace Community effort to install the tank to date. Thanks to the School Board, P & C Association, McKenzie Concreting Co. (organizing of installation of pad and tank, donating of their time and equipment), Price’s Fabrication & Steel (supplied and installed tank), Greg Carruthers (donation of sand, time and equipment), and Fyfe Transport (donation of water, truck and Liam Fyfe’s time to fill the tank), the project is well under way towards completion.

More is still to be done with the reticulation to be installed in the near future but it is exciting progress hidden away at the back of the school. A big thank you to all involved as the students will enjoy green grass for years to come.



Liam Fyfe with the truck at back of the school to fill the tank on Tuesday 21st February



The new tank finished being installed thanks to Greg Carruthers, McKenzie Concrete Co, and Price’s Fabrication & Steel. Below: what the school oval looks like at the height of summer.



The Good News Page

Kevin Seaman

With countries around the world in such a turmoil. The war between Russia and Ukraine, the devastating earthquake in Turkey, the cyclones ravaging New Zealand, and the humiliating defeat of the Australian cricket team in India in the first two tests. It's good we can turn our thoughts to the happy good News events reported on this good news page. So read on McDuff.

Small town cancels NYE fireworks so walrus can sleep peacefully in harbour.

The Walrus has drawn huge crowds to Scarborough since being spotted on New Year's Eve, the BBC reported. Local wildlife experts have asked people not to disturb the creature who has been gradually making his way up to the East coast and coming ashore at various beaches. Thor was spotted on the Hampshire coastline earlier this month. Scarborough's New Year's fireworks display was cancelled out of concern for Thor. The council cancelled the show on the advice of the British Divers Marine Life Rescue who said that the creature needs to rest and recuperate before he continues his journey. "I was going down to my boat and there it was on the slipway. Magnificent. Its's got to be half a ton" said Stuart Ford who runs the Sealife Safari boat tour in Scarborough. " I think it's a once in a lifetime, first ever thing in Scarborough to see."

An anonymous man walked into the Turkish embassy and donated 30 Million dollars to earthquake victims in Turkiye & Syria. Deeply moved by the example of an anonymous Pakistani's donation, the prime minister tweeted. "These are such glorious acts of philanthropy that enable humanity to triumph over the seemingly insurmountable odds."

Turkeys ambassador to Washington DC, Murat Mercan, confirmed the contribution to the earthquake aid campaign launched in the US. Anadolli Agency, one of Turkey's state-run media channels, also confirmed the news.

Meet the 90-year-old woodcutter who built his own hobby house. Great Grandad Stuart Grant,89, moved into the cottage he bought as a wreck with no roof and no doors in 1984.

But he found it so satisfying doing work on the quirky outbuilding which dated back 20 years, that he decided to make it his home. He has been inundated with visitors to his home in Tomich, near Inverness, after his house was posted on a French tourist board's recommendations for north Scotland – with visitors comparing it to the hobbit homes from Lord of the rings.

" I haven't watched Lord of the rings, Stuart confessed. "It's just coincidence that my front door is almost the same shape and same kind of wood, oak, I said' Why are all these French people coming?', they said ' here's a tourist bard telling people one of the things to do in the north of Scotland is visit the Hobbit house." Stuart doesn't have a mobile phone or use the internet and no longer drives due to his age, but he loves meeting people. Stuart said he cut all the wood himself from

fallen trees and collected stones from the river for the stonework, "I'll be 90 in less than two weeks but I feel like a teenager." He said "You get a real buzz out of doing interesting stuff."

Couple Married 72 years renew vows this Valentine's Day. Monty, 93 and Alice,91, held the vowel renewal with family and friends on Tuesday at their home in Jericho, NY. Monty and Alice actually met at a Valentines day party in their Bronx neighbourhood in 1948.They tied the knot on February 4th 1951. The couple has one son and two daughters, six grandchildren and nine great grandchildren. So what are the keys to a long lasting, happy marriage?

Alice said you need to make sure your spouse is always your best friend. Morty said you need to make sure you are growing together and not apart during the various challenges that life brings. Alice added that happy couples need to be strong in their individuality, but willing to blend together.

It is not only countries that have been thrown into turmoil at devastating event but also individuals such as the Irishman Murphy who had to write a letter to his work manager explaining why he will not be at work today.

Murphys letter

Dear Sir , I write this note to tell you of my plight
For at the time of writing I am not a pretty sight
My body is all black and blue, my face a deathly grey
And I write this note to say why Murphy's not at work today

Whilst working on the fourteenth floor some bricks I had to clear
To throw them down from such a height was not a good idea
The foreman wasn't very pleased, the bloody awkward sod
He said I had to cart them down the ladders in my hod.

Now clearing all these bricks by hand, it was so very slow
So I hoist up a barrel and secured the rope below

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



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

All free of charge for DHS business

The Good News Page *(cont.)*

But in my haste to do the job, I was too blind to see
That a barrel full of building bricks was heavier than
me.

And so when I untied the rope, the barrel fell like lead
And clinging tightly to the rope I started up instead
I shot up like a rocket till to my dismay I found
That half way up I met the bloody barrel coming down.

Well the barrel broke my shoulder, as to the ground it
sped
And when I reached the top I banged the pulley with
my head
I clung on slightly, numb with shock from this almighty
blow
And the barrel spilled out half the bricks, fourteen floors
below.

Now when these bricks had fallen from the barrel to the
floor
I then outweighed the barrel and so started down once
more
Still clinging tightly to the rope, my body racked with
pain
When half way down, I met the bloody barrel once
again.

The force of this collision, halfway up the office block
Caused multiple abrasions and a nasty state of shock.

Still clinging tightly to the rope, I fell towards the
ground.
And I landed on the broken bricks the barrel scattered
round.

I lay there groaning on the ground I thought I'd passed
the worst
But the barrel hit the pulley wheel, and then the bottom
burst
A shower of bricks rained down on me, I hadn't got a
hope
As I lay there bleeding on the ground, I let go the
bloody rope.

The barrel then being heavier then started down once
more
And landed right across me as I lay upon the floor
It broke three ribs, and my left arm, and I can only say
That so you'll understand why Murphy's not at work
today.



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.



Canberra Camp Busy Fundraising Season

Elizabeth Castaldini

With June fast approaching the students and families have been busy preparing for Canberra Camp and organising many fundraising events to help cover costs.

Canberra camp is a great opportunity for the 26 students enrolled to go to experience Australia's Capital City, so many miles from the small country town of Lake Grace. From visiting Parliament House, The National Museum of Australia, The Australian War Memorial, CSIRO, and the Royal Australian Mint (just to name a few of the places!) to having a Snow Play Day to be able to experience snow and skiing for the first time (for some). It is going to be a jam packed 5 days.

As covered in the 8th December edition of Lakes Link News, many bags of sheep manure have been filled by the students and sold to help raise funds. There has been great uptake in the bags and if you are wanting another bag or two or know of someone that could use a bag, they still have some bags going that will be filled soon (12-15kg at \$10 per bag, contact Annie Argent for Lake Grace or Alex Adams for Kukerin).

Not only are they busy on farms filling bags, the families and students have a full couple of months ahead. Having just done a Steak Tea at the Sportsman's Club for the DeVree's send off, and hosting the Senior

Citizen's luncheon today, the Canberra Camp families are waiting for the grapes at Walker's Hill Winery to ripen to be able to complete the grape pick this year. They are also catering for the Muster Dogs family exhibition night on the 11th March, selling Cadbury chocolate boxes in the lead up to Easter, along with a couple of cake stalls being held at the I.G.A. in the near future.

Amazing support has already been shown by the Lake Grace community, and if you are at any of the events listed above, the Canberra Camp students thank you and appreciate your support to grab a meal or buy a cake!

Moving Farm Machinery & Equipment Information Session Sundowner



Venue TBA - presenter Road Safety Officer Rodney Thornton

The information session will be followed by the LIFT AGM with refreshments to follow
A commonsense talk that will include Ag Equipment Towing, A-Frame towing, Day time towing, Night time towing, Signage & Lights.

For catering purposes please RSVP to Lake Grace CRC—9865 1470
or lakegracecrc@westnet.com.au



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

We've had a lot of phone calls about the prohibited firearms buyback scheme. There is a list of firearms and ammunition online which will now be prohibited. Approximately 240 people across the state will be affected by this legislation change. These people will be contacted by police directly and reimbursed for all costs of any items that are now prohibited. If you have any queries about the buyback feel free to contact us here at the station.

CRIME NEWS

We continued to have reports of burglaries on vacant properties. They have now moved into the Lake Grace township. The suspect/s are forcing their way into vacant properties via doors and broken windows. We ask that you report any suspicious people or behaviour to police immediately. Keep a particular eye on properties in your area, if anything seems out of place let us know.

Here's a few bits of burglary prevention advice:

- Burglars don't want to draw attention to themselves, which is why installing a loud, alarmed security system may deter burglars. You can also opt for monitored alarm systems, which alert the local police station when it goes off. If you do install a burglar alarm, add generic security signs or stickers to deter burglars. But don't put a sticker specifying the type of security system you have installed (e.g. "This home is protected by an XYZ security system"); this makes it easier for thieves with the know-how to disable your security devices.
- Motion activated spotlights work in the same way, drawing attention to burglars.
- A security camera may be an effective solution to help secure your home. CCTV or video surveillance is now a relatively affordable option for the average homeowner, and you can even install a video doorbell to your front door. Systems range in complexity and cost, but they offer homeowners security too – particularly while away from home or on extended holidays. No thief wants to be captured on camera.
- Some homes are built with hollow core doors. These doors are easily kicked in, so replace exterior hollow core doors with solid wood or metal doors. It's also a good idea to install lockable security screens and make sure the security film is made from a good quality material that can't be

cut (e.g. woven stainless-steel mesh).

- If you have sliding doors or windows without any locks, use a window bar or cut pieces of wooden dowel to secure these from being forced open. Alternatively, install windows that open no more than 20cm to minimise the chances of someone crawling through it. Adding security measures like bars over the window can prevent people from crawling in.

TRAFFIC NEWS

In case you've missed it there are currently roadworks in the Lake Grace area. We've spoken to the supervisors at the sites and these will be in place for several more weeks.

When approaching roadworks there are temporary speed signs in place lowering the speed limited to a new posted amount. These speeds are not a suggestion and are the lawful speed limit. The speed limits stay in place for the duration the signs are up, sometimes 24 hours a day. We've had several reports from the crews working on the road of vehicles speeding. In one incident a truck and trailer ran a red light, travelling against the traffic flow on the single open lane. A car travelling in the lane, had right of way, and was forced off the road by the truck. Thankfully no one was injured. We have the registration of the truck and are following up with the owner.

We will be patrolling these work zones and enforcing the new speed limits to ensure the road crews safety.

Take care and stay safe.

Regards

Lake Grace Police

Grow Free Cart



'Take what you need,
give what you can'

Cart will be back out on the
Visitor Centre verandah
everyday.



Employment Opportunities around Lake Grace


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

Here are a list of jobs currently available in Lake Grace

- **Lake Grace Health Service** have several positions available and we are actively looking for suitable applicants
 - Nursing Staff
 - Cook
 Contact Lisa Pearce on 98902222 for any help you might need OR visit www.jobswa.gov.au or www.health.wa.gov.au/careers
- **Lake Grace Post Office**
Part time / casual - counter service
Contact Jayne at the post office for more information.
- **Spencer Shearing**
Shearers and Shedhands—full time positions
Contact Darren Spencer 0428 651 339

- **GS Mobile Mechanical Services**
Heavy Duty or Light Duty Mechanic
Trade Assistant / Tyre Fitter
Full Time Permanent Positions
Contact - 9865 1291
Email - gsmobilem@bigpond.com
- **AFGRI - Full Time Service Technician/s**
Contact - tbell@afgri.com.au
Tyson Bell 0427 890 058
- **AFGRI - Apprentice Technicians**
Applications for apprenticeships welcome now
Contact - tbell@afgri.com.au
Tyson Bell 0427 890 058
- **Rosies Cafe**
Casual Counter Staff
Students welcome to apply for school holiday work. For more details phone Nut on 048 528 352.
- **Saltbush Inn—Casual Staff needed**
For more details contact Andrew on 0447592954
- **Farmers Centre**
2 - Diesel Mechanics
Contact Malcolm 0429 651 094
malcolm@farmerscentre1978.com.au

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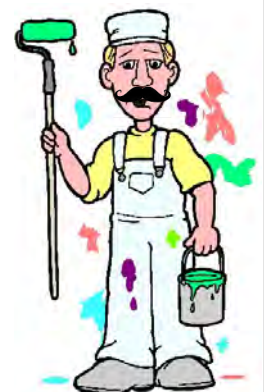
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Fires February 2023

Elizabeth Castaldini

It has been a busy month for the Shire of Lake Grace and surrounds with multiple fires, with the last week of February stepping it up a notch for some.

Tuesday 21st February was officially the hottest and windiest day of the 2022/23 in Lake Grace townsite according to the Bureau of Meteorology's reports. With such a mild weather for most of this summer and minimal days over 40°C, it was a bit of a shock to the system as it reached a top of 40.3°C in the afternoon but with wind gusts up to 59km/h from the north at 9:33am and a temperature of 32.7°C by 9am. It was a hot and dusty day in Lake Grace and I hope your house was locked up!

Although it didn't rain here in Lake Grace on that Tuesday, the start of the fires happened on Tuesday afternoon with lightning strikes to the East in Lake King. Further southeast, Ravensthorpe battled concurrent fires on Tuesday with several joining up to form large fires. Shire of Lake Grace Bush Fire Service volunteers from Lake King, Mount Madden, Dunn Rock and Varley responded to the call to support Ravensthorpe, with crews turning out to the Edwards fire burning in West River.

Then Thursday 23rd brought us a cold change of 23.9°C and winds from the south. The morning mist/drizzle (aka mizzle) and reports of power loss had people on the lookout for pole top fires. This day saw 11 pole top fires in the Shire of Lake Grace alone. Reported fires were at:

- Magee Road, North Lake Grace
- Kuender Road, North Lake Grace
- Mallee Hill Road, Mallee Hill
- Pingrup-Lake Grace Road, South Lake Grace
- Burngup Road South, Beenong
- Brookfield Road, South Lake Grace
- Kathleen Road, Lake King
- Rodger Road, Lake Biddy
- Buniche Road, Lake Biddy
- Fourteen Mile Road, Mallee Hill
- Pingaring-Varley Road, Pingaring

There were also pole top fires reported in surrounding areas including the Shire of Kent, Shire of Kulin and Shire of Dumbleyung

According to Western Power, pole top fires are caused "when there is a run of very hot, dry and windy days followed by a sudden misty, cold front. Humidity and light rain can combine with dust built up on insulators, resulting in tracks of dirt that can allow electricity to spark, in some cases eventually resulting in metal fixtures heating to a point that causes a fire." For Lake Grace there were a few more than "some" pole top fires on Thursday and many were without power with over 360 people affected into the following days.

The Lake Grace and surrounds community pulled

together again and most of the pole top fires reported were extinguished before the end of the day.

This event follows a similar day with 8 pole top fires reported, with 17 pole tops damaged that Western Power located, so it was not the first time that residents have had to wait for Western Power to come out, resolve power and install new poles after fire crews have put out the fires. It is a frustrating event that happens when the weather cools after a warm day and has become more common in recent times according to reports.



Left: Photo courtesy of Peter Walker, when the fire goes further than the pole top.



Right: Photo courtesy of Jason Sugg, what's left of a pole in Lake King.

GRADER HIRE 14' Roads, Fence lines, Fire breaks, Banks, Washouts, Site Works, Pads etc.

EXCAVATOR HIRE 5t zero swing, Trenching, Pads, Landscaping, Post Hole Digging.

Simon **0418 574 158**
Rob **0455 411 829**

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Lost Lake Grace

Suzanne Reeves. Photo Greg Meston.

The Pingrup Races are rapidly approaching, being held on the 18th March, starting at 1pm.

These photos are from the time of flares, judging by the photo below.

Do you know who any of the riders or officials are?

If so we would love to hear from you.



Home Care now available in Lake Grace

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



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care with purpose

Community Newsletter

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



Acting CEO

Our sincere condolences to the McDonald family and friends in the passing of Helen McDonald. We were surprised and saddened to hear of her passing on the 4th February; wishing her family love, comfort and strength. Helen was a Councillor for the Shire from July 2001 until 2004.

Lake King AGM

Councillors Armstrong, Chappell and Clarke with Craig and myself attended the Lake King Progress Association AGM on Tuesday 7 February. They are getting prepared for their 100 year celebrations in 2028.

Annual Electors Meeting

Councillors and Staff attended the Annual General Meeting of Electors on Wednesday 8 February at Newdegate CRC, at 6.30pm. Unfortunately no members of the public were present, and all reports were completed with the meeting closing at 6.45pm. The purpose of this meeting is to Council and residents receive the Shire of Lake Grace:

- 2021/22 Annual Report, President's, CEO and Auditor reports
- Financial Statements for the year ended 30 June 2022.

Central Country Zone Meeting

Crs Armstrong, Chappell and myself attended the WALGA Central Country Zone Meeting in Corrigin on Friday 10 February; present was the Minister for Local Government the Hon. John Carey MLA who spoke to all of the Councils involved in CCZ about the new Local Government Act reforms.

New Australian Citizens

Before the Ordinary council meeting locals Kiri Ann Harwood, Malcolm Harwood and Kyle Harwood made their pledge in their final step in becoming an Australian citizens. Congratulations to the family in becoming our newest Australian citizens. Zane was born in Australia and already an Australian citizen.

Ordinary Council Meeting Wednesday 15 February 2023

- That the development application submitted by Optus Mobile Pty Ltd under authority from DP, RM & BP Sinclair (Landowners) to construct and operate new telecommunications infrastructure on portion of Lot 3007 on Deposited Plan 214431 Tuck Road, East Newdegate be approved subject to certain conditions;
- Council provided comment to DPLH on a block of land identified for possible transfer and inclusion in the Noongar Land Estate;
- Council acknowledged the letter from the Department of Planning, Lands and Heritage and advise that it has no comment or objection to the renewal of the lease over Lot 279 or to the freehold of Lots 279, 280 and 281 Mason Street, Lake Grace to Mr David Fyfe for the purpose of 'light industry'.
- Council endorsed the extension of the new Local Government Memorandum of Understanding (MOU) as detailed in the attachment for a further 5 years that will promote cooperation between the Central Country Zone local governments in emergency events.



Kyle, Kiri, Zane
and Malcolm Harwood

Continued over...

Coming Events

Outdoor Movie

The Goonies

Lake Grace visitor Centre
Friday 10 March

Astrotourism

Lake Grace Jam Patch
Friday 31 March

Albert Facey

A Fortunate Life
Varley & Districts
Town Hall
Tuesday 28 March

Ordinary Council Meeting

An Ordinary Council Meeting will be held on
Wednesday 22 March
from 3.30pm at the
Council Chambers,
Administration Building.

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

Everyone Welcome

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

Community Information

Roe Tourism meeting

Jo Morgan from Lake Grace Visitors Centre and myself attended the Roe Tourism Association meeting in Kulin on Monday 20 February. We are pleased to acknowledge that the Committee appointed Mikaela Spurr as the Executive Officer.

Regional Tourism Meeting

Councillors Armstrong and Chappell attended a regional tourism workshop at Kojonup on Wednesday 22nd February 2023. The meeting was called to discuss the future of tourism in our region and the Great Southern, and the opportunities and challenges within the industry.

Varley Progress Meeting

Councillors Armstrong, Chappell, and Clarke with Craig and myself attended the Varley Progress Association Meeting on Thursday 23 February.

Wheatbelt South Regional Road Group Meeting

Cr Chappell and Craig Elefsen attended the Wheatbelt South Regional Road Group Meeting at Wickepin Friday 24 February.

Finally, a special thank you goes to Sandy Armstrong for her help and determination last Thursday, Evan Ayres was due to play at Newdegate Hotel however due to the power outage this was not possible. Sandy asked Evan if he would like to play at Lake Grace Hotel and some 40 people were lucky enough to see him in action. The Shire did aim for three towns to host Evan, and regrets that Newdegate missed out this time due to the power issues.

Chris Paget
Acting Chief Executive Officer

Community Emergency Service



Fire Season Catchup – We saw our usual fires over harvest with a number caused by mechanical issues and a few electrical faults as well as rock strikes. As we moved through summer the lightning strikes started with the Shire largely missing out on the ignition of any major fire. With the Shire's support I participate on the State Pre-Formed Team roster, which brings together a team of emergency services personnel to support large incidents. This year has seen support to the Kimberley following Ex-TC Ellie (TL06U), the Avon Valley fires and the Hamersley Drive Fire (Fitzgerald NP/Hopetoun). Closer to home the Shire of Lake Grace sent a Task Force of resources from the east down to support the Shire of Ravensthorpe with the Edwards Farm fire in West River, just across our southern boundary.

Additionally, we have noted another exceptionally high occurrence of pole top fires this season with 19 being reported to 000, and approximately 9 additional damaged poles identified by Western Power in their follow-up. Understandably there is increasing frustration being expressed by the community from this impact to their time and availability to power. The local Chief Bush Fire

Control Officers have been discussing ways to move forward, applying pressure to Western Power to remediate this issue. We will investigate avenues available through the Shire to support this cause.

Finally, I would like to say thank you to those who have been reporting fires to 000. By doing this it accelerates our ability to mobilise and support incidents within the Shire. Remember, when you call 000 for FIRE, your message is passed on to the local CBFCO and decisions about response are managed locally.

Matt Castaldini
Community Emergency Services Manager

Extended Power Outages

The \$120 payment is an acknowledgement of the inconvenience for customers who have experienced a long unplanned outage while waiting for repairs to be completed and restoration of power to occur.

Go to: <https://www.westernpower.com.au/faults-outages/make-a-claim/extended-outage/>



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 to confirm 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 - 3 March

Friday - 14 April (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

Lake Grace Swimming Pool

Open: Wednesday to Monday 12noon - 6pm
Closed - Tuesday

Early morning swimming:
Monday, Wednesday and Friday from 5.30am - 7.00am

Changes will be advertised on the Shire Facebook page.

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 14 March	Tuesday 7 March
Tuesday 28 March	Tuesday 21 March

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 Infrastructure Services

Welcome to another edition of the community news, we have been busy at the shire over the last couple of weeks with many projects commencing.

Staff and contractors have been busy working on:

- Re sealing 7km of Mallee Hill Road
- Sealing preparation of 4.5km on Aylemore Road
- Re sheeting of 3km on Witham Road
- Installation of adult Gym equipment in Lake Grace
- External painting of the Lake Grace Visitor centre
- Installation of footpaths Newdegate
- Works have commenced on the Football lighting tower installation at Lake Grace Oval
- Sign and guide post maintenance in the eastern parts of the shire
- Installation of a new pump in the Lake King rec grounds dam to water ovals



Lake Grace Visitor Centre is having it's first facelift since 2004 and the opening in 2005.

- Maintenance grading throughout the shire
- Garden maintenance throughout the shire
- Building maintenance throughout the shire

Craig Elefsen

Manager Infrastructure Services



Main Street facelift has started. Watch this spot, some changes are coming

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.

Seen a Faulty Streetlight?

Western Power has automated streetlight fault reporting, making it easier to report faulty streetlights.

If a streetlight doesn't turn on, turn off or flickers, let Western Power know using the streetlight reporting tool at:

<https://westernpower.com.au/faults-outages/report-a-faulty-streetlight/> or call on 13 10 87

Junior Cricket News

Derek Stanton, Photo Annie Argent

It has been some time since the Lake Grace Cricket Club has had a full team to play in the Junior Cricket Competition.

Lake Grace finished playing in the Lindsey Scott u/13 cricket competition at the end of the 2019/2020 season. We had a few remaining keen kids that kept playing in the competition with the Kulin team in the 2020/2021, 2021/2022 and 2022/2023 seasons.

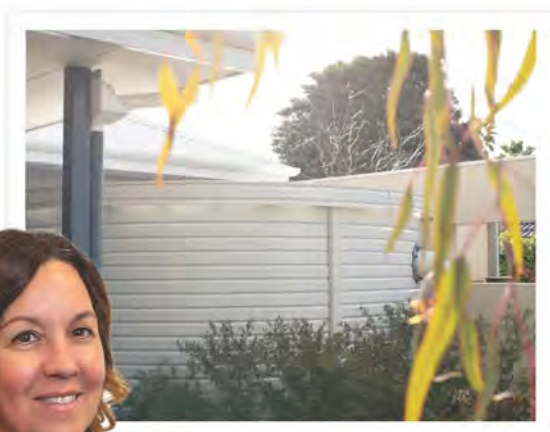
With the withdrawal of Boddington from the comp, it has allowed an opportunity for Lake Grace team to re-enter the comp for the upcoming 2023/2024 season which will start up late October 2023. Playing against teams from Narrogin, Kulin, Wagin, Wickepin, Darkan, Williams, and Pingelly.



Keen cricketeers! Back row: Tyler Argent, Derek Stanton, Chase Kuchling, Braxton Roukens, Heath Lewis, Beau Trevenen.
Front Row: Taj Trevenen, Mitch Gooding, Bryce Carruthers, Levi Argent, Sam Stanton, Kade Lloyd.

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Shelley Payne MLC

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Free waterwise offers are available to residents of **Lake Grace** as part of Water Corporation's 2022-23 Waterwise Towns program.

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☎ (08) 9072 1786

✉ shelley.payne@mp.wa.gov.au

📘 Shelley Payne MLC

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

WHS—The Elephant in the Room

If you're a business owner, it's important to understand your obligations to provide a safe and healthy workplace. This includes keeping up with changes to health and safety legislation.

The Department of Mines, Industry Regulation and Safety has introduced [new Work Health and Safety \(WHS\) laws](#) for Western Australia.

Here are seven things to know about the new WHS laws and how they could impact your business.

1. WHS is the new OSH

The previous laws around occupational safety and health, or 'OSH' as many of us know it, have been around for decades. The 'OSH Act' was first introduced in 1984 and has been supported by other legislation around specific health and safety measures related to mines and petroleum.

The Work Health and Safety Act 2020 ('WHS Act') will replace all of these and bring WA workplaces under a single WHS Act from March 2022.

2. You could be a PCBU

The WHS Act introduces a definition of the 'person conducting a business or undertaking' - or PCBU. A PCBU can be:

- a sole trader (for example, a self-employed person)
- each partner within a partnership
- a company
- an unincorporated association
- a government department of public authority (including a municipal council)

If you're a business owner, you could be a PCBU as an individual. If you run your business as part of a business partnership, you could each be individually and collectively a PCBU. Larger corporations and organisations will have what's known as officers of the PCBU.

3. The PCBU has the primary duty of care

Under the OSH Act, duty of care was largely based around the employer-employee relationship.

Under the WHS Act, all PCBUs have a primary duty of care to ensure the health and safety of their workers and others who may be affected by the carrying out of work.

This means, where reasonably practicable, if you are the PCBU you would need to take action to eliminate risks to health and safety. If this is not reasonably practicable, you need to make sure those risks are minimised as far as is reasonably practicable.

This includes paying attention to the strategic, structural, policy and key resourcing decisions involved in running your business.

4. Penalties have changed

The WHS Act includes a new offence of industrial manslaughter (s30A). This offence involves substantial penalties for PCBUs in a business where a WHS duty causes the death of an individual, in circumstances where the PCBU knew the conduct could cause death or serious harm.

The WHS Act voids insurance coverage for WHS penalties and imposes penalties for providing or purchasing this insurance.

The new laws also introduce what are known as enforceable undertakings. Here's an example of how an enforceable undertaking might work:

If a business operates in a way that commits (or may commit) an offence under the WHS laws (except for industrial manslaughter or a Category 1 offence), they may be able to volunteer to give an enforceable undertaking instead of going through legal proceedings. Giving an enforceable undertaking is not an admission of guilt.

Their enforceable undertaking is a written commitment to do certain things in an agreed period, and can be



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WHS—The Elephant in the Room *(cont.)*

accepted or rejected by the Regulator.

If the undertaking is accepted, the business would complete certain activities which need to be substantial and aim to deliver tangible benefits to the workplace, industry or broader community.

As part of the new laws, there are also reporting requirements for what are known as 'notifiable incidents', which includes serious illness, injury or death and dangerous incidents which might happen during the conduct of a business or undertaking.

5. WHS laws will be similar across Australia

The new laws are largely based on the national model WHS Act and regulations used in other states and

territories, except Victoria. This means businesses will have similar health and safety obligations and requirements across Australia.

6. Things won't change overnight

Many businesses will need a bit of time to adapt to the changes. To help support business owners during the change, the WHS Act has transitional arrangements which apply where duties are new or have changed a lot from what they were.

There is also now a two year transition period in place for [operators of earthmoving equipment used as a crane](#) who may now require a high risk work licence as part of the new WHS laws.

The WA Government has also allocated funding for an extra 21 inspectors and six support staff to help improve WHS outcomes.

7. You can get help to make sense of the new laws

To learn more about the new laws and help you work out what this means for your business, we've launched a new workshop. This workshop covers a range of topics including how to implement safety practices within your business, how to conduct an internal safety review and more about safety management systems and certification requirements.

One of the impacts to business is the necessity of accredited training to ensure that they are compliant. Although there is financial and time impacts to consider, the safety of your workforce is paramount.

The CRC has been running some accredited business workshops; if there is anything that you need for your workforce please contact us so that we can arrange the training.

Above Left: Ben Argent is a spotter for Andrew Lewis during the Working At Heights training.

Below Left: Mitchell Thornton and George Chircop are keeping an eye out for their 'work mate' ?? During the Working in Confined Spaces workshop.



Scanning

The Lake Grace CRC can now scan up to A0

A0 - \$5 A1 - \$4

A2 - \$3 A3/A4 - \$2.50

Discounts for members.

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

9865 1470

Lakegracecrc@westnet.com.au

Puzzles and Stuff

Some words for 16th February edition of Boggle

Answers for 16th February edition of Sudoku

- Carbonise
- Aerobics
- Anerobic
- Beacons
- Bicorns
- Carbons
- Coarsen
- Coiners
- Corneas
- Crinose
- Cronies
- ErasiOn
- Scoria
- Bonaire
- Acorns
- Boners
- Bonsai
- Canoes
- Carbon
- Casino
- Censor
- Coarse
- Cobras
- Cornea
- Cosier
- isobar
- Nosier
- Oceans
- Reason
- Recoin
- Recons
- Scoria
- Senior
- Senora
- Acorn
- Arose
- Bacon

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

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

E	L	D
S	A	E
I	N	D

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



All Good Refund Depot



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 Bowls Notes

Lynda Trawinski

18th February

Lake Grace hosted Newdegate.

Men: 1 1/2 points, Newdegate 6 1/2 points, aggregate 96-100.

Ladies: No points, aggregate 26-44

19th February

Geoff, Wayne and Kelvin played singles with everyone playing everyone. Wayne winning the Championship and Geoff coming runner up.

25th February

The ladies played Kulin in the semi finals. We tried hard and lost on both rinks.

26th February

League single played in the Newdegate. Jackie and Wayne played Kulin and Kondinin in a round robin. Both played well in their section but missed out on the next round.

Thank you to everyone that filled in for the mens and ladies throughout the year.

Right: Geoff Sabourne (Runner up) and Wayne Trawinski, Singles Champion for the 2022/23 season.



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Lake Grace Cricket Notes

Kael Gray

Round 11


Lake Grace v Pingelly-Noonebin

Pingelly-Noonebin won by 75 runs.

Batting - Lake Grace	R	B	4s	6s
B.P. Reynolds <i>b: JM Hughes</i>	5	8	0	0
B. Clifton <i>c: J. Blechynden b: CJ Giles-Morton</i>		1	0	0
M.L. Smith <i>c: J. Blechynden b: CJ Giles-Morton</i>	27	29	5	0
J. Carruthers <i>c: SJ Sewell b: JM Hughes</i>	19	22	1	1
W. Humphrey <i>b: SJ Sewell</i>	26	36	2	0
S. Bowron <i>b: CJ Giles-Morton</i>	1	9	0	0
M.L. O'Neill <i>c: KA Beard b: JM Hughes</i>		4	0	0
C. Shaw <i>c: KA Beard b: SJ Sewell</i>		5	0	0
D. Pelham <i>not out</i>	44	37	5	1
B. McGlinn <i>c: KA Beard b: SJ Sewell</i>	2	13	0	0
J Callope <i>b: H. Blechynden</i>	19	33	2	1

Bowling - LG	O	M	R	W
M.L. Smith	10	2	34	2
B.P. Reynolds	10	1	35	2
D. Pelham	9.1	0	52	1
M.L. O'Neill	4	0	26	1
C. Shaw	5	0	37	0
J. Carruthers	7	0	32	0



Batting - Pingelly-Noonebin	R	B	4s	6s
J. Blechynden <i>c: S. Bowron b: ML O'Neill</i>	102	113	9	1
SJ Sewell <i>c: S. Bowron b: ML Smith</i>		7	0	0
H. Blechynden <i>c: D. Pelham b: BP Reynolds</i>	2	12	0	0
JM Hughes <i>b: D. Pelham</i>	58	66	4	0
G. Poultney <i>c: ML O'Neill b: BP Reynolds</i>	12	21	2	0
BS Blechynden <i>c: BP Reynolds b: ML Smith</i>	9	22	0	0
KA Beard <i>not out</i>	15	18	2	0
DA Hull <i>not out</i>	8	15	0	0

Bowling - P-N	O	M	R	W
CJ Giles-Morton	7	0	34	3
JM Hughes	7	1	29	3
SJ Sewell	7	1	20	3
LD Hull	3	0	9	0
CJ Hull	4	0	29	0
H Blechynden	2.4	0	13	1
KA Beard	2	0	14	0



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Wednesday – Sunday

10am – 4pm

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Bookings not essential, but appreciated.

Lunch and evening meals available by booking.

Phone: 0447 651 418


Facilities not air conditioned

Lake Grace Cricket Notes


Kael Gray

Round 12 Williams v Lake Grace

Williams won by 38 runs.

Batting - Lake Grace	R	B	4s	6s
K. Joyce b: M. Foreman	17	36	2	0
M.L. Smith c: R. Pearce b: S. Ford	10	19	1	0
J. Carruthers c: T. Lavender b: M. Hogg	21	20	4	0
B.P. Reynolds c: J. Moore b: S. Ford	32	78	2	1
D. Brooks c: M. Cowcher b: M. Hogg		5	0	0
S. Bowron b: M. Hogg	7	24	0	0
W. Humphrey not out	38	75	5	1
C. Shaw not out	13	14	1	0

Bowling - Williams	O	M	R	W
S. Ford	8	1	28	2
M. Hogg	10	1	33	3
M. Foreman	9	3	28	1
R. Ford (C)	8	5	9	0
B. Titko	5	1	19	0
J. Moore	5	0	23	0

Batting - Williams	R	B	4s	6s
R. Rose c: ML Smith b: K Joyce	64	104	6	0
B. Titko c: J Carruthers b: R. Enright		2	0	0
R. Ford (c) c: S. Bowron b: D. Brooks	34	53	3	1
T. Lavender c: BP Reynolds b: D. Brooks	23	32	2	1
M. Cowcher c: S. Bowron b: ML Smith	23	43	0	0
M. Foreman lbw: ML Smith	2	4	0	0
J. Moore c: K. Royce b: R. Enright	9	12	0	0
K. Rintoul (wk) run out (K. Joyce, S. Bowron)	7	19	0	0
M. Hogg not out	2	3	0	0
R. Pearce not out	0	0	0	0

Zucchini Challenge

The challenge is back on! Can you grow Lake Grace's biggest zucchini? Or perhaps you have a rather weighty pumpkin in the patch? Do you have some rather unusual vegetables to display? Lake Grace CWA want to see if YOU can rise to the occasion.

Cash prizes for:

- Open division (14 - 99 years)
- Children's division (13 and under)

Will be held at the CWA Hall on

Saturday 18th March from 9:30am

Devonshire teas (\$5 / head) - funds raised going to refurbishment of CWA rooms.

Plants available for sale.

Rosies Café & Bakery

Opening Hours

Monday to Friday

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

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

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Lake Grace
Community Resource Centre

**Community Exhibition
with
Neil McDonald
from ABC's TV Series
Muster Dogs**

Saturday 11th March
Lake Grace Sports Pavilion
Meet Neil and his dogs from 5pm
Demonstration from 5:30pm
Entry: \$10 per Family Cash Only

This is a family friendly event. Please bring a chair and/or blanket and enjoy a relaxed evening out amongst our community while watching Neil demonstrate his livestock and dog handling techniques

Food & Drinks

Lake Grace District Highschool P&C
Hamburgers * Hot Dogs



Lake Grace Pingrup Football Club
Drinks and Bar Facilities

Successiv
Farm Business Specialists

Lake Grace
Community Resource Centre

Working Dog and Livestock Handling Course

Join Neil McDonald (of ABC's Muster Dogs)

World Class stock and dog trainer Neil McDonald will provide you with the skills to start your pup, enhance your current dog, or control the unruly project pooch. In addition to providing extensive knowledge on best practice livestock handling techniques enhancing your efficiency and enjoyment in both the yards and paddock.

- ✓ 4 days of hands on training
- ✓ BYO dog/dogs - Please note dogs are not compulsory for attendance
- ✓ Camping available on site - BYO gear
- ✓ Handling skills for both sheep and cattle
- ✓ Full payment required to secure your spot.

Price
\$2,200
/Person
INC GST

Location and Dates

- 📍 Lake Grace Pavillion/Football grounds: 15th - 18th March (Exhibition event: Sat 11th @ 5pm)
- 📍 Manypeaks - MJ Blyth & Co: 24th - 27th March
- 📍 Uduc - Runnymede Farm: 13th - 16th of April

Contact Us Manypeaks/Uduc: kylie@successiv.com.au Lake Grace: manager@lakegracecrc.net

ATO Announces Changes to Working From Home Deductions

The Australian Taxation Office (ATO) has refreshed the way that taxpayers claim deductions for costs incurred when working from home. The changes better reflect contemporary working from home arrangements.

Assistant Commissioner Tim Loh explained that taxpayers can choose one of two methods to claim working from home deductions: either the “actual cost” or “fixed rate” method. Only the fixed rate method is changing.

The revised fixed rate method applies from 1 July 2022 and can be used when taxpayers are working out deductions for their 2022-23 income tax returns.

‘First things first, make sure you are eligible to claim working from home expenses. To claim your working from home expenses, you must be working from home to fulfil your employment duties, not just carrying out minimal tasks, such as occasionally checking emails or taking calls. Also, you must incur additional expenses as a result of working from home.’

‘No matter which method you use, make sure to keep records. This will give you more flexibility to choose the method that gives you the best deduction at tax time depending on your circumstances.’

Mr Loh said these changes provide benefits for those using the revised fixed rate in 2022-23.

‘Items that are difficult and tedious for everyday Aussies to calculate actual work-use, like phone, internet and electricity expenses, are included in the revised rate. Assets and equipment that typically give taxpayers a bigger deduction, such as technological items and office furniture, are not included in the revised rate and need to be claimed separately.’

‘Another benefit is that you no longer need a dedicated home office to use the fixed rate method.’

Mr Loh reassured taxpayers who haven’t kept records so far this income year that transitional arrangements are in place for 2022-23.

‘From 1 July 2022 to 28 February 2023, we’ll accept a record which represents the total number of hours worked from home (for example a 4 week diary). From 1 March 2023 onwards, taxpayers will need to record the total number of hours they work from home.’

‘And remember, you can’t claim for things like coffee, tea, milk and other general household items, even if your employer may provide these kinds of things for you at work.’

Revised fixed rate method

The revised fixed rate method can be used from the 2022-23 income year onwards. The changes are:

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ATO Announces Changes to Working From Home Deductions

Rate

The cents per work hour has increased from 52 cents to 67 cents.

What's covered by the rate

The revised fixed rate of 67 cents per work hour covers energy expenses (electricity and gas), phone usage (mobile and home), internet, stationery, and computer consumables. No additional deduction for any expenses covered by the rate can be claimed if you use this method.

What can be claimed separately

- The decline in value of assets used while working from home, such as computers and office furniture.
- The repairs and maintenance of these assets.
- The costs associated with cleaning a dedicated home office.

Home office

The revised fixed rate method doesn't require taxpayers to have a dedicated home office space to claim working from home expenses.

Record keeping

Taxpayers need to keep a record of all the hours worked from home for the entire income year – the ATO won't accept estimates, or a 4-week representative diary or similar document under this method from 1 March 2023.

Records of hours worked from home can be in any form provided they are kept as they occur, for example, timesheets, rosters, logs of time spent accessing employer or business systems, or a diary for the full year.

Records must be kept for each expense taxpayers have incurred which is covered by the fixed rate per hour (for example, if taxpayers use their phone and electricity when working from home, they must keep one bill for each of these expenses).

Actual cost method

The [actual cost method](#) hasn't changed. Taxpayers can claim the actual work-related portion of all running expenses.

This includes keeping detailed records for all the working from home expenses being claimed, including:

all receipts, bills and other similar documents to show taxpayers have incurred the expenses, a record of the number of hours worked from home during the income year (either the actual hours or a diary or similar document kept for a representative 4-week period to show the usual pattern of working at home).

a record of how taxpayers have calculated the work-related and private portion of their expenses (for example, a diary or similar document kept for a representative 4-week period to show the usual pattern of work-related use of a depreciating asset such as a laptop).

The ATO is reminding taxpayers that if they are claiming their actual working from home expenses, they can't claim a deduction for expenses which have already been reimbursed by their employer.

More information

No matter which method is used, if taxpayers purchase assets and equipment for work and it costs more than \$300, they can't claim the full amount immediately. For each of these items, the deduction must be claimed over a number of years and the work portion claimed (known as decline in value or depreciation).

The ATO has online calculators to help taxpayers work out the [decline in value](#) of assets and equipment purchased. There is also the [myDeductions tool](#) in the ATO app, which can help keep track of expenses.

Taxpayers needing assistance or advice about claiming working from home expenses can also seek the assistance of a registered tax professional.

More information about working from home, including example calculations, is available at ato.gov.au/home



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photos at the
Lake Grace CRC!**

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- Print direct from your social media on the screen
- Print from Compact Flash, SD, Micro SD, Memory Stick, MS Micro, xD, and USB port
- Panoramic Prints: supports 6x14" and 6x20" sizes
- 6x4" / 6x6" / 6x8" / 8x8" / 8x 10" / 8x12" sizes available
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- Calendars
- Collages

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 LakeGracecrc@westnet.com.au The community bus is owned and managed by the community, is available to any individual, group or organization to hire and costs \$1 per kilometre to use. All proceeds go toward the management and running of the bus and toward bus upgrades.

Southern Agcare

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

Men's Shed Battery Drive

The Lake Grace Community Men's Shed is continuing with their battery drive. This is an ongoing revenue raising project which will contribute to the running of the Shed. Batteries can be left at the Men's Shed or you can contact Walter Perry on 0448 795 070 if you require them to be picked up. Thank you for your ongoing support.

Dr Linda Haines

Is available in Lake Grace on Tuesday and Tuesday 14th and Wednesday 15th March. Ring 9865 1208 for an appointment.

First Aid Kits

Are now available for purchase at CCL Hardware Lake Grace.

Save The Date

Lake Grace CWA will be holding their Zucchini Day on Saturday 18th March 2023 so if you haven't yet planted your zucchinis, now is the time to do it. Hint: we will be looking for some weighty pumpkins also so get into the vegie patch and do your best.

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.

Lake Grace Shire Councillors

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
Summer Sports			
Lake Grace Cricket Club	Aidan Liddelow	0466 440 441	aidan.liddelow@gmail.com
Lake Grace Swimming Club	Annie Argent	0427 569 834	annette.argent@bigpond.com
Lake Grace Tennis Club	Natalie Livall	0428 258 188	lakegracetennisclub@gmail.com
Lake Grace Basketball Club	Amber McPherson		lakegracebasketball@outlook.com
Lake Grace Bowls Club	Lynda Trawinski	0429 651 403	lyndaandwayne@bigpond.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.org.au 1300 364 277

Justices of the Peace

Colin Connolly	0427 858 066
Ron Dewson	0428 651 213
Amanda Milton	0429 654 011
Geoff Sabourne	0429 651 171

Church Times

Catholic Church		Anglican Church	
Sunday 5th March	6pm	Sunday 5th March	10am
Communion		Father John Jones	
Sunday 12th march	8am	Sunday 12th March	No service
For inquiries please phone 9865 1248.		Enquiries: St Johns Albany	9841 5015
		Wally Perry	0448 795 070

COMMUNITY CALENDAR

March 2023

<p>Fri 3 Fish & Chips @ Sportsman Club 6pm Op Shop Open - 10am-1pm Driving Assessor in Lake Grace Bowls—Men's Country week</p> <p>Sat 4 Rubbish tip open (9am-4pm) Craft @ CWA (look for flag) Cricket - Semi Finals Steak Teas @ LG Sportsman's Club</p> <p>Sun 5 Rubbish tip Open</p> <p>Mon 6 Rubbish tip open (9am-2pm) Swimming Club</p> <p>Tue 7 Rubbish Collection Pool CLOSED SOYF Exercises 10am @ Pavilion Men's Shed (morning) Op Shop Open - 1pm-4pm Playgroup 9:30-11:30am Chair Aerobics - 1pm @ Village Hall</p> <p>Wed 8 Rubbish tip open (9am - 2pm) Containers for Change pickup Swimming Club</p> <p>Thurs 9 Men's Shed (Morning) Shelley Payne @ Men's Shed Bowls Practise @ 5pm Happy Hour @ Sports Club 5:30-6:30</p> <p>Fri 10 Fish & Chips @ Sportsman Club 6pm Op Shop Open - 10am-1pm</p> <p>Sat 11 Rubbish tip open (9am-4pm) Craft @ CWA (look for flag) Muster Dogs Community Demonstration Cricket - Preliminary Final</p> <p>Sun 12 Rubbish tip Open Pennant Tennis—Semi Finals</p> <p>Mon 13 Rubbish tip open (9am-2pm) Lakes Link News Deadline Swimming Club</p>	<p>Tues 14 Rubbish Collection Recycling Collection Lake Grace LCDC Meeting 10am SOYF Exercises 10am @ Pavilion Men's Shed (morning) Pool CLOSED Op Shop Open - 1pm-4pm Playgroup - 9:30-11:30am Chair Aerobics - 1pm @ Village Hall</p> <p>Wed 15 Rubbish tip open (9am - 2pm) Containers for Change pickup Muster Dogs Workshop Swimming Club</p> <p>Thurs 16 Men's Shed (morning) Lakes Link News published Muster Dogs Workshop Happy Hour @ Sports Club 5:30-6:30</p>
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Coming Events

- 15th-18th March - Muster Dogs Workshop
- 19th March - Pennant Tennis Grand Final
- 21st March - LGDHS School Board Meeting
- 27th March - LGDHS P&C Meeting @ 7pm
- 30th March - Moving Farm Equipment Information Session
- 17th April - HR Truck Training & Assessment
- 5th April - LGDHS Interschool Swimming Carnival
- 17th July - HC/MC Truck Training & Assessment

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

Sudoku

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

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