

LAKE GRACE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
School Place
PO Box 177 Lake Grace WA 6353
Ph (08) 9865 1470 Fax (08) 9865 1471
Email: central@lakegracecrc.net
ABN: 19 498 730 152
Website: www.lakegracecrc.net

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Vol 29 Issue 7

Protecting our Remnant Bush

Suzanne Reeves

Wheatbelt NRM (Natural Resource Management) have some fantastic grant opportunities available for farmers at the moment, primarily for fencing off remnant bushland.

Healthy Environments Program Manager, Anika Dent along with Jo Byford, Healthy Environments Project Officer, were in Lake Grace on Thursday 30th March to meet with local landholders to discuss mutual opportunities.

The funding that Wheatbelt NRM have available is to protect remnant bushland that includes one or more of the following:

- 'tall timber' eucalypt woodland remnants – these include salmon gum, gimlet, white gum, wandoo, mallet, blackbutt, morrel, York gum, Yate, Merrit woodlands
- Malleefowl habitat - if landholders see malleefowl on their property, or have bushland with malleefowl in it adjacent to their property
- Black-cockatoo habitat - if the landholder sees black cockatoos on or near their property each year

There are known black cockatoo breeding sites around North Tarin Rock, halfway between Newdegate and Lake Grace and also east of Newdegate. There may be additional nesting areas we don't know about yet!

This funding is not specific to Lake Grace, it's open to the Avon River Basin within the Wheatbelt; so if you think you have remnant bushland that fits one of the above three points then please get in touch. Four thousand dollars a kilometre is available for fencing, the work doesn't have to be done this financial year but the contract must be signed prior to 30th June.

Six farming entities met with Anika and Jo at Lake Grace which was a fantastic result as the appointments were only pulled together at the last minute. It's a win-win



Above: Anika Dent and Jo Byford From Wheatbelt NRM at the Lake Grace CRC.

situation with remnant bushland given a second chance, farmers getting financial assistance to get this done and Wheatbelt NRM proving to the Federal government that the message is getting out there and that a difference is being made.

This opportunity came from an injection of enthusiasm and new blood at the recent LCDC meeting—here's hoping more opportunities and projects will present themselves.

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LAKES LINK NEWS

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| Colour | \$200 | \$165 | \$165 | \$150 |
| <i>Conditions do apply.</i> | | | | |

CRC Opening Hours

9:00am - 5pm

Closed from midday to 1pm for lunch when short staffed.

Deadlines and Editions

All articles, news and advertisements are to be submitted to the Lake Grace Community Resource Centre by 3pm on Monday of paper week.

Next Deadline
Thursday 24th April

Next Edition
Thursday 27th April



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

Lee Duckworth Annie Slarke
Dick Phillips

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260 copies circulated each fortnight

Editorial

- Hasn't the rain been glorious, autumn is definitely here with the shorter days, cooler weather and aforementioned rain. Best time of the year!
- It has been a frantic couple of weeks with our information session for movement of farm machinery, Wheatbelt NRM in town to talk to farmers interested in fencing of remnant bushland and the bundling together of enrolments for the HR Truck licence which is happening throughout next week.
- Apologies if you're looking at the visual sign in front of the school and we are confusing you with past events and dates, unfortunately we can't open it at this stage (panels are jammed) to change anything. Hopefully it will be fixed sooner rather than later.
- There is a piloting workshop coming up! It will be held over the 29th and 30th May at the CRC. Cost is \$1,400. Please contact us at the CRC and we shall forward the enrolment information to you.
- Another workshop we have coming up is Understanding Grief and Loss (half day) [What to Do After a Crash in the advert on page 16]. We hosted one of these a couple of years ago and it was very well received. The workshop will be facilitated by Injury Matters who will also be doing a one hour information session on Stay On Your Feet in the afternoon. Please contact us if you would like to register your interest.
- We have also booked an accredited First Aid workshop with St John for Friday 6th October. This workshop is for youth (16-18) and will come under the banner of Lake Grace Roadwise. We will be looking for funding to cover the costs of this workshop to keep any costs to a minimum (preferably free). Lake Grace Roadwise is keen to give youth the skills and confidence to act if they are involved in or come across an accident while driving. We are more than happy to take expressions of interest.
- We have been having issues with our internet so will be signing up for a new provider. Be aware that the lakegracecrc@westnet.com.au email will become obsolete. Emails ending with @lakegracecrc.net will be fine. If you have been sending material through to us please follow up with a phone call as not everything seems to be getting through. Hopefully that will all change in the near future.
- Thank you to our volunteers who helped out with the Driver Reviver on Thursday and Good Friday. Unfortunately we couldn't open on the Monday due to a lack of volunteers however the cafes and Roadhouse were open and plenty of people were still stopping to use the facilities.
- Also coming upon us very quickly is ANZAC Day. Once again we're having a dawn service which will be followed by a breakfast supplied by the Lake Grace Lions. We received funding from Lotterywest (via the RSL) to cover any costs but we are keen to get feedback on what the community want. We can't change the event for 2023 but if you think it would be better to have it at a different time of the day then please let us know.
- We have been invited by Newdegate CRC to host a Silversmithing workshop; I understand this will happen in Newdegate, Hyden and Lake Grace. Lake Grace will perhaps be Sunday 21st May, I don't have any more information but please let us know if you're interested.
- Don't forget the Library is open every day over the school holidays, when Lois isn't there the CRC will be covering so drop in and get yourself a book. If you're new to town or haven't yet got a membership you do need to drop in when Lois is there.
- Check out the advert on page 19, PATS has changed, you know longer need your GP to sign the claim form. If you would like a digital copy of the claim form then please give us a call.

Suzanne Reeves



ANZAC DAY
25TH APRIL

Lake Grace Service

When : Tuesday 25 April 2023
Where : RSL Lake Grace Branch
Time : 6AM

The Lake Grace Lions will be providing a breakfast - bacon and egg sandwich so no need for cutlery

AT THE GOING DOWN OF THE SUN
AND IN THE MORNING,
WE WILL REMEMBER THEM.

About Town

- We hope everyone has been enjoying the school holidays and had an enjoyable Easter. There are certainly plenty of bunnies getting around but I'm not sure if they were doing any deliveries.
- Well the warmer months are officially gone when winter sports are getting set to crank up. The Ongerup Association starts this Saturday (15th), Roe Districts Hockey starts Saturday 22nd and the golf season in Lake Grace cranks up with a three person ambrose on Sunday 23rd April. One of our local golfers has been getting his eye in, playing a weekend event in Katanning recently. If the non stop rain didn't put a dampener on the first day, then his partners golf cart playing up was a sealer. When the cart refused to go forwards they then went in reverse for three fairways before it finally gave up the ghost and their opposition pushed them back to the clubhouse. It has to be up from here!

Anniversaries



26th April Shelley & Chad Stanton (20)

Happy Birthday



- 13th April Vicki Dewson
Brendon Callope
- 14th April Clancy Lay
Dakota Pelham
- 15th April Sofia Klein
- 16th April Jackie McGlinn
Ruby Bell
- 17th April Matthew Argent
Jodi Couzens
- 18th April Doug Dunham
Adrian Duckworth
Rosey Chircop
- 20th April Zara Clarke
- 21st April Damian Trevenen
Phillip Clarke
- 22nd April Fred Leo
Ashley Gambuti
Maisey Lay
- 23rd April Damon Pelham
Bradley O'Neill
- 24th April Jaspar Marshall
- 25th April Alan Stubberfield
- 26th April Bianca Zweck

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.



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Perfect for maps, plans, posters,
banners (up to 841mm wide) and
photographs

Competitive pricing.

Contact the Lake Grace CRC on
9865 1470 for a quote.

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

The Soldiers Farewell

Suzanne Reeves. Images supplied by Allan Marshall

World War II touched Lake Grace as much as any other community with a shortage of manpower, petrol rationing, fertilizer shortage and a wool acquisition scheme. Later with the entry of Japan into the war and the subsequent threat of invasion, night blackouts were enforced and the name Lake Grace removed from all businesses in the town, railway station and post office.

Directly affected were nearly 100 men and women who had their lives indelibly altered by experiences while in the Armed Forces - a number of whom did not return. For the men and women remaining in the district a unit of the Volunteer Defence Corps along with the Red Cross Volunteer Emergency Service Detachment were extremely active.

Fundraising for local causes such as the Hospital were abandoned in favour of the War Patriotic Fund; Clubs, Organisations and Schools were directly affected by the enlistments, with many going into recess for the War years.

One such group (perhaps the Red Cross or CWA) were busy raising funds to stage sendoffs for local servicemen before they departed on the passenger train from Lake Grace. Mrs Emma Marshall kept careful note in her exercise book of those departing and whether or not a farewell could be ticked off. Papers were being collected and sent overseas to our servicemen to keep them apprised of what was happening back home.

From the receipts page it appears collections were taken up and perhaps morning teas sold to raise funds. A presentation (?) was made – perhaps a comfort pack and it appears for those who left before a presentation could be done, money was sent.

World War I was fresh in the minds of many and there would have been a conscious realization that war was no great adventure and the cost to individuals, families and communities was huge. Little wonder there was an urge to show how much the servicemen's (and women's) sacrifice was respected.

141

Balance Sheet

May 11 1941

| Date | Expenditure | £ | s | d | Date | Receipt | £ | s | d |
|---------------|-----------------------------|----|----|--------|---------------|---------------------|----|----|---|
| July 25/1940 | Arthur Duke | 1 | 13 | 6 | July 25/1940 | Collection | 2 | 18 | - |
| Oct 3 | Brown | 1 | 11 | 3 | Oct 3 | " | 1 | 19 | - |
| Oct 8 | Griffith | 1 | 12 | - | Oct 8 | " | 4 | - | - |
| Oct 14 | Dewson Haddon | 3 | 13 | 7 1/2 | | | | | |
| Oct 14 | odd expend | 10 | 1 | | Oct 14 | " | 3 | 4 | - |
| Oct 18 | Marshall & Pearson | 2 | 14 | 8 | Oct 18 | " | 3 | 6 | - |
| Dec 2 | Eggers | | | | Dec 2 | Balance | 6 | 6 | |
| Dec 12 | Standers | 1 | 10 | 6 | Dec 2 | Collection | 1 | 7 | 6 |
| April 24/1941 | Telephonical Jenks | 2 | - | | April 24/1941 | America Tea Proceed | 4 | 8 | - |
| May 14 | Jackman Smith Lucas & other | 6 | 2 | 9 | May 14 | Collection | 4 | 15 | - |
| April 10 | Hall Hine | 1 | 2 | 6 | | | | | |
| | | 21 | 13 | 10 1/2 | | | 26 | 3 | - |
| | Balance | 4 | 11 | 1 1/2 | | | 26 | 5 | - |
| | | 26 | 5 | | | | | | |

Send of Commette to Local Soldiers

Balance Sheet

L.L.L.

| From | Funds | £ | s | d | Expenditure | £ | s | d |
|--------------|-----------|----|---|-------|-----------------------------------|----|---|-------|
| July 25/1940 | Collected | 50 | 2 | 2 1/2 | presentations to 27 soldiers etc. | 46 | 2 | 18 |
| Dec 31 1941 | | | | | Balance | 4 | 0 | 4 1/2 |
| | | 50 | 2 | 2 1/2 | | | | |

| Name of Soldier | presentations made |
|------------------|--------------------|
| Arthur Duchworth | Horace Smith ✓ |
| Frank Brown | Ray Lucas ✓ |
| Ray Griffith | Jack Lealy ✓ |
| Dick Haddon | George Wilsby ✓ |
| Percy Marshall | John Chappell ✓ |
| Tom Pearson | Alex Dixon ✓ |
| Russell Eggers | Frank Street ✓ |
| Bert Standers | Stan Williams ✓ |
| Bill Jenks | Walter Franks ✓ |
| Ben Jackman | Douglas Willocks ✓ |
| | Eric Kealley ✓ |
| | Eric Henkel ✓ |

paper sent to Soldier

Raf Bennett ✓ over sea 1941
 Fred Sewell ✓ from May 28 to
 V.C. Tapping ✓ Jan 6 1942
 Jack Ridler ✓ been sent at cost of
 £1. 7. 8

Also W. Dalton X

would be pleased if any one else has papers they could leave at any shops in town to be sent to more Soldiers

if any Decem was made a presentation but I have not been given any information about it His send off was same night as Im hood.

Men that have left and never had a presentation
 Jimmie Syall ✓ Man that was at Pelham
 Alex Conell ✓ Jim Syall
 S. Asplin ✓ H. Chappell money sent
 E. Sowden ✓ prior send off since

The Tricks Australian Bush Use to Survive Bushfires

Griffith University. Photos Arthur Slarke.

A review by The Bushfire Recovery Project has confirmed how it is that Australian eucalypt forests survive and regenerate after devastating wildfires like the 2019-20 Black Summer fires.

The expert review of published research on forest recovery following fire, undertaken by a group of five scientists from Griffith and Australian National Universities, reported that eucalypt forests typically bounce back well using two key tricks.

“Our key findings suggest that about 70 per cent of plant species within eucalypt forests survive bushfire using hidden ‘recovery buds’,” said Dr Patrick Norman, an ecologist with the Griffith Climate Change Response Program.

“These ‘recovery buds’ found in most eucalypts, as well as tree ferns and banksias, store energy and carbon reserves under their bark and in the ground and sprout new growth even when the entire tree has burned.

“Most of the remaining 30% shed large volumes of seed when their canopy is burnt. This fire adaptation known as ‘seeding’ creates a whole new generation of trees.”

Other key findings of the expert review include:

Australian forests have evolved to recover after bushfires because fire has been part of the Australian landscape for 60 million years;

Most Australian forest plant species are specially adapted to survive bushfires by either resprouting new growth using recovery buds, or dropping huge volumes of seed when their entire canopy is burnt (seeding)

The fact most eucalyptus species survive fire and recover quickly by resprouting maintains vital old trees with hollows in them as homes for native gliders, kookaburras, goannas, parrots and more;

Survival of many Australian animal and bird species relies on unburnt patches of forest for animals to live in while burnt forest recovers. Koalas can live off resprouting forest within months of a fire;

Repeated mega-fires could change Australia's forests, if fire occurs before seeding trees reach maturity and produce viable seed or if the recovery buds for sprouting trees exhausted.

“Australian forest has lived with fire for 60 million years, and fire-prone ecosystems dominate much of Australia's forest.”

Professor Brendan Mackey, Director of the Griffith



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The Tricks Australian Bush Use to Survive Bushfires *(cont.)*

Climate Action Beacon, said a good deal of the big trees survive in most fires, and remain great habitat and homes for our iconic animals.

“Even dead trees can be great habitat for our native animals and birds which need tree hollows for homes.

“Nearly all eucalyptus species can recover fully after fire even if all of their leaves were burned. Satellite imagery has shown the Sydney basin canopy cover recovered substantially within two years of a fire.

“Mammals such as sugar gliders and greater gliders often survive fires in their homes in tree hollows, and kookaburras, parrots and powerful owls can too. Other animals survive in unburned creeks and gullies as well as under bark, in wombat holes, under rocks and in hollow logs.

Professor Brendan Mackey, Director of the Griffith Climate Change Response Program and Griffith Climate Action Beacon

“For many of our iconic animals to survive after fire, we just need to leave the forest alone to recover.”

The science in this review found patches of unburnt forest such as in

creeks and gullies become a refuge for surviving animals and birds, and are vital to ensure those species survive.

“Despite how well Australian species survive fire, our review has found that the number of species put at risk in the Black Summer fires was extraordinary,” Dr Norman said.

“Initial assessments have identified 119 animal species at risk following the Black Summer fires including 17 birds, 20 mammals, 23 reptiles, 16 frogs, 22 crayfish, 16 freshwater fish species and five invertebrate species.”



Photos: 10 ks+ South of Lake Grace on the LG- Pingrup road.

On the left are fire damaged trees planted by The Lannin family approximately 40 years ago. - now Slarke's property.

Above: Native bush on G Carruthers fence line. The pole top fire occurred on 22nd February 2023.

Lake Grace CRC is a Department of Human Services Access Point



DHS Customers are able to:

- Access a self service terminal
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- Access Internet

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From the Archives...April

1998 - Twenty five years ago...

The Lake Grace Artists Group, in conjunction with a selected professional mural artist, will paint an historical mural on a selected site in Lake Grace. The mural will depict the enormous contribution of women on the establishment and continual growth of the communities in the Shire of Lake Grace.

2003 - Twenty years ago...

Our town centre has received a make over thanks to the Shire of Lake Grace's Stubbs Street Redevelopment Program. Shire workers, Maurie Gilson, Jackson Callope and Chelsea Wilson, have been busy planting, mulching and installing reticulation in the main median strips over the last few weeks.

2008 - Fifteen years ago...

Lake Grace District High School's P&C have financed a new sign for the Lake Grace school that will be able to announce up and coming events on the school calendar.

Congratulations to Mary & Jack Sandells, celebrating their 60th wedding anniversary.

It was time for Lake Grace's youth to kick up their heels and celebrate the start of a two week break from the grind of school work with an 80's themed "Mocktail Ball"



Best dressed boy Jack Carruthers with Sheridan Fyfe

2013- Ten years ago...

Staff at Lake Grace Hospital slipped into emergency mode when it was discovered the 2000L Kleenheat gas bottle north of the casualty section of the hospital building was leaking.

2018 - Five years ago...

Lake Grace/Pingrup Netball finished their season on a high, winning back-to-back premierships in both A and B grades.

Roe Districts Women's Hockey Association's team was runner up in the J11/12 Championships recently in Perth. Tayah Medlen was there representing Lake Grace-Kukerin.

The Lake Grace Larrikins travelled to Corrigin to compete and join in the fun and games of the Senior Sports day.



It has been a long time coming but stage 3 of the Lake Grace Sports Pavilion refurbishment is finished and the community now has a sporting pavilion that is functional, modern and that they can utilise with pride.

Showerhead Swap

Suzanne Reeves

There has been a last-minute flurry of activity with the showerhead swap programme. Why pay for a new showerhead when you can get a free one courtesy of the Water Corporation.

With the previous showerhead swap (12 months ago) Lake Grace CRC managed to disseminate all 40 that were received; for this second programme we only have nine remaining. Four of the flexihose style and five of the hi-rise. If you haven't yet swapped your shower head out, then drop into the CRC with a copy of your water account and do so.

Since October 2022, 306 households have swapped out 434 showerheads (regional WA) with an estimated annual water saving of 5,936 KL. If you haven't yet swapped yours out then please do so, the offer stands until 31st May.

Availability of potable water is a constant issue for one of Australia's driest states; water sources for our largest scheme, the Integrated Water Supply Scheme (IWSS) which supplies Perth, the Goldfields and Agricultural Region and some parts of the South West

have changed dramatically. Water for the IWSS is now comprised of a combination of sources, including desalinated seawater, groundwater, groundwater replenishment and stream flow into dams.

Traditionally, Perth relied heavily on streamflow into our dams as a water source, but declining streamflow has meant dams now play a bigger role as storage reservoirs. The water in our dams is no longer just made up of inflows from rain. Groundwater and desalinated water are stored in these dams during periods of low demand so it is available when it is most needed in the hotter months.

Perth's water sources at a glance

In 2021-22 the breakdown of Perth's water sources (IWSS) consisted of:



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- Customer owned data.



Speak with Brett to learn more



Mobile: 0427 766 506 Email: bcoxon@summitfertz.com.au

Lake Grace Weather

| Date | Min | Max | Rain |
|------|------|------|------|
| 29/3 | 10.7 | 24.3 | 0 |
| 30/3 | 13.4 | 27.3 | 0 |
| 31/3 | 15.1 | 20.6 | 0 |
| 1/4 | 14.4 | 17.5 | 12.6 |
| 2/4 | 14.6 | 21.9 | 2.4 |
| 3/4 | 14.8 | 24.9 | 0.2 |
| 4/4 | 13.4 | 23.0 | 0 |
| 5/4 | 10.5 | 22.5 | 0 |
| 6/4 | 12.3 | 23.5 | 0 |
| 7/4 | 12.1 | 20.6 | 0 |
| 8/4 | 11.8 | 15.5 | 28.2 |
| 9/4 | 12.8 | 21.3 | 0.6 |
| 10/4 | 11.2 | 23.4 | 0 |
| 11/4 | 12.9 | | 3.4 |

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

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.

**Change is inevitable.
Growth is optional.**

- John C. Maxwell



Crochet Workshops

From 10am to midday, most Fridays - starts 14th April.

Lake Grace Community Resource Centre

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

Work on Wheelchairs for Kids blankets or your own project

Call 9865 1470 if you have any queries.

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

What's Happening at Roadwise

Suzanne Reeves

Forty-one people have died on West Australian roads in 2023, that should be a sobering thought for all road users.

With Easter seeing a huge amount of traffic through Lake Grace it is a big weekend for the Driver Reviver and important that it is out and available, providing encouragement to road users to stop and take a break.

Very few stopped on Thursday (open from 2pm until 6pm) but Good Friday saw a dramatic increase with over 50 motorists making use of the van. Of course it's not just humans who are on a journey, there's also the four legged members of the family – one such family included a baby goat (I kid you not)!

A big thank you to the nine volunteers who gave of their time to open up the van for Thursday and Friday; unfortunately we were unable to open the van on the Monday as we didn't have the volunteers. It was wonderful that the cafes were open as that spreads the demand around taking a little of the pressure off the roadhouse.

A week prior to Easter Roadwise hosted an information session for farmers around moving farm equipment; what's allowed and what isn't. Rodney Thornton, Road

Safety Officer for Wheatbelt South, gave an informal talk and slide show, answering questions as they arose.

Rodney stressed the importance of safety and also the value of thinking about the consequences to a farming entity if the rules aren't applied. He cited examples where court cases were still ongoing at great cost and stress to all involved; this doesn't even take into account the human toll if there is a death or serious injury.

If anyone requires a copy of the matrix that can be used to work out what applies when towing then please contact the CRC. There will be a small cost to cover printing.



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.



Book Review:

Elizabeth Castaldini

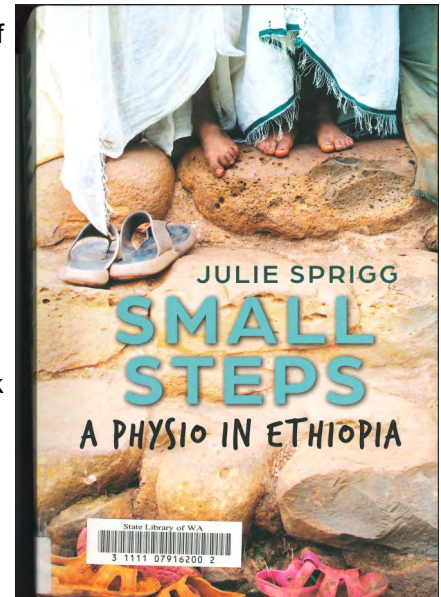
Julie is a physiotherapist who hales from Boyup Brook, Western Australia and is yearning to make a difference in the world to those with less. Writing the book as a creative non-fiction story, Julie takes the reader on a journey of her lived experience in Ethiopia during 2004-2006.

After graduating university, Julie travels to a few other countries before feeling the call to Ethiopia. With a lot of hope and optimism, Julie arrives in the capital of Ethiopia, Addis Ababa, and starts a placement at a convent, supporting a local orphanage and the clinic run by the Catholic convent. The shock of the living conditions of the poor, the strict rules of this convent and the level of disability that children and adults are living with rocks Julie to the core. Julie makes connections with the patients and a visiting nun, and she ends up as a university lecturer in Gondar, teaching the first class of Ethiopian students to study physiotherapy. This presents a whole new set of challenges, new friendships, experiences such as an Ethiopian election and ... rats in the toilet seat!

Julie writes a detailed description of her life into an easy-

to-follow story. The direction of her book cannot be predicted, with experiences that seemed difficult to comprehend compared to the level of privilege we have living in Australia. Of just a snapshot of Ethiopia, 5 years after a war and during civil unrest, Julie is real about the mental challenges that can be faced if we want to make a difference, but the difference we make is so very small. Is she strong enough?

A good read, well written and shocking, I highly recommend to pick up Julie Spriggs book in the non-fiction section at the Lake Grace Library if you're interested.



CCL Hardware

Stubbs Street
Lake Grace WA 6353
PHONE: 9865 1104



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Saturday & Sunday: 8:30am - 11:30am

Local Stockists of:

- Kleenheat Gas
- Nursery supplies & plants
- Bulk soils & mulches
- 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.

Don't Feed the Fill

You've probably wondered a few times what happens to your 10¢ containers once they get returned.

You know they get recycled, but you're curious about how it works and what they get recycled into? Well, hold tight, you're about to find out!

After you return your 10¢ containers to your local refund point, they are picked up and sent to one of our recycling partners, who then use it to make new products, like new bottles, new cans, furniture, and more!

Ready to see what your 10¢ containers can be recycled into? Here's how it works:

1. You return your 10¢ container to your local refund point. Your refund point counts and sorts each container by material type.

What's with the sorting? Great question! We sort our containers by material type, so we can create [a cleaner recycling stream](#). Each material can be recycled into different products, so by ensuring our 10¢ containers are separated by material type, these different recycling outcomes are possible. For example, glass 10¢ containers returned through Containers for Change is [recycled into new glass bottles in South Australia](#) as there is no contamination of general waste or other materials.

Another example is plastic, we separate iced coffee bottles, from plastic soft drink bottles as they are made

with different types of plastics. Iced coffee bottles are made of HDPE, while plastic soft drinks are made of PET. HDPE can be recycled into furniture, bins, and more, while PET is often recycled into new beverage containers.

Due to the quality of our recycling material, our materials are highly sought after by recyclers, and can be used to create higher-quality recycled products, like new bottles!

2. Your 10¢ containers are then picked up from your local refund point. Glass 10¢ containers are picked up by WAGlass, and all other materials (think cans, juice boxes and plastic water bottles) are picked up by Remondis and Cleanaway.

3. The 10¢ containers are then bailed. This means all the material is compacted together, ready to be sold.

4. The material is then sold to accredited recyclers. Our accredited recyclers use this material to make new products, like new 10¢ containers. These products are then sold in stores, ready for you to purchase (and for the cycle to continue!).

Every time you return your 10¢ container to us, you're saving your containers from landfill and giving them another life as new cans, bottles and more. You're also ensuring every 10¢ container is used to its full potential, and not wasted by being sent to landfill. Not bad for your monthly return, hey?



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

The Good News Page

Kevin Seaman

Not professing to being deeply religious person, I do find Easter time brings forth the time for many inspirational stories.

One story which is always in the forefront of my memory is the following rendition:

The Sandpiper - A story by Robert Peterson.

She was six years old when I first met her on the beach near where I live. I drive to this beach, a distance of three or four miles, whenever the world begins to close in on me. She was building a sand castle or something and looked up, her eyes as blue as the sea.

"Hello," she said.

I answered with a nod, not really in the mood to bother with a small child.

"I am building," she said.

"I see that. What is it?" I asked, not really caring. "Oh, I don't know, I just like the feel of the sand." That sounds good, I thought, and slipped off my shoes. A sandpiper glided by.

"That's a joy," the child said.

"It's a what?"

"It's a joy. My mama says sandpipers come to bring us joy."

The bird went gliding down the beach. Good-bye joy, I muttered to myself, hello pain, and turned to walk on. I was depressed; my life seems completely out of balance.

"What's your name?" She wouldn't give up.

"Robert," I answered. "I'm Robert Peterson."

"Mine's Wendy... I'm six."

"Hi, Wendy." She giggled. "You're funny," she said.

In spite of my gloom, I laughed too and walked on. Her musical giggle followed me.

"Come again, Mr. P," she called. "We'll have another happy day."

After a few days of a group of unruly Boy Scouts, PTA meetings, and an ailing mother. The sun was shining one morning as I took my hands out of the dishwasher. I need a sandpiper, I said to myself, gathering up my coat.

The ever-changing balm of seashore awaited me. The breeze was chilly but I strode along, trying to recapture the serenity I needed.

"Hello, Mr. P," she said. "Do you want to play?"

"What did you have in mind?" I asked, with a twinge of annoyance.

"I don't know, you say."

"How about charades?" I asked sarcastically. The tinkling laughter burst forth again.

"I don't know what that is."

"Then lets just walk."

Looking at her, I noticed the delicate fairness of her face. "Where do you live?" I asked.

"Over there." She pointed toward a row of summer cottages. Strange, I thought, in winter.

"Where do you go to school?"

"I don't go to school. Mommy says we're on vacation."

She chattered little girl talk as we strolled up the beach, but my mind was on other things. When I left for home, Wendy said it had been a happy day.

Feeling surprisingly better, I smiled at her and agreed,

Three weeks later, I rushed to my beach in a state of near panic. I was in no mood to even greet Wendy. I thought I saw her mother on the porch and felt like demanding she keep her child at home.

"Look, if you don't mind," I said crossly when Wendy caught up with me, "I'd rather be alone today." She seemed unusually, pale and out of breath. "Why?" she asked.

I turned to her and shouted, "Because my mother died!" and thought, My God, why was I saying this to a little child?

"Oh," she said quietly, "then this is a bad day."

"Yes," I said, "and yesterday and the day before and - oh, go away!"

"Did it hurt?" she inquired.

"Did what hurt?" I was exasperated with her and with myself.

"When she died?" she asked.

"Of course it hurt!" I snapped, misunderstanding, wrapped up in myself. I strode off.

A month or so after that, when I next went to the beach, she wasn't there.

Feeling guilty, ashamed and admitting to myself I missed her, I went up to the cottage after my walk and knocked at the door. A drawn looking young woman with honey coloured hair opened the door. "Hello," I said, "I'm Robert Peterson. I missed your little girl today and wondered where she was."

"Oh yes, Mr. Peterson, please come in. Wendy spoke of you so much. I'm afraid I allowed her to bother you. If she was a nuisance, please accept my apologies."

"Not at all - she's a delightful child." I said, suddenly realizing that I meant what I had just said.

"Wendy died last week, Mr. Peterson. She had leukemia. Maybe she didn't tell you."

Struck dumb, I groped for a chair. I had to catch my breath.

The Good News Page *(cont.)*

"She loved this beach so when she asked to come, we couldn't say no. She seemed so much better here and had a lot of what she called happy days. But the last few weeks, she declined rapidly..." Her voice faltered, "She left something for you... if only I can find it. Could you wait a moment while I look?"

I nodded stupidly, my mind racing for something to say to this lovely young woman. She handed me a smeared envelope with "MR. P" printed in bold childish letters. Inside was a drawing in bright crayon hues - a yellow beach, a blue sea, and a brown bird.

Underneath was carefully printed: A SANDPIPER TO BRING YOU JOY.

Tears welled up in my eyes and a heart that had almost forgotten to love opened wide.

I took Wendy's mother in my arms. "I'm so sorry, I'm so sorry, I'm so sorry," I muttered over and over, and we wept together. The precious little picture is framed now and stands in my study. Six words - one for each year of her life - that speak to me of harmony, courage, and understanding love.

A gift from a child with sea blue eyes and hair the colour of sand - who taught me the gift of love.

Written by Robert Peterson.

This happened many years ago and the incident changed Robert's life forever. It serves as a reminder to all of us that we need to take time to enjoy living and life and each other. The price of hating other human beings is loving oneself less. Life is so complicated; the hustle and bustle of everyday traumas can make us lose focus about what is truly important or what is only a momentary setback or crisis. This week, be sure to give your loved ones an extra hug, and by all means, take a moment ... even if it is only ten seconds, to stop and smell the roses.

"Sandpipers"- shorebirds that are found worldwide except in Antarctica. Most breed in the Northern Hemisphere but migrate extensively; they are found particularly along shorelines and in open country near lakes, ponds, and streams.

A gift of inspiration, I hope you enjoy.

K

Home Care now available in Lake Grace

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

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

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purpose



After a Road Crash: Supporting Yourself and Others

Date: Wednesday 14th June 2023

Time: 9.00am – 12:00pm

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

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

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

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

The information session will help you get better informed on:

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

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



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



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

Sgt Egan-Reid has been chipping away at the stations archiving for several months. It's not riveting work we know but paperwork is something every government department runs on, and the police are no different. We have now sent over ten years' worth of achieving to a place we call the Iron Mountain. This is a secure warehouse that stores files anywhere from a few years to indefinitely. They also securely destroy documents at the end of the government dictated retention period.

As time goes on, the police are trying to move away from the use of physical documents and a lot more of our work is purely electronic. All officers have police issued mobile phones with a suite of applications. We can conduct searches, input and update reports, manage calls for assistance, track other on-duty officers' locations, issue infringements, and so much more. The thinking behind this new process, aside from reducing physical paperwork, is that we don't need to come back to the office to complete our work, as the majority of it can now be completed on the road. It's certainly been a big change from years gone by and improvements are constantly being made.

CRIME NEWS

We've had a report of cyber fraud. A local purchased a puppy online for \$1,100. The money was paid by bank transfer. The suspect was using the email info@skyminidachshunds.com. Unfortunately, once the money was transferred the suspect became uncontactable. This is a common scam online. An item is advertised for sale and once funds are transferred the seller vanishes. Be wary making purchases online from private individuals, and do as much due diligence as you can prior to transferring funds.

The lab results are back from the driver we stopped the other week who was smoking Cannabis while she drove, to calm her nerves. It's no surprise to anyone that she was found to have high levels of Cannabis in her system and she has been summonsed to court as a result.

TRAFFIC NEWS

We had a serious crash near Wickepin recently. Two females in a car drove into the side of a road train. They were incredibly lucky all things considered, but were still seriously injured. To make matters worse neither were wearing a seatbelt. One woman is now nursing a broken pelvis, a common injury in crashes where a seatbelt wasn't worn.

In other news, while on patrol outside of Newdegate we stopped a driver travelling at 160kph in a 110kph zone. The driver clearly didn't get the memo that you should

keep a low profile when you are wanted by the police. He has been on the run for two months after committing a stealing offence in Perth. Aside from failing a roadside drug test he was arrested for Reckless Driving and Stealing. We conducted a search of his vehicle and located drug items.

He was interviewed and made full admissions to all offences. He walked away on bail, with a 24-hour driving ban, and minus his vehicle, which we'll be holding onto for the next 28 days.



Take care and stay safe.

Regards

Lake Grace Police

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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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
- **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 also welcome to apply for school holiday work. For more details phone Nut on 0485 28 352.
- **Saltbush Inn—Casual Staff needed**
For more details contact Andrew on 0447 592 954
- **Farmers Centre 2 - Diesel Mechanics**
Contact Malcolm 0429 651 094
malcolm@farmerscentre1978.com.au
- **School Bus Drivers**
Casual drivers wanted
Expression of interest
Permanent bus driver for up coming position for more information Contact Winston Garrett on 0410 049 715
- **Shire of Lake Grace**
Plant operator/general hand Lake Grace,
Gardener/General hand Newdegate
Contact Lake Grace Shire on 9890 2500



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Your friendly local operator—nothing is a problem, only too happy to be of service.

For all your freight needs call:

Darren 0428 651 339



PATS process and forms have changed

(Patient Assisted Travel Scheme)

Your GP no longer needs to sign your PATS application form

What is the new process?

- 1 You complete a PATS application form and include any requests for consideration outside the current guidelines.
- 2 You submit your PATS application form in person, by post, fax or email to your local PATS office.
- 3 Your application will be assessed internally by WACHS. Your GP may be contacted for additional information, as required to support the decision.



Ready to get started?

Contact your local PATS team or scan the QR code to visit the PATS internet page.

Wheatbelt Region
1800 728 792
PATS@wheatbelt.health.wa.gov.au



Regional Roundabout

Some events or training coming up in the Wheatbelt and Great Southern Region that may be of interest to you. If you are needing more information please call the CRC in the appropriate town, Google or give us a call at the Lake Grace CRC.

Wickepin

A multi sensory journey through the stars. Immerse yourself into the incredible space themed art installation at the pre show at the Wickepin Town hall. Saturday 29th April, Matinee 4pm-5pm, Evening 7pm-8pm

Narrogin

Repertory Club presents From Here To Maternity. May 4-13 at the Thornton Theatre, Fairway St, Narrogin.

Northam

Elevate Festival at the Rec Centre Saturday 6th May 5pm-9pm. Elevate Festival is a unique hot air balloon themed event. Live music, food stalls, family entertainment, meet the pilots. Contact the Northam visitors centre on 96 222 100 or tourist@northam.wa.gov.au

Bunbury

Groovin' the Moo: Presented by Triple J, live music concert. Saturday 6th May 11:00am to 10:30pm at Hay Park. There's still some tickets left, check out Shire of Bunbury for the link.

Albany

CinefestOz Albany Festival 2023, 27-30th April. Visit Cinefest.com/Albany/Albany-festival-program/ for more information and book online.

Geraldton

Shore Leave 27th April - 1st May. Festival of food and sea, with many events free and ticketed. Visit shoreleavefestival.com.au/events for more information.



ABN: 72 616 138 172 EC: 010433

**Electrician Servicing Lake Grace,
Newdegate, Pingrup, Varley and
Surrounding Areas.**

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0427 339 472
for a free quote.**

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Website: www.tigersparkelectrical.com.au

*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



Free Parenting Workshops

Wanslea

ADHD Parent Training Program

For parents of children with ADHD, by a parent of a child with ADHD

Join Susan Hughes (Master of Education), an accredited coach with lived experience for this parenting series. Susan's research shows the benefits of coaching for parents raising children with ADHD. This principle-based course covers:

- Up to date information on ADHD and how ADHD impacts on your child's ability to carry out daily tasks
- What does being a 'good enough parent' mean today?
- Parenting strategies and tools which are known to work with ADHD
- Managing defiant behaviours and setting boundaries
- Understanding how your emotions impact how you parent

When: Saturdays May 6, May 13 and 20 (online option)

Where: Rainbow Coast Neighbourhood Centre, 219 North Road, Albany.

Session 1 & 2: 6 May 9.30am -2pm (lunch provided)

Session 3: 13 May 9.30am -12 noon

Session 4: 20 May 9.30am -12 noon

Fathering 101

A free workshop delivered by a dad, for dads and male caregivers

This workshop will cover:

- Building self-regulation in children.
- Show your kids how it's done!
- "Same page parenting"-is it possible?
- Setting limits and boundaries.
- Teaching positive behaviour and life skills.
- Strengthening relationships.

Facilitator: Brad Williams, Behaviour Tonics

Brad Williams is known for his engaging & practical workshops. He is a father of 2 boys, was raised on a farm and before changing careers, he worked as a cray fisherman along the West Coast.

Where: Mount Barker 9 May, Denmark 10 May, Albany 11 May

When: 6 -8pm

Food and drinks provided.

1-2-3 Magic and Emotion Coaching

A 3 session program for parents of 3-10 year old children

Learn tools and strategies to:

- Resolve difficult behaviour
- Discipline without arguing, yelling or smacking.
- Use the 3 choices model to choose appropriate behaviour management strategies
- Use emotion coaching to encourage positive behaviour and build connection with your child.

When: Wed 12.30 -2.30pm 17, 24 and 31 May 2023

Where: Rainbow Coast Neighbourhood Centre, 219 North Road, Albany

Circle of Security® Parenting™

A 8-week online workshop or dads & father figures only

This parent education program is designed to enhance attachment security between parents and their children. At times, all parents feel lost or without a clue about what their child might need from them. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

This parenting series will cover:

- Exploring and strengthening secure parent-child relationships
- An awareness of children's needs and behaviour
- The Circle of Security and why recognising and acting on this dynamic promotes strong attachment and healthy mental development

Presented by Stephanie Rea of 360 Family Health

When: 6 -8 pm Tues, starting 2 May 2023

(Running for 8 weeks)

Where: Online

No Scaredy Cats -Online

A 3-session online program for parents and carers of children 3-8 years

Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children experience higher levels of anxiety that can impact their day-to-day life. This interactive three-part program will provide parents with a greater understanding on why children experience heightened anxiety and the role they can play in managing it.

The program supports parents to:

- Have a greater understanding of the brain and how anxiety originates.
- Practical strategies to help build resilience in children.
- How to identify anxiety & counter its progress.
- Simple techniques to help children manage worries.

Presented by Stephanie Rea of 360 Family Health

When: 6-8pm, Wednesdays May 3, 10 & 17

Where: Online

Bookings are essential for all of these free workshops. Creche provided subject to availability.

T: 0448 137 192

E: GreatSouthernPCWA@Wanslea.org.au

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 - 5 May

Friday - (to be confirmed)

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

All bookings to be made at the Shire office on 9890 2500 until further notice.

Lake Grace has one assessment day each month held on the first Friday of the month. For more information go to: www.transport.wa.gov.au.

Libraries

Lake Grace Public Library School Place Absolon St
Monday - Friday 9am - 5pm
Closed for lunch 12.30 - 1pm

Newdegate Public Library Collier St
Monday - Thursday 8.30am - 4.30pm
Closed for lunch 12noon - 1pm
Friday 9am - 2pm

Lake King Library Newdegate/Ravensthorpe Rd
Tuesday and Thursday 8.30am - 3.30pm

Building Surveyor

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

Town Planning & Building

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

Environmental Health

The Shire's Environmental Health Officer, Brendon Gerrard. Can be contacted via the Shire on 9890 2500 or email shire@lakegrace.wa.gov.au.

Tip Times

Lake Grace

Monday & Wednesday 9am - 2pm
Saturday & Sunday 9am - 4pm

Newdegate

Wednesday 9am - 1pm
Saturday 9am - 1pm

Lake King and Varley

Open every day

Recycling Services

Household Waste Collection is a weekly service and collected each Tuesday for Lake Grace, Newdegate, Lake King & Varley.

Recycling is a fortnightly service and alternates between Lake Grace and Newdegate. See below for the upcoming recycling collection dates.

| Lake Grace | Newdegate |
|------------------|------------------|
| Tuesday 25 April | Tuesday 18 April |
| Tuesday 9 May | Tuesday 2 May |

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.

10 Questions with...

What's your name?

Wade Humphrey

What do you do for a living?

Police Officer

What do you like most about your job?

The opportunity to be a positive influence on others in a time of need, also the reassurance that no day is the same which keeps the job interesting.

What do you do to relax?

I tend to lean towards watching sport as a way to relax, however a quick getaway camping doesn't go astray.

If you could go anywhere in the world, where would it be?

Japan, snowboarding

What's your favourite book from your childhood?

Clifford, The Big Red Dog

What's your favourite time of year?

Christmas has to be up there. I love being able to visit my family and celebrate it with my nieces and nephews.

If you could pick an actor to play you in a movie, who would it be?

Ryan Reynolds could be interesting

What is your favourite sporting team?

Sydney Roosters/NSW Blues/Milwaukee Bucks

If you could pick 3 famous people to have dinner with, who are choosing?

Warren Buffet, Jocko Willink, Elon Musk



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 Food for all the family
 Custom kills
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Open
 Monday - Friday 8:30am - 5.30pm
 Saturday 8:30am - 12pm

Located in Lake Grace Plaza
 Contact Dean Sounness: 9865 1225



Rosies Café & Bakery

Opening Hours

Monday to Friday
 7am - 3pm - kitchen closed @ 2:30pm

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

Phone: 6801 7090 / 0456 390 205

ABS Data: Master Builders Australia

The ABS has released February 2023 data for building approvals and lending figures.

Master Builders Australia chief economist Shane Garrett says there was a 4.0 per cent increase in the number of new homes approved during February 2023. Detached house building approvals drove the improvement with a gain of 11.3 per cent during the month.

“However, higher density home building approvals retreated again with a 9.5 per cent decline during February. The volume of new approvals on the higher density side is now at its lowest in over a decade.

“The output of new higher density homes has been depressed since before the pandemic.

“Inadequate volumes of new supply are contributing to growing difficulties in our rental market. Rents are currently rising at their fastest pace in over a decade.

“As today’s new report from NHFIC shows, insufficient home-building output will only magnify the challenges around housing affordability.

“With respect to lending figures, all categories of building -related loans to owner-occupiers dipped during February and are much lower than this time last year.

“It is particularly concerning that the volume of first-home buyer loans has fallen so sharply over the past 18 months. First-home buyers now account for less than one-third of home acquisition loans.

“The high cost of creating new homes makes it much more difficult for our industry to deliver at the appropriate price point for first-home buyers.

“Taxes like stamp duty also act as a huge financial impediment for those wishing to own a home for the first time,” said Mr Garrett.

Master Builders Australia CEO Denita Wawn said [earlier today](#): “rising interest rates and declining sales for new home construction is weakening the pipeline of new housing.

“A strong building industry is the foundation of a strong economy. The inextricable ties between construction activity and the broader health of the economy are again

on display in the current environment.

“To achieve better housing affordability and keep up with demand, changes need to be made to the way we do things, now and over the long term.

“The government needs to take the necessary steps to ensure interest rates do not need to rise any further and take some of the heavy lifting of our correction off mortgage holders and business owners. From here, there are no easy choices.

“There is no silver bullet; this will take a concerted effort by all levels of government working in collaboration with industry,” said Ms. Wawn.


Katanning Vet
Clinic



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 Fax: 08 9821 1473
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5712240

Kids Colouring Page



Autumn Gardening Tips

Plant fruit trees

Australia's climate and conditions are ideal for growing fruit trees. All they need is full sun, good drainage, room to grow and they'll be thriving in no time. A good tip is to avoid overcrowding your trees with other plants or structures like fences as this will curb their growth.

Make your own compost

Compost is a natural fertiliser that is great for your garden. It can help you save money and it's good for the environment. Autumn is a great time to start making compost because many trees are dropping their leaves, which you'll need to use. Make sure you get the balance right between garden waste and kitchen scraps in the compost mix for the best results.

Mulch for your garden

Mulch is your garden's best friend. It helps the soil hold in moisture so you don't have to water it as often and it also keeps down weeds. Over time, mulch will break down into your soil and improve it by adding nutrients. There are a few different types of mulch, including organic and inorganic varieties.

Fertilise your lawn

Fertilising your lawn will ensure that it stays green and healthy throughout the year. Autumn is a great time to apply fertiliser because it protects your lawn through the winter months. You should aim to fertilise twice a year

for the best results.

Prune trees

There are many reasons why you should prune your trees. It helps improve the health and appearance of your trees, removes dead or dying branches and it can even promote crop growth in fruit trees.

Plant bulbs

Planting bulbs is a great way to add a splash of colour to your garden. You'd be surprised how many different colours, sizes and types of bulbs that you can choose from. Autumn is the perfect time of year to plant them as they'll have enough time to grow before they are ready to flourish in spring. Bulbs are really easy to grow although make sure that you choose a spot with plenty of sunlight.

Build a garden bed

A garden bed can be a great feature to have in your garden. It's the perfect place to grow vegies or act as a focal point in your backyard. For the best results, use a good quality top soil so your plants get enough of the good nutrients they need to start growing. Also make sure before you build your garden bed to consider the location because the levels of sun and shade will determine which type of plants will grow.

LAKE GRACE DHS CADETS ANZAC DAY SERVICE

WHEN: MONDAY 24TH APRIL 2023
WHERE: LGDHS UNDERCOVER AREA
WHEN: 10AM

All Welcome

Puzzles and Stuff

Some words for 30th March edition of Boggle

Answers for 30th March edition of Sudoku

- Schemings
- Meshing
- Messing
- Hemings
- Chimes
- Cnemis
- Inmesh
- Mensch
- Schism
- Chime
- Mesic
- Miens
- Mince
- Seism
- Semis
- Shims
- Nimes
- Gems
- Hems
- Hims
- Isms
- Megs
- Mesh
- Mess
- Mice
- Mics
- Mien

- Mine
- Mise
- Miss
- Semi
- Shim
- Sims

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

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

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| I | L | E |
| F | E | U |
| C | T | D |

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

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RTA NO :AU29828

Lake Grace Bowls Notes

Lynda Trawinski

Lake Grace Bowling club would like to thank the following sponsors for their sponsorship. Congratulations to our championship winners:

Ladies

Singles: J McGlinn

R/up: H Hunt

Pairs: J McGlinn M Lay

Triples: H Hunt J McGlinn A Egan-Reid

Men

Singles: W Trawinski

R/up: G Sabourne

Pairs: G Sabourne and M Harwood

Triple D Sounness M Stanton G Sabourne

Mixed

Mixed pairs: G Sabourne, J McGlinn

Mixed fours: W Trawinski, C Pelham, M Hobbins, D Sounness

Thank you to all the sponsors:

J Seaman

Lake Grace Plaza

Lake Grace Meat supplies

Lake Grace Communications and Computers

Shane and Vicki Reynolds

Famers Centre

W Carruthers Family

W & L Trawinski

Eggers Family

K O'Neill



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- 600/65 r28 front tyres
- 650/65 r42 rear tyres



FAMILY OWNED AND OPERATED IN NARROGIN WA



Lake Grace—Pingrup Football Club

Chris Poot.

March has been a busy month for the football club with the sheep dog exhibition, Pingrup Races and then the scratch match carnival. These have all been great events for the club to be a part of and we even managed some training sessions amongst them as well.

Our latest event - the jumper presentation, was held on Tuesday April 4th after coach Kelvin took the team through a light training session. The night kicked off with dinner before the official presentations started, steaks cooked to perfection by the junior football club and delicious salads whipped up by the netball and hockey ladies.

Taryn Trevenen kicked off with announcing the hockey squad for 2023, coach Kaz followed with the A grade netball squad and then first year coach Misha Holmes with her B grade netball squad. All coaches were really positive with their predictions for another successful season.

Next was football's turn. With Pingrup celebrating its centenary in 2023, the football club has decided to follow suit from 2013 when Lake Grace celebrated its centenary and the football club last year celebrating the 100 year milestone where both seasons were recognised with centenary jumpers. So for 2023, the football club - including the juniors, will be wearing a Pingrup football jumper. History plays an important part in all sporting clubs and it is important that we recognise the role the Pingrup community has played over the years for our great club. To show off the 2023 playing strip, models Mitch 'Boom' Smith and Will 'Cooky' Cook took to the runway in full kit and were cheered on by all in attendance.

Following the catwalk performance, coach Kelvin talked through some of the players from Pingrup that have played for Lake Grace over the years and also the Lake Grace players who have played for Pingrup. There has always been a close relationship between the clubs and towns for a very long time to support each other and help build that important history of any club. Holmer also took us through his squad for the A grade which includes exciting new recruits Hamish Ryan, returning home Konnah Holmes, Ben Watson and Blair Watson who will all add some youth and speed to our side.

Coaches Jacko and Jakke took us through the B grade squad which is also looking very promising and good chance to back up last years premiership.

**Tim & Taryn Borgwood
representing new jumper
sponsor Pingrup Race Club
& Pingrup Traders, with
Mitch 'Boom' Smith**

We would like to thank all our returning and new sponsors for 2023 and welcome any other prospective sponsors as well. For more info, please contact Chris Poot, Jeff Mckenzie, Anna Taylor or Tayla Stone.

Good luck to all teams for the 2023 season.

Right: Will 'Cooky' Cook & Mitch 'Boom' Smith modelling the 2023 playing strip. Left: Showing the traditional Pingrup red on the back of the football jumper.



Lake Grace Cricket Club

Kael Gray. Photo Symone McKenzie.

Lake Grace Cricket Club held their Windup for the 2022/23 season at Walkers Hill Vineyard. They finished their season fourth on the ladder, bowing out at the semi final.

Kalan Joyce had a good year, cleaning up many of the awards.

Award Winners

Wes Mason Cricketer of the year - Kalan Joyce - 817 points

Bowling Aggregate - Kalan Joyce - 20

Bowling Average - Kalan Joyce - 10.05

Batting Aggregate - Kalan Joyce - 312

Batting Average - Kalan Joyce - 62.40

Fielding Award - Jack Carruthers

Captains Award - Mitchell Smith

Contributor Award - Craig Shaw

Clubman Award - Shaye Bowron

Plucka Duck Award - Jack Carruthers

Lamington Award - Shaye Bowron - 21 runs



Lake Grace Cricket Club's 'Cricketer of the Year', Kalan Joyce with Club President Kael Gray.



It's a big grin from Kael Gray as he presents Shaye Bowron with the dubious honour of the Lamington Award.

Below: Award winners with (L to R) Life Member Arthur Slarke; Kalan Joyce, Shaye Bowron, Jack Carruthers, Mitchell Smith, Craig Shaw and Club President Kael Gray.



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.

Senior Citizens Lunch

Thursday 4th May @ CWA Hall
Catered by Lake Grace CWA
12:15pm sit down for a 12:30pm serve
\$20 per head (please note change in price) - would be helpful if you have correct change on the day.
RSVP to Suzanne Reeves on 0427 651 310 by Monday 1st May.

First Aid Kits

Are now available for purchase at CCL Hardware Lake Grace.

Expression of Interest

School bus drivers wanted
Permanent Run coming up
Also looking for casual drivers
Contact Leanne on 0408 767 371

Lake Grace Development Association Inc

Promoting Business, Educational, Social and Cultural Development within the Lake Grace Community

Annual General Meeting

Monday 24th April 2023

7. 30pm Men's Shed Meeting Room

Bi-monthly General meeting to follow

NB: Annual Reports from all LGDA sub-committees required. Any interested members of the community are very welcome!

Dr Linda Haines

Is available in Lake Grace on
25th & 26th May
12th & 13th June
Ring 9865 1208 for an appointment.

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 |
| Winter Sports | | | |
| Lake Grace Golf Club | Chad Stanton | 0459 110 805 | golfclub@lakegrace.wa.au |
| Lake Grace / Pingrup Football Club | Kate Willcocks | 0427 853 347 | lgpfootball@outlook.com |
| Lake Grace / Pingrup Hockey Club | Anna Taylor | 0427 828 357 | Lgphc.president@outlook.com |
| Lake Grace / Pingrup Junior Footy | Sarah Allen | 0407 650 819 | lgpjfc@gmail.com |
| Lake Grace / Pingrup Netball Club | Jenni Roche | 0409 770 978 | lgpnc@outlook.com |
| Lake Grace Gymnastics Club | Debbie Carruthers | 0438 895 101 | lakegracegymclub@gmail.com |

Crisis Care Numbers

| | | | |
|---|--|--|--|
| Doctor's Surgery -9865 1208 | Hospital - 9890 2222 | Ambulance/Fire/Police - 000 | Electricity Faults - 13 13 51 |
| Rural Link - 1800 552 002 | Main Roads - 138 138 | Directory Assistance - 1223 | Water Faults - 13 13 75 |
| 55 Central Men's Refuge 9272 1333 | Family Helpline 1800 643 000 / 9223 1100 | Ngala 9368 9368 www.ngala.com.au | Lifeline Australia - 13 11 14 www.lifeline.org.au |
| Wheatbelt Mental Health Service Northam - (08) 9621 0999 Narrogin - (08) 9881 0700 | Kids Helpline 1800 551 800 www.kidshelp.com.au | Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au | Citizens Advice Bureau 9221 5711 www.cab.wa.com.au |
| Beyond Blue - 1300 22 4636 www.beyondblue.org.au | Seniors Information Services 9321 2133 www.cotawa.asn.au | Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au | Poisons Information 13 11 26 |
| Suicide Call Back Line - 1300 659 467 www.suicidecallbackservice.org.au | Parent Drug Information Service - 1800 653 203 | Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au | |
| Alcohol and Drug Information Service 1800 198 024 https://www.mhc.wa.gov.au/ | Mental Health Emergency Response Line - 1300 555 788 | Holyoake Northam - (08) 9621 1055 Merredin - (08) 9041 3807 Narrogin - (08) 9881 1999 Freecall - 1800 447 172 | Relationships Australia Fair Programme 9336 2144 https://relationshipsaustralia.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 16th April Communion Service 8am | Sunday 16th April No Service |
| Sunday 23rd April Communion Service 8am | Sunday 23rd April 10am Morning Prayer |
| For inquiries please phone 9865 1248. | Enquiries: St Johns Albany 9841 5015 Wally Perry 0448 795 070 |

COMMUNITY CALENDAR

April 2023

Fri 14 Fish & Chips @ Sportsman Club 6pm
Op Shop Open - 10am-1pm
Crochet @ CRC 10am

Sat 15 Rubbish tip open (9am-4pm)
Craft @ CWA (look for flag)
Winter sports Jerramungup v LG/P

Sun 16 Rubbish tip Open

Mon 17 Rubbish tip open (9am-2pm)

Tue 18 Rubbish Collection
SOYF Exercises 10am @ Pavilion
Men's Shed (morning)
Op Shop Open - 1pm-4pm
Net Set Go Training 3:15-4pm
Junior Netball Training 4-5pm
Chair Aerobics - 1pm @ Village Hall
Football Training @ 6pm
Bowls AGM

Wed 19 Rubbish tip open (9am - 2pm)
Containers for Change pickup
Jnr Hockey Training (Roe) - 3:30pm
Hockey Training @ 6pm

Thurs 20 Men's Shed (Morning)
Football Training @ 6pm
Jnr Hockey Training (OHA) - 3:30pm

Fri 21 Crochet @ CRC 10am
Fish & Chips @ Sportsman Club 6pm

Sat 22 Rubbish tip open (9am-4pm)
Craft @ CWA (look for flag)
LG/P Winter sports BYE
Roe Hockey - Bruce Rock v LG/Kuk

Sun 23 Rubbish tip Open (9am-4pm)
Golf - Opening Day - 3 person
ambrose

Mon 24 Rubbish tip Open (9am-2pm)
Shire Office CLOSED
LGDHS ANZAC Ceremony @10am

Mon 24 Lakes Link News Deadline
LG Development Assoc. AGM 7:30pm

Tues 25 ANZAC DAY
Dawn Service @ War Memorial 6am
Rubbish Collection
Recycling Collection
Football Training @ 6pm

Wed 26 Rubbish tip open (9am - 2pm)
Containers for Change pickup

Thurs 27 Men's Shed (morning)
Lakes Link News published
Football Training @ 6pm

Coming Events

5th May - Driving Assessor in Lake Grace TBC
25th & 26th May - Dr Linda Haines in Lake Grace
29th & 30th May - Piloting Workshop
12th & 13th June - Dr Linda Haines in lake Grace
14th June - After a Road Crash: Supporting yourself
and others @ LGCRC
17th July - HC/MC Truck Training & Assessment

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.

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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.

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