

# LAKES LINK NEWS

Produced at the  
LAKE GRACE COMMUNITY RESOURCE CENTRE  
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14th September 2023

\$2.00 inc GST

Vol 29 Issue 18

## We Did It..... AGAIN!

Tahryn Trevenen



**BACK L-R: Nikki Lewis ( Manager), Michelle Cameron, Anna Taylor, Lyn Carruthers, Lisa O'Neill (Captain), Tahryn Trevenen (Coach), Shaylah Medlen, Donna Skerris, Arlene Sutherland, Jessica Collard, Danie Drummond-Hay**

**FRONT L-R: Chiara Carruthers, Tayah Medlen, Karissa Pelham, Annie Argent, Tameka Roukens, Georgia Gray, Yasmine Smith**

The LGPHC club has now gone back to back premiers with a convincing win over Jerramungup on Grand Final day at Newdegate. Going in favourites LGP have not lost a game for the season so the pressure was definitely on to win! Jerramungup had been the only team to come close to beating LGP with a draw with the in the two teams previous clash.

Lake Grace opened up the score in the first quarter with a field goal by Tahryn. The lead extended in the second quarter with a beautiful shot off a short corner by Lisa. LGP pulled further in front in the second quarter with another strong field goal from Tameka and went into the half time break 3-0 in the lead. Pressure was still being

applied by Jerry in the 3rd Quarter and the score remained unchanged going into the final quarter. Another two goals were scored by LGP in the final term by Arlene with a deflection off a short corner...then a pretty specky field goal by Tahryn again. Toward the end of the final quarter Jerry managed to sneak a goal past Annie on a short corner through a clever deflection but LGP reigned champions at the final whistle with a 5-1 win over Jerry.

This LGP side has now gone two year undefeated and its an absolute credit to the hard work and enthusiasm that these girls put into their hockey every week.

**Best on ground for GF - Tayah Medlan**

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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

9am - 5pm


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

## Deadlines and Editions

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

**Next Deadline**  
Friday 22nd September

**Next Edition**  
Thursday 28th September



To the **very** dedicated team who volunteered their time to this edition of the Lakes Link News.

Thank you also to our many contributors of articles.

Annie Slarke                      Dick Phillips  
Lee Duckworth

**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

- It's been a busy couple of weeks here at the CRC with many printing jobs and helping sort out enrolments for the upcoming workshops and preparing to work short staffed for the month. As we are working without the "big boss" this month we'll often be closed during lunch so maybe give us a ring before heading down.
- The Auschem workshop went well and thank you to all those that attended. Remember we are still taking names for February and March 2024, and if you have provided your name to LIFT and haven't heard from us, please send us your contact details so we can make contact.
- The next workshops we have are:
  - Working At Heights - we had one space available in this but it is now fully booked. If we have the interest then we will book another date in 2024 but we need to know now.
  - Working in Confined Spaces - this is full and as per the Working At Heights we need to know now if there's enough interest to book another date for 2024.
- On the 6th October we have a First Aid for youth (16-18 year olds) workshop which is being hosted by Lake Grace Roadwise. We still have places left so if you know of anyone let us know. It's never too early to have these skills. Thank you to Lake Grace Community Cropping Grants for funding this, please note though once the space is booked the attendee must follow through and complete, if they don't they'll need to reimburse the cost.
- Please take note in our change of emails and make the effort to save the main email in your digital address book. Remember if you send to an individual and that person is away your email won't be read so best to send to the main one. Be aware that if you simply click on reply that your email will go to the person rather than the main email account. The email addresses are as follows:
  - Main Email - [central@lakegracecrc.net](mailto:central@lakegracecrc.net)
  - Suzanne - [manager@lakegracecrc.net](mailto:manager@lakegracecrc.net)
  - Elizabeth - [staff02@lakegracecrc.net](mailto:staff02@lakegracecrc.net)
  - Kayleigh - [staff01@lakegracecrc.net](mailto:staff01@lakegracecrc.net)
- As per our advert, we are looking for stalls etc. for our Harvest Festival in 2023. The Shire are organising the closure of the main street and we have a grant application in to Lotterywest to help fund the evening. An email has been sent out but also please get in contact with us if you would like to hold a stall.
- A survey has gone out about the Staying in Place initiative. In order for this to go ahead we need to know we have the people to do the work. If you are able to do a few hours work a week and happy to

earn a few dollars then please fill in the survey and get back to us. We have some blank ones at the CRC and Shire offices, as well as working at getting it online (watch this space). Please hand them in by the 29th of September to the CRC.

- We are always looking for more articles and local news to put in each fortnight. Did you know that putting in an article is a great way to get your information out to the community (as not everyone is on facebook). Give us a call or send us an email if you see or know of anything that your local community should know about.

*Elizabeth Castaldini & Kayleigh Hobbins*

## Harvest Festival 2023

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

Thursday 14th December

4:30pm - 7:30pm



ABN: 72 616 138 172 EC: 010433

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# About Town

- Congratulations to Matt & Chloe Trevenen on the birth of their baby girl, Tilly Louise Trevenen born on the 15th August 2023.



## Provide First Aid

*A nationally accredited course by a St John trainer.*

**Friday 6th October**

**8:30am - 4:30pm**

**For 16-18 year olds only**

*We will take 19-20yo if there is space.*

There are 12 fully funded places available (course is valued at \$160).

Contact the Lake Grace CRC on 9865 1470 or [central@lakegracecrc.net](mailto:central@lakegracecrc.net) to register your interest.



# Happy Birthday



- 15th September Kelly-Anne Gooch  
Mason Newton  
Sonny Maere  
Weston Garlick
- 16th September Tyler Argent  
Rebecca Reynolds
- 17th September Rosie Timperley
- 19th September Zachary McPherson  
Anna Gray
- 20th September Cameron Slarke  
Charli Bell
- 21st September Reegan Marshall
- 22nd September Ron Pelham  
Milla Prater
- 23rd September Brock Argent
- 24th September Donald Wallace
- 25th September Karen Seaman  
Joan de Vree
- 27th September Greg Argent  
Holly Stanton

# Anniversaries



- 18th September Cheryl & Ross Chappell
- 25th September Trish & Grant Medlen
- 26th September Kelly & John Callope

## 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



# Neil Bishop Eulogy

22/6/1926 – 1/7/2023

Read by Gillian—We have appreciated the many kind and thoughtful phone calls, cards and messages – funny and poignant memories of how Dad has been involved in many lives over his 97 years. Dad's sense of humour and his cheek were well known, as was his love of family and farming. Although we miss Dad in our daily lives we are actually quite happy for him - he is right where he wants to be.

Read by Russell—Dad was born in Wagin, the eldest son of Sidney and Frances. Sid along with his parents and siblings emigrated to Australia from Towcester in England in 1910. They arrived in Lake Grace in 1911 and began establishing their farm Brockham 4 miles south of town.

Dad's mother, Frances Sinclair was a nurse from Wagin who had served in Egypt during the first war. Sid met Frances at the Wagin hospital when being treated for a leg injury after slicing his leg open with an axe. A two day trip in a horse drawn cart in those days.

Their early years were spent at Murrumbung, a farm just west of Lake Grace before Sid bought the original farm, Brockham, from his parents when they retired to Perth. By this time Dad had two brothers, Rob and Fred and a sister Elizabeth, better known as Biddy. They had a good life and upbringing despite the privations of the depression era. As kids on a farm, I doubt they noticed.

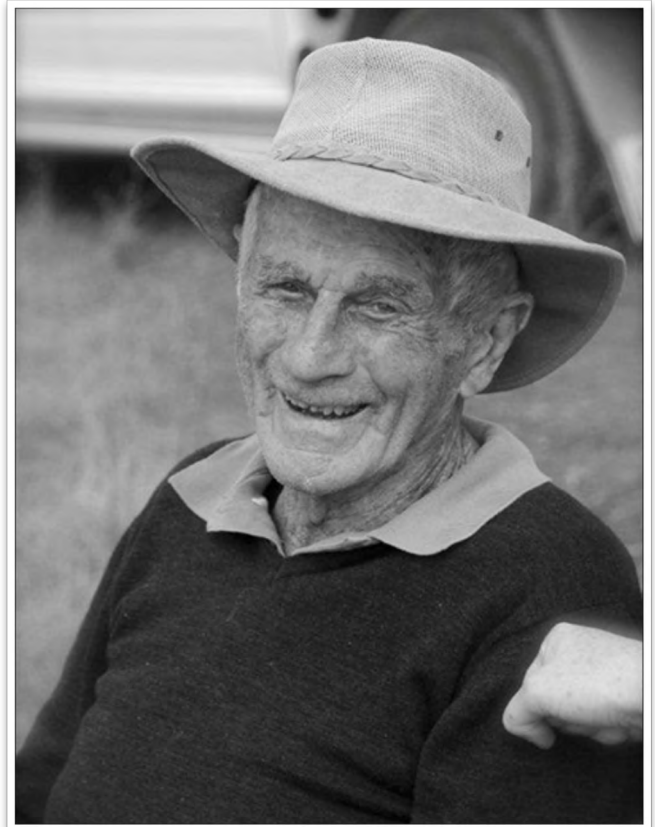
Dad had a couple of years boarding at Christ Church which was a stark contrast to life on the farm causing him some home sickness, relieved somewhat by an occasional weekend with Perth relatives – Bishops and Sinclairs. However, he was back home working on the farm at 15 until joining the air force towards the end of world war 2. Dad was on the train to active service in Darwin when the war ended. He had memories of unexciting times spent guarding warehouses with rifles without bullets.

When on leave in Adelaide he met a local girl Hilary May and in 1952 they were married in Adelaide and returned to the farm in Lake Grace. Biddy tells us that she was lovely.

Tragically, Hillary died of a brain tumour after only 3 months of marriage. In later life Dad described this period of his life as being 'like a dream'. I can only imagine the effect this would have had on him.

In 1956 Dad married Elsie Ness from Newdegate, our Mum! They also started their farming and married life at Murrumbung before moving out to the Buniche farm when Gillian was a baby. Joy and I eventually arrived, and they settled into a life on the land with all its ups and downs.

Dad loved the farm and farming; it was the only thing he wanted to do. That and making Mum happy. He had some wins and some losses in both endeavours. He especially liked working with sheep and walking behind a mob with a dog gave him great pleasure.



We had a pretty typical farm upbringing, we all enjoyed helping Dad out, especially if it involved sheep work and shearing. I don't think we ever got yelled at, he always made time for us. Although I do remember when I was about 3 and pantless running through the garden with him after me with the bannister brush. I must have done something bad because we rarely saw him upset.

He once told me how the first time he took the girls to watch as he killed a sheep they both went and cried in the ute. I think he lured them out with the promise of an anatomy lesson, and this became a regular thing. We learnt at a young age how hard it is to puncture a sheep's eyeball and how far their intestines stretch and what the inside of a heart looks like.

Dad was a patient driving instructor and we learnt to drive at an early age. Gillian can recall steering the truck when she was about 6 while Dad fed sheep. We could ride around in the header box or on the back of the combine at seeding. Mum would have been horrified if she knew, or maybe she did and turned a blind eye. He taught us a lot, probably more than we realise.

I think he was more upset than Mum when sending us off to boarding school. We were such great kids!... or maybe it was just the cost.

For a few years a quad bike was his favourite mode of transport and all the better with a grandchild or two on board. Amy's first ride was tucked into his left arm at just a few days old, a nervous 15 minutes for Anne. They all have fond memories of chasing sheep with Dad and

# Neil Bishop Eulogy (cont.)

22/6/1926 – 1/7/2023

learning the subtle art of moving a mob without stress. He would often arrive at the yards cradling a tuckered out sound asleep 4 year old and a grin all over his face.

Dad had a great sense of civic duty, something inherited from his parents and got involved in many community organisations especially the Anglican Church. Both he and Mum were strong supporters of the Lake Bidy church and of all the Anglican Ministers of the time.

He approached most things with a sense of humour and mostly still had it at the end. He loved a chat and an opportunity to hand out some cheek. Anyone losing some hair or gaining weight had that pointed out to them.

Prospective boyfriends of the girls were met at the garden gate with an axe, wheelbarrow and a command to chop a load of wood before they could take any daughter out! They all complied. He did lack tact at times though, so apologies to those who were on the receiving end.

In later years Mum and Dad moved into Lake Grace and into semi-retirement. Dad would drive out to Buniche most days and was making himself useful into his late eighties. Although an incident between the header and a field bin brought his machine operating days to an end - the expensive ones anyway!

When we sold the farm in 2019 he and Mum moved into a unit in Perth not far from Gillian and Joy's homes. It was a big step for them leaving friends behind and a vibrant supportive community but closer to family. After Mum died he alternated between Gillian and Joy's houses and occasionally ours in Busselton. Eventually he said he wanted a place of his own (out of our hair, he said!!) so we found him a spot in an aged care home for the last year and a half of his life. He had family visiting every day – children, grandchildren and even the great grandies, which he really enjoyed.

So, there you have it. A very brief summary of a very long life. Thanks Dad! for everything.

Read by Joy—Dad had an excellent diet .... with 3 exceptions.

For most of his life dad would have 4 cups of tea and 1 cup of coffee a day, with 3 teaspoons of sugar in each cup. 15 for the day. That is a lot of sugar for one person each day.

Mum, Gillian, Anne and I always used salt, herbs and spices in our cooking but that wasn't enough for Dad. He would always put lots of extra salt on his meals. He loved potatoes, doesn't matter how they were cooked as long as he got his spuds for lunch and dinner..... with salt.

Dad wasn't too happy with the food in aged care. We made sure that he got his spuds for lunch and dinner and felt the menu was quite good. Gillian and I couldn't

work out why he didn't like the food, but I reckon it was because of the salt or lack of.

Dad enjoyed homemade dessert and had it nearly every day of his life. We couldn't fill Mum's shoes in that department and with us Dad had to put up with plain old ice cream. Dad loved chocolate, but Mum would always ration the chocolate to a little bit each day, but after she passed away all hell broke loose. Chocolate came from everywhere. Old Gold and Tim Tams were his favourites.

We would take him Tim Tams when he lived at Lady McCusker and I am sure that sometimes he devoured a pack a day. And guess what...he put on weight around his middle. He was a bit mortified when he couldn't fit into his favourite jeans. It was a bit of a quandary for Dad.....jeans or Tim Tams....Tim Tams or jeans. Tim tams won!!

After a while we cut back on the amount we took him, he lost weight. The staff were concerned about the weight loss and were going to give him Ensure.... Uurgh... We weren't having that! so back we went with the Tim Tams. Dad put the weight back on and everyone was happy.

And what about the smoking. Dad started at an early age and smoked right up into his late 80s early 90s. He stopped buying cigarettes and tried to give up smoking but that didn't work, so he started bumming cigarettes off people around town and our friends here in the city. We have to apologise to all those people as we doubt if he ever paid you back. Our cousin Bruce recalls coming out of the post office to find Dad sitting in the passenger seat, puffing away having found Bruce's carefully hidden cigarettes. And then there was one particular grandson...Declan .. who doesn't smoke, but now and again he would sneak Dad a cigarette. They would hide around the side of the house and Dad would have his smoke and be the happiest man in the world.

So, there you go ... Dad's 3 favourite food groups... Salt, Fat and Sugar with cigarettes to top it off. All I can say is 'Good on you Dad, you broke the mould.'



**WALKERS HILL**  
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Facilities not air conditioned

# Farmers from the West heading to Canberra

## Media Release

Farmers and representatives from across the West are packing their bags and heading to Canberra on September 5 to speak directly to politicians about the Government's proposed phase out of live sheep exports.

The delegation of eight people from Western Australia includes representatives from Sheep Producers Australia, WAFarmers, WoolProducers Australia, the Western Australian Shearing Industry Association and the WA Livestock & Rural Transport Association.

Darren Spencer runs his own shearing business about 450km from Perth in Lake King and says the group wants to share with politicians in person what's at stake if the Government pushes ahead with the phase out.

"We want to make sure politicians from across Australia understand that when they talk about phasing out live sheep exports, they risk phasing out whole towns," he said.

"The live sheep export industry is concentrated in Western Australia and employs farmers, shearers, truck drivers and livestock agents – which means it supports families, small schools - entire communities, and the towns they live in. Phasing out live export really will phase out whole towns."

Australia's live export industry is worth some \$1.3 billion and generates around 10,000 jobs, many in remote areas.

But the Albanese Government has committed to phasing out live exports of sheep by sea.

An independent panel has been appointed by the Minister for Agriculture, Fisheries and Forestry, Senator the Hon Murray Watt to consult with all those involved. The panel is expected to provide its report to Government by September 30, 2023.

The phase out does not apply to other industries such as live cattle exports.

Ben Sutherland, owner of a rural livestock transport business called 5k Livestock and Bulk, echoed Darren Spencer's comments about the phase out.

"This won't just affect farmers - it's something that will be felt across the community," he said.

"We help with activities like hauling equipment for local schools and their sports activities - and we give a

strong hand with donations and the like for the local footy club. We won't be able to keep doing things like that if this phase out is supported.

"Right now, it's a busy time of year and our business is supporting five employees, so it's a big thing to head over to Canberra, but we want to look politicians in the eye and help them understand what this phase out will do to our families, our kids – and the Australian economy."

The group heading to Canberra is set to present their argument to politicians from all sides on September 5 at Parliament House. They are hoping to speak with Minister Watt in person.

The West Australian delegation includes Geoff Pearson from WAFarmers, Steve McGuire representing West Australian wool producers, Corrigin sheep farmer Steven Bolt, Western Australian Shearing Industry Association representative Darren Spencer and Ben Sutherland from the WA Livestock and Rural Transport Association.

### Darren Spencer

President WA Shearing Industry Association

Phone: 0428 651 339

Darren started contracting in a business partnership in 1991. In 1992 Darren and his wife Tania took the run over in their own right and started Spencer Shearing Service and have now been contracting for 26 years.

Spencer Shearing mostly operates around the Lake Grace area and has a crew that works from quarters in



**Above: Some of the delegates who headed to Canberra.**

**Left to right: Ben Sutherland (LRTA), Sarah Brown (ASHEEP), Darren Spencer (WASIA), Senator Jackie Lambie, Steven Bolt (Livestock Collective), Bindi Murray (PCIA), Geoff Pearson (WAFF).**

## Farmers from the West heading to Canberra *(cont.)*

Lake King. Darren joined WASIA when he started contracting and has been involved as a committee member for a greater amount of the time.

Darren became a committee member so that he was able to give back to industry and make it better to work in.

### **Ben Sutherland**

Livestock & Rural Transport Association of Western Australia

Phone: 0428 271 818

Ben Sutherland is the owner and operator of 5K Livestock, a family owned and run livestock and bulk transportation company, carting rural commodities such as livestock, grain and fertiliser.

Ben joined the Livestock & Rural Transport Association of WA in 2015 and has been a committee member since 2019, becoming Vice President in 2023. He is committed to improving outcomes for rural transporters through working constructively with stakeholders to identify areas for reform. Ben supports several activities in his local community through sponsorship.

### **Industry Facts**

Western Australia has approximately 12.4 million sheep run by over 4000 sheep producers.

The Wool industry in WA had a gross value of \$655 million in 2021/22, which was 49% of the total contribution of the sheep industry

WA produced 61.2 million kilograms of greasy wool in 2021/22, over 95% is merino wool destined to be used for apparel

The entire Western Australian wool clip is exported or transported interstate

The total live export industry is worth \$1.3 billion (in 2022) and generates around 10,000 jobs, many in remote areas

Australians have increased confidence in the live export industry, including animal welfare standards, according to research conducted by CSIRO spin off Voconiq

The average voyage mortality rate for sheep in 2022 is a record low level.

The average voyage mortality rate in 2022 compares to average voyage mortality rates of 0.22% in 2020, 0.64% in 2015 and 0.90% in 2010 – that is, average sheep voyage mortality rates are now about one-sixth of the levels they were in 2010.

**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.

**LIBERAL**



SHIRE OF LAKE GRACE COUNCIL ELECTIONS 2023.

## LEN ARMSTRONG.

Born Morawa 1<sup>st</sup> January 1946 with formative years being spent in the Central Wheatbelt. Educated at Kellerberrin DHS. 1965 enlisted in the Australian Regular Army, discharge in 1985 having completed 20 years service including service in Vietnam. I was self-employed in landscape, lawn maintenance and building industries from 1985 until 2004 in the Albany region. During this period I served as a Shire Councillor and Inaugural Councillor in the City of Albany. I have resided in Newdegate for 20 years with initially my partner, now my wife Sandy. We jointly ran P & L House Cladding until my retirement 5 years ago. I have served as a Lake Grace Councillor for 11 ½ years, including 5 ½ years as President. During my time as a Councillor I have voluntarily undertaken the following courses.

- Meeting Procedures and Debating (Twice).
- Policy Development.
- Understanding Financial Reports and Budgets.
- Integrated Strategic Planning.
- CEO Performance Appraisals.
- Serving on Council.
- Understanding Local Government.
- Conflicts of Interest.
- Infrastructure Asset Management.
- Effective Community Leadership.
- Planning Practices - Advanced.



I believe that completing the above courses over a period of time has provided me with a varied and in depth understanding of Local Government operations and Community expectations, that would assist me in the decision making process.

I feel that I have time, passion and most importantly experience, that would be beneficial to the council in achieving desirable outcomes for all Shire communities.

To vote for me place a **NUMBER** 1 alongside of Len Armstrong's name on the ballot paper.

Written and authorised by:  
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# Lake Grace Weather

Date	Min	Max	Rain
30/08	5.9	17.3	0
31/08	6.4	25.7	0
01/09	10.3	25.2	0
02/09	10.7	19.3	0.6
03/09	8.3	15.4	2.4
04/09	4.0	17.7	0
05/09	7.0	20.0	0
06/09	9.5	14.7	0.2
07/09	-0.1	16.5	0.2
08/09	3.0	22.4	0
09/09	11.7	25.2	0
10/09	6.9	22.5	0
11/09	6.1	29.0	0
12/09	10.7	24.3	0

## FOR SALE

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## Defibrillator Locations in Lake Grace

- **Liberty Roadhouse** - cnr Stubbs St/South Rd  
publicly accessible AED  
Open 7 days 6:00am - 8:00pm
- **IGA - Lake Grace Plaza** - Stubbs St  
publicly accessible AED  
Open 7 days 6am-7:45am 8:30am-5:30pm
- **St John Ambulance sub centre** - Stubbs St  
(accessible 24 hours a day)
- **Sporting Pavilion**  
publicly accessible AED when pavilion is in use
- **Lake Grace Police Station** - Stubbs St  
(accessible 24 hours a day)
- **Lake Grace Men's Shed** - Bennett St.  
(accessible 24 hours a day)
- **Lake Grace Swimming Pool** - Bishop St  
publicly accessible AED during opening hours
- **Lake Grace Sportsman's Club** - Stubbs St  
(accessible 24 hours a day)
- **Lake Grace Caravan Park** - Mather St  
accessible 24 hours a day)
- **Lake Grace CRC** - School Place  
(accessible 24 hours a day)
- **AFGRI** - Absolon Street  
(accessible 24 hours a day)
- **Saltbush Inn - Griffiths St**  
(accessible 24 hours a day)

Dial 000 for emergencies.

If you are responsible for a defibrillator or have one in your building be mindful that the pads need to be in date and battery may be running low (may beep). If you have any questions contact Debbie Carruthers at the Lake Grace Sub Centre on a Tuesday or Friday on 0428 110 446.

## Lake Grace Doctors Surgery Doctors Dates

18/09 – Dr. Livingston 11-5

19/09 – Dr. Livingston 9-5

20/09 – Dr. Livingston 9-5

21/09 – Dr. Livingston 9-5 IN NEWDEGATE

22/09 – Dr. Livingston 9-2

25/09 – Dr. Livingston 11-5

26/09 – Dr. Livingston 9-5

27/09 – Dr. Livingston 9-5

28/09 – Dr. Livingston 9-5 IN NEWDEGATE

29/09 – Dr. Livingston 9-2



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

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

Many thanks, Livingstone Medical

# Getting Into the Driver's Seat – It's Our Health

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

Empowering men to take responsibility for their wellbeing and health, that's our core focus here at The Regional Men's Health Initiative. We do this in light of the adverse statistics that represent men's health in general and the notion that for a large proportion of men developing their health knowledge is not seen as a priority. This fits with men having a more functional view of their health i.e. not seeking help until we are virtually physically impaired by the problem. We often challenge men on these points but what does it really mean as a bloke to take responsibility for his own wellbeing and health?

As blokes we take responsibility and make a lot of informed decisions throughout our lives, on a variety of things such as family, work and social issues. Why then should decisions about our wellbeing and health be any different?

Too many blokes are running into trouble because we keep avoiding and putting off looking after our wellbeing and health. Just being a passive participant is not good enough, we need to be the one in the driver's seat in all areas of our health be it physical, mental or social/spiritual.

Taking responsibility for our wellbeing and health means becoming an active and informed healthcare consumer. It means scheduling regular service visits with our doctor and being aware of issues that affect us at certain stages of our lives, such as the potential for prostate problems as we get older. We also need to consider issues that could be common in our families (hereditary) and discuss these with the doctor. It's a bit of a generalisation but how many of us guys rely on our wives or partners for our health when it comes to our diet i.e. what food is in the house and what we eat for dinner?

Remember that it's not our wife's, mate's or doctor's wellbeing and health, it's ours. Good wellbeing and health can only happen if and when we as blokes take responsibility!

While taking charge is important it doesn't mean we have to go it alone, we all need help sometimes. From a community educator and support worker perspective, this often means our role involves walking beside someone helping to establish relevant pathways of support. It could also be simply listening to and validating people's issues and accompanying emotions. We see it as, walking beside the ute with the window down but not hopping in, it's your ride, you are the one in the driver's seat!

Our key message ... *before it at all gets too much...* Talk to a Mate@!! requires us to take some responsibility in that it's important we identify who our mates are so that when the shit hits the fan (and it does happen) we have a plan in place to address things.

## FOR SALE

Supa Swift 20inch Reel  
Mower

Absolutely as new  
\$1500 (big saving on  
original price)

Call Arthur 0429 651 015

Lake Grace CRC is a  
Department of Human  
Services Access Point



DHS Customers are able to:

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

*All free of charge for DHS business*



# Block Your Driver's License to Lock-out Identity Thieves

[www.dmirs.wa.gov.au](http://www.dmirs.wa.gov.au)

Money is not the only thing scammers are looking to steal these days – your personal identification can be just as valuable to them.

As part of their ruse, scammers posing as legitimate organisations or government service providers often pretend to need copies of your driver's license and passport to verify your identity, when their actual aim is to steal it.

Having your identity stolen can cause devastating and long-lasting impacts, from finding unauthorised purchases on your credit card, through to having your name used to open bank accounts, take out loans and even to scam other people.

Just recently, Consumer Protection issued a warning about a fake WA Seniors Card website that was targeting seniors for both their money and multiple forms of identification. In reality, the WA Seniors Card is free of charge and applicants are never requested to pay a fee, or disclose personal identification in exchange for membership.

Aside from sending scammers your personal information, the other way they can get their hands on it is through data breaches that occur when cybercriminals hack into an organisation's system and leak their

customers' details onto the dark web.

To help protect all WA consumers from identity theft, the Department of Transport has made it possible to put a block on your driver's license to stop it being used to verify your identity online.

Putting a block on your driver's license or learner's permit means if a scammer tries to use these documents for identity verification through the Australian Government's Document Verification Service (DVS), it will be declined.

You can add and remove a driver's license block anytime using DoTDirect by navigating to the 'Protect your identity' section on the 'Driver's license' page. Your authority to drive is not affected by having a block on your driver's license.

To learn more about what to do when your driver's license has been compromised, including how to block it or apply for a new license number, go to [www.transport.wa.gov.au](http://www.transport.wa.gov.au)

If you are caught up in a data breach, or have handed over your personal identification to scammers, your first step should be to contact IDCARE, a national identity and cyber support service on 1800 595 160.



## Ravensthorpe Wildflower Show

**600+ Wildflowers on display**

Devonshire Teas & Country Soups - Opening Ceremony with Prof Stephen

### TOURS

Wildflower Hotspot Bus Mon-Wed-Fri

Local Geology Bus Tour  
4WD Tag Along Tours

### Guided Walks and Field Trips;

Walk with the Rangers, Declared Fauna  
Plant recovery after fire,  
Salmon Gum Ecology, Walk with Andy

### Award winning Black Cockatoo Crisis documentary

### Feast in the Fitz with FERVOR

[www.fervor.com.au](http://www.fervor.com.au)

### Art Exhibitions & Photography Exhibitions

### Market Day featuring Tucker Bush & Bush Medicine

### Workshops:

Cold Clay Porcelain, Plain Air Drawing,

Earth Pigments & Natural Ink,

Botany for beginners,

Wildflower Phone Photography,

Silk Scarf Natural Dye,

Wearable Wildflower Workshops,

Wildflower Paint & Sip, Yoga in the Gallery

**Bookings:** [www.wildflowersravensthorpe.org.au](http://www.wildflowersravensthorpe.org.au)

program link <https://tinyurl.com/2laqfpct>

ph 0407 981301 ph 0428 580737

# Gardening Tips

Sourced by Yates

## **How to grow tomatoes**

Tomatoes are one of the most popular backyard vegies. Home-grown Tomatoes are full of flavour and can be picked at their tastiest and sun-ripened best. There are large varieties that are ideal for growing in vegie patches and compact varieties for small garden spaces and pots.

Tomatoes are easy to grow and can be very productive too, if you follow some simple feeding, watering and insect and disease protection steps. Spring is a great time to start growing Tomatoes in Australia. Here's how to get growing!

### **How to grow tomatoes in a garden**

- Choose a sunny spot in the garden with well drained soil and mix in a soil improver and plant fertilizer.
- Sow the seeds, lightly cover with and water well. If you are growing from seedlings, you can plant them a little deeper, so that the bottom few centimetres of the stems/roots are covered and water in well.
- To avoid damaging plant roots later in growth, its best to put stakes in for the support of the tall growing tomatoes.
- As the seedlings emerge and grow, use a liquid plant food weekly and mulch around the base, keeping it away from the main stem.
- As the tall staked tomatoes grow, gently tie the main stem to the stake with a plant tie or an old pair of stockings. This keeps the plant from drooping and losing its posture.
- When the tomatoes are nice and plump and red, feel free to harvest them.

### **How to grow tomatoes in a pot**

Its best to choose a smaller variety of tomato to grow in a pot.

- Choose a pot at least 400mm wide and deep and make sure it is in the sun fully and fill it with a good quality potting mix.
- Sow seeds, lightly cover and water well. If you're using seedlings, they can be planted a little deeper so the bottom of the stem/roots are covered with soil. Water them well.
- Even though these are growing in a pot, they will grow tall and require staking. Its best to do that now to avoid damaging the roots.
- Potted plants dry out quicker than in-ground plants, so its important to water them more regularly.
- As the seedlings grow, feed them weekly with a liquid plant food to encourage that growth.
- The staked tomatoes will grow tall and will need to be tied to the stake with a plant tie or old

stockings, but make sure you tie the main stem to help keep it growing tall.

- You can harvest the tomatoes when they are red and plump and look delicious.

### **Common problems with tomatoes**

#### *How to Get Rid of Common Pests of Tomatoes*

Caterpillars, Aphids and Whiteflies find Tomatoes irresistible. To help control them in your garden, spray at first sight with Pest Insect Killer Ready to Use Spray. Spray foliage thoroughly, including the undersides. This product works by contact action, so good coverage of insects is essential.

#### *How to Stop Fruit Fly Attacking Tomatoes*

If you live in an area with Fruit Fly you will need to protect your plants against this dreadful pest. Begin applications of Fruit Fly Control while fruit are still small and before they have changed colour. Otherwise, you will end up with little, cream-coloured 'worms' in your fruit. You can try harvesting Tomatoes a bit earlier, when just changing colour, and bring them inside to safely complete ripening. Also try growing cherry-sized Tomatoes instead, as these are much less susceptible to Fruit Fly attack.

#### *How to Get Rid of Common Diseases of Tomatoes*

Tomatoes can also succumb to diseases such as Powdery Mildew, Rust, Early Blight or Target Spot and various Leaf Spot diseases. These can all be treated with Yates Tomato & Vegetable Dust and is best applied as a preventative treatment. Dust seedlings approximately 7 days after transplanting and repeat at 7 -10-day intervals. Apply uniformly, ensuring that the upper leaf surfaces of foliage are covered.

#### *Why Aren't My Tomatoes Flowering or Fruiting?*

There are a few reasons why a Tomato plant is not fruiting including lack of sun, lack of nutrients, and excess nitrogen and lack of potassium.

Make sure the plant is getting enough sunlight (at least 6 hours direct) and feed with a Tomato and vegetable fertiliser such as Pelletized Food. Avoid using all-purpose fertilisers as these tend to be high in nitrogen.





**TARIN  
ROCK  
TENNIS CLUB**

**20  
23**

**JUNIOR TENNIS TOURNAMENT**

*Saturday October 14*

### Events

#### 8-and-under round-robin modified rules

(no partner required)  
Limit of 20 participants  
(first in, first served)

**Round-Robin Girls Doubles**  
**Round-Robin Boys Doubles**  
**Knockout Singles**

10 years and under  
13 years and under  
(age as of tournament date)

### Conditions

Entries close Wednesday, 11th Oct. 6pm.

Tournament starts 8:30am,  
registration from 8:00am.

Entry fee - \$6.00 per player per event,  
includes morning and afternoon tea.

The committee has entire control of the event.  
If insufficient numbers, an event may not  
proceed or ages may be adjusted.

### Nominations including DOB, by October 11

to Karissa Pelham [sissa15@hotmail.com](mailto:sissa15@hotmail.com)

**Toasties, drinks, fruit salad and ice cream for sale... Sausage sizzle to end the day**  
**Fresh rolls available to purchase for lunch**



# Biosecurity Blitz

## Backyard Buddies

**Wherever you live and whatever the size of your backyard, you can help protect WA's agriculture, forests, and natural ecosystems into the future.**

The Department of Primary Industries and Regional Development's (DPIRD's) Biosecurity Blitz is back in 2023, with a special focus on reporting backyard pests and diseases.

The Biosecurity Blitz aims to protect Western Australia's backyards and agricultural industries from an increasing number of exotic threats, such as the recent incursions of polyphagous shot-hole borer (PSHB), myrtle rust and Queensland fruit fly (Qfly).

By checking your backyard for pests and diseases and reporting what you find, you'll learn about these organisms, help protect your garden, regional biodiversity and the local food and nursery industries in Western Australia.

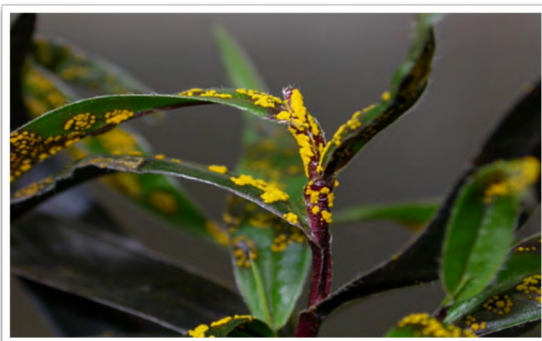
### Every report helps!

Your report helps to increase the likelihood that serious pests and diseases will be detected early, providing the best opportunity to eradicate or contain them.

If your report turns out to be a common pest, that data may be used to support WA's export trade.



*Looper Caterpillar on tomato (©John Tann, Flickr)*



*Myrtle rust, a threat to Myrtaceae plants (©Louise Morin CSIRO)*

### Look – snap – report

This year the Biosecurity Blitz runs from 16 October to 16 November – that's 31 days to look for, take a photo, and send in a report of every pest and disease in your backyard.

To participate in the Blitz:

register at [agric.wa.gov.au/biosecurity-blitz](http://agric.wa.gov.au/biosecurity-blitz)

download the free MyPestGuide® Reporter app

check your backyard for pests and diseases.

take photos of any pests or disease signs you find

report using the app or online at [mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)

### Every report gets a response

Let's see what's in your backyard! You will receive a response to your report and a weekly email with pest identification, information on priority plant pests and activities you can do in your backyard.

## Wanted to Buy

Old petrol bowsers, enamel signs or any old signs, oil bottles, oil tins, and racks.

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

FREE appraisals 25 years experienced antiques dealer.

Will travel anywhere cash paid on the day.

Happy to buy one item or entire collections.

Phone or message Jim on 0439 912 272.

Email [jimsmoker55@gmail.com](mailto:jimsmoker55@gmail.com)





# 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](mailto:Lake.Grace.Police.Station@police.wa.gov.au)

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

## Station News.

In some bittersweet news, after two years as Lake Grace Police Station's Officer In Charge (OIC), Sergeant Joshua Egan-Reid is embarking on a new chapter. Sergeant Egan-Reid's performance in Lake Grace has not gone unnoticed within the police and he has been headhunted for the role of OIC at Boddington Police Station.

At this stage we have no dates for his transfer, only that it's likely to be in October, and his position has been internally advertised. We're putting out some feelers to try and find a good fit for the station and the town. In the meantime, he's consoling Scott and Wade who have been floating between sulky and congratulatory.

In other news, the Newdegate Field Days have been and gone again. We had a great turn out and those who went may have noticed a few extra police around. We managed to get officers from as far away as Albany and Perth to attend. We had no reports of any offences and the crowd was very friendly, as always.

Wade managed to make the most of VR trucking experience (left photo), and even got to test drive an electric off-road bike (below photo).



Scott returns from a weeks training in Albany. He took part in, and completed, a Land Search and



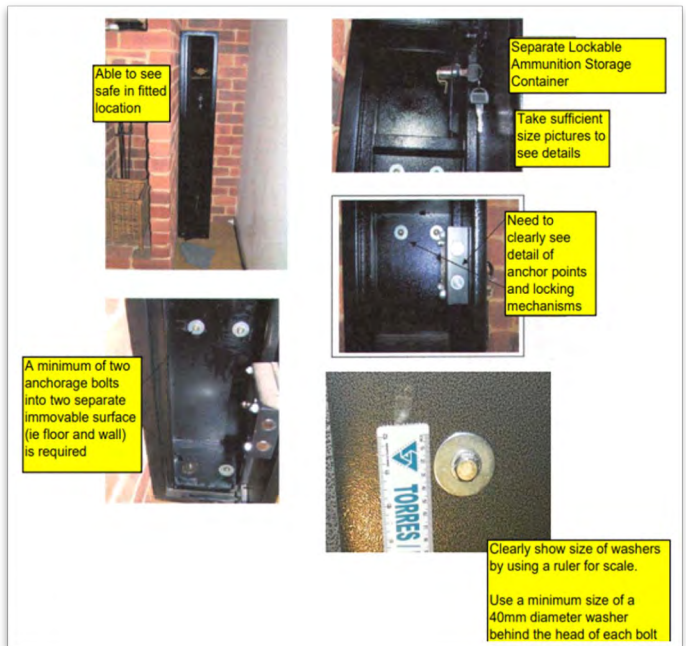
Rescue (LANDSAR) course, so is now officially a professional at hide and seek.

## Crime News

We thought it might be a good time to remind firearms licence holders of their storage obligations under the Firearms Regulations. During some recent visits to firearm holders, we found their storage fell well below par and was non-compliant. We strongly encourage you to ensure your firearm storage is adequate and compliant, not only to prevent any chances of being prosecuted but also to make theft of your property more difficult. This means firearms are to

be stored in an approved firearms cabinet and not left where members of the public, or other household members, may have access to.

Here are some reminders of how your storage cabinet should be secured to ensure you are complying with regulations.



Take care and stay safe.

Regards

Lake Grace Police

## 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



# Hospital Garden Update

WA Country Health Service Wheatbelt, Janet Barandse

How can you say a big enough THANK YOU to all the wonderful volunteers at our busy bee in the hospital garden, this was a long time coming with lots of interruptions, i.e COVID, but it's finally coming together!

Volunteers are so important in our community and we really appreciate everyone's assistance, as well as our hospital cooks who make a scrumptious morning tea and cooked our sausage sizzle with donated sausage and bread buns.

People are amazing, they quietly go along donating or donating time in their busy schedules.

Still a couple more sessions to finish the groundwork, spread the 30 ton of manure and then plant the plants, after we plant the mushrooms. The next busy bee is next Sunday 17th September, 8:30 start. If you would like to help, please bring wheel barrows, shovels and spades with your name on them.



Thank you so much everyone, you are all so awesome!

An official opening and celebration coming up soon, to celebrate all the hard work in the fundraising, working and donations that has allowed us to achieve our aim.

**Below: Kristie Stanton & Mark Pearse pulling out more weed**

**Far below: Janet Berendse, Margaret Clarke & Lettie Leo are brightening up the planters!**

**Below: Isla Ballard hard at work helping to paint.**

**Right: Marion Morton, Teneeka Morgan & Paula Carruthers removing sooooo many dead plants and weeds.**



## 10 Questions with...

**What is your name?** Matt Castaldini

**What do you do for a living?** I am the Community Emergency Services Manager (CESM) (Pronounced "Says-Em"). I am employed by the Shire of Lake Grace and support the Shires of Kent and Dumbleyung. I support the Shires Emergency Management functions and look after the Bush Fire Brigades. Most people would see me delivering training, or possibly supporting FCOs at a fire.

**What's your favourite thing about your job?** There are two parts, firstly building capacity into local community members and systems to help them work more efficiently. Secondly through supporting incident response, either mentoring people or undertaking incident management team roles during an incident.

**If you could pick any actor to play you in a movie, who would you choose?** Matt Damon or Sam Worthington

**Are you a tea or coffee person?** I don't have hot drinks, so neither tea or coffee. I'm typically found with a water bottle.

**What do you like to do to relax?** Although not always relaxing I like to express my creative side through various projects. Otherwise, there are a few YouTube channels I like to watch.

**Do you have a favourite cartoon from your childhood?** I don't recall a favourite cartoon, but have fond memories of watching Thunderbirds which I have passed on to my children (although they prefer the animated remake).

**Where would be your ultimate holiday destination?** I have really enjoyed exploring our great and vast country. We recently travelled through Millstream Chichester NP, Karijini NP and Ningaloo NP which was great. It would be good to be able to go further and explore new places in the future.

**Who's your favourite band?** I don't have a favourite band, I would say the music I listen to would be eclectic and has lately been radio rather than seeking out something specific.

**What is your favourite time of year?** I think spring is my favourite time of the year, with mild temperatures, often slightly cloudy (awesome sunsets), giving comfortable weather to be out and about or working on projects at home.



## It's on again!!

PIZZA NIGHT @The Sportsman's Club

***This Saturday 16th September from 6pm***



Claire is doing all your favourite toppings!! Hawaiian, Meat-lovers, Supreme and everyone's favourite - Cheeseburger Special!!!

We haven't forgotten the kids (12 and under). There is a Ham & Cheese pizza for them.

It is **DINE-IN** only but you can *pre-order* your pizzas! Get your pre-orders in by Friday 15th September.

**So come on down have a drink and a pizza or 2, let's make it a fun night!**

Lake Grace Artist Group presents



# Vessel

Opening

Sunday 17  
September  
2023

2pm

All Welcome

18 September -  
8 October 2023

10am -4pm

Lake Grace  
Regional Artspace



# Good News Page

Kevin Seaman

During the time of the last edition of the Lakes Link and yours truly getting time to put pen to paper for this edition, I had no time to spend in the office.

With a four day trip to Albany for the brides 6 monthly checkup. (good news in that department, with the doctors giving her ticks in all the boxes for a good recovery) and another four day trip to Esperance to attend our grandson's wedding on the back beach. A very good occasion. Also had a visit from our grandson and his wife, who came down from Perth for a few days. And of course there was Father's Day.

People ask "Do you get bored in retirement?" No! Although I did run out of time to think about what theme will the 'Good New Page' take in this edition, that's when "thinking" comes in. Why not do a couple of editions of the best jokes.

So here we go, jokes, jokes and more jokes... Enjoy!

The boss of a big company needed to call one of his employees about an urgent problem with one of the main computers. He dialled the employee's home phone number and was greeted with a child whispering "Hello?" feeling put out at the inconvenience of having to talk to a youngster the boss asked, "Is your daddy home?" "Yes" whispered the small voice. "May I talk with him?" the man asked. To the surprise of the boss, the small voice whispered "No". Wanting to talk with an adult, the boss asked "Is your mommy there?" "Yes" came the answer. "May I talk with her?" Again the small voice whispered "No". Knowing that it was not likely that a young child would be left home alone, the boss decided he would just leave a message with the person who should be there watching over the child. "Is there any one there besides you?" the boss asked the child. "Yes" whispered the child "a policeman". Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?" "No, he's busy" whispered the child. "A hello-copper" answered the whispering voice. "What is going on there?" asked the boss, now alarmed. In a whispering voice the child answered, "The search team just landed the hello copper" Alarmed, concerned and more than a little frustrated the boss asked, "What are they searching for?" Still whispering, the young voice replied along with a muffled giggle, "Me".

A woman took her son to the doctor because he was tired all the time and kept catching colds. The doctor asked about the child's diet. "All he eats is snooker balls" said Mum. The doctor was amazed "Snooker balls?" he asked. "Yes that's right" she said, "for breakfast, he'll have three reds and a brown. For lunch he'll have four reds, a pink, a yellow and a blue. And for dinner, he'll have the black and five or six reds" "Well there's your trouble" said the doctor "Not enough greens"

A fella walks into a bar next to a hospital and says to the barman "I'll have a double scotch mate, but I shouldn't be having it with what I've got" The barman gave him the drink. The bloke said "and a double martini, but I shouldn't be having it with what I've got" The barman

gave him the martini. "And you'd better give me a boilermaker, with a beer chaser" said the bloke. "But I really shouldn't be having any of this with what I've got. The barman gave him the drinks and said "I don't like to be nosey mate, but what have you got?" The bloke said "forty cents".

A burglar broke into a house one night. He shone his flashlight around looking for valuables, and when he picked up a CD player to place in his sack, a strange disembodied voice echoed from the darks saying "Jesus is watching you". He nearly jumped out of his skin, clicked his flashlight out and froze. When he heard nothing more after a bit, he shook his head, clicked the light back on and began searching for more valuables. Just as pulled the stereo out so he could disconnect the wires, clear as a bell he heard, "Jesus is watching you". Freaked out, he shone the light around frantically looking for the source of the voice. Finally, in the corner of the room his flashlight came to rest on a parrot. "Did you say that?" he hissed at the parrot. "Yep", the parrot confessed, "I'm just trying to warn you." The burglar relaxed, "Warn me huh? Who are you?" "Moses", replied the parrot. "Moses!" the burglar laughed. "What kind of people would name a parrot Moses?" The parrot says, "The same kind of stupid people that would name a Rottweiler Jesus".

In the Old West, the Sheriff walked into the local saloon. "I'm looking for the Brown Paper Cowboy" he said. One of the locals asked "Well, what's he look like Sheriff?". The Sheriff said "Well, he's got a brown paper hat, brown paper shirt, brown paper trousers, he rides a brown paper horse, he's got a brown paper gun and it fires brown paper bullets!" The locals asked, "What's he wanted for?" "Rustling!" said the Sheriff.

K

## Are you over 50?

### Let's Build Your Digital Skills

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

*Date & time: Thursday 5th October at 10am*

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

*Run time: 1 hour*

*One-on-one tuition available from Thursday 28th September: 10am-11am and 2pm-3pm*

**Call the Lake Grace CRC on 9865 1470**

**to book your spot.**

# Community Newsletter

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



## CEO Chat

### 2023 Ordinary Election – Lake Grace Shire Council

At the close of nominations on Thursday 7 September 2023 at 4pm, the Returning Officer received a total of five (5) nominations. They are:

Len Armstrong  
Rosalind Lloyd  
Jeff McKenzie  
Debrah Clarke  
Peter Stoffberg

There are a total of three (3) vacancies for Shire of Lake Grace Council, which means that an election will be held Saturday 21 October 2023. This will be a postal election, so if you are on the electoral roll you can expect to receive a Postal Voting Election Pack in the coming weeks.

Optional Preferential Voting will be used in this election, which requires that voters only need to register a first preference on their ballot papers for their votes to be counted. Voters who wish to register one or more additional preferences among the remaining candidates are able to do so, using consecutive numbers.

Information on how to vote will be in the Election Pack, please make sure you read it carefully and make your vote count. Further information can be found at: [www.elections.wa.gov.au](http://www.elections.wa.gov.au).

### Newdegate Field Days

I trust that everyone enjoyed their time at the 2023 Newdegate Machinery Field Days. Thank you to those who stopped by to speak with Shire Councillors, staff and local identity Bob Iffla, who was kept busy signing copies of his popular book, *Childhood Dream - a reality*.

### Pingaring Centenary Celebrations

Well done to all involved in the organisation of the Pingaring Centenary that was held over the weekend. It was great to see so many people there celebrating and enjoying this special event.

*Alan George*  
Chief Executive Officer



An **Ordinary Council Meeting** will be held at 3.30pm **27 September 2023**, Shire of Lake Grace Council Chambers, 1 Bishop Street, Lake Grace WA 6353

The Agenda will be available on [www.lakegrace.wa.gov.au](http://www.lakegrace.wa.gov.au)

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

# FREE RABBIT BAITS - EOI

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

## EWBG WILL PROVIDE:

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

## REGISTER EOI NOW

✉ admin@ewbg.com.au

☎ 04 55 724 848



**EASTERN WHEATBELT  
BIOSECURITY GROUP**



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



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

## Community Information

### Office Open Hours

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

### Licensing Payments

All licensing payments are to be made in person at the Shire of Lake Grace, 1 Bishop Street, Lake Grace, (*please phone ahead for availability*).

#### Monday to Friday from 8:30am to 4:00pm

As an agency, we process the majority of transactions including: renewals, transfers, number plate orders, boat registration renewals and new licence applications.

With every transaction we perform, we try to offer the best service possible.

We do ask all licensing customers to be considerate, even though we are aware of people being 'locals' it does not exempt us from following the rules set by the Department of Transport.

### Driving Assessor

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

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

#### Friday 6th October 2023

#### November (to be confirmed)

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

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

For more information go to: [www.transport.wa.gov.au](http://www.transport.wa.gov.au).

### Libraries

#### Lake Grace Public Library School Place Absolon St

Monday - Friday 9am - 5pm  
Closed for lunch 12.30 - 1pm

#### Newdegate Public Library Collier St

Monday - Thursday 8.30am - 4.30pm  
Closed for lunch 12noon - 1pm  
Friday 9am - 2pm

#### Lake King Library Newdegate/Ravensthorpe Rd

Tuesday and Thursday 8.30am - 3.30pm

### Town Planning & Building

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

### Environmental Health

The Shire's Environmental Health Officer, Brendon Gerrard, can be contacted via the Shire on 9890 2500 or email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au).

### Tip Times

#### Lake Grace

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

#### Newdegate

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

#### Lake King and Varley

Open every day

### Recycling Services

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

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

Newdegate	Lake Grace
Tuesday 19 September	Tuesday 26 September
Tuesday 03 October	Tuesday 10 October

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

The recycling bins are collected by Warren Blackwood Waste and transported to a recycling facility. If items which are not recyclable are found, the contents can't be recycled and the load will be directed to the landfill.

If an item is covered in food, it is not recyclable. Food is one of the worst contaminants in the recycling process. By using the yellow top recycling bin correctly you are contributing, in a combined community effort, to reduce the amount of rubbish that is directed to landfill facilities each year.

For more information on Waste Management visit the Shire's website [www.lakegrace.wa.gov.au](http://www.lakegrace.wa.gov.au).

# New Beyond Blue Data Shows One in 3 People With a Mental Health Condition Don't Get Support

On World Suicide Prevention Day, new data from Beyond Blue shows almost one in 3 people with a mental health condition that impacts their life, are unlikely to reach out for support.

The results of Australia's Mental Health and Wellbeing Check, a survey of more than 5,000 people commissioned by Beyond Blue and carried out by the Social Research Centre, reveals the main reasons why people don't reach out.

The research found:

- 30% of people living with a mental health condition that was impacting their lives were unlikely to seek support from anyone.
- 39% of people delay seeking support due to costs.
- 30% delay seeking support due to waitlists.
- 27% think they'll get better without support.
- 24% think their problem isn't serious enough.

Beyond Blue CEO Georgie Harman says the data is concerning given the deep impact of poor mental health and suicide on people, families and communities.

"People need to know accessing support early, before they reach crisis point, can help alleviate stress, worry and isolation, and prevent depression and anxiety from

getting worse. My message is don't wait, don't hesitate," Ms Harman said.

"We know people can think their problems are too small or trivial, or they believe they are taking up valuable mental health resources. But the impacts of depression, anxiety and emotional stress can be cumulative, and small problems can snowball and become harder to manage.


"Accessing support early for yourself or someone you care about, can prevent problems escalating." Nearly 80% of people who contacted Beyond Blue's Support Service reported an immediate reduction in distress, and ongoing feelings of reduced distress two weeks later.

"If you are delaying getting mental health support due to costs, or waitlists, you can reach out to the Beyond Blue Support Service or join our Online Community Forums. We are here for you regardless of how big or small the problem feels. It's never too soon to seek support," Ms Harman said.


Beyond Blue Support Service: 1300 22 4636 or [beyondblue.org.au/getsupport](https://beyondblue.org.au/getsupport)




**All Good Refund Depot**



CHECK FOR THE 10c MARK





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](mailto:allgoodbusiness@westnet.com.au)

*Proudly servicing Lake Grace and the extended lakes region since October 2020*



# Lake Grace Playgroup Update

*Claire Crosswell*

Every Tuesday we meet in our building on Absolon St between 9.30 and 11.30am. Coffee, tea and a listening ear are always available as well as plenty of toys and friends to keep the little ones entertained.

We hold many events throughout the year, covering special holidays, Easter, Mother and Fathers Days, as well as additional activity based events, messy play and teddy bears picnic. The more members we have, the more activities we are able to celebrate.

We welcome new members throughout the year, anyone with children 0-5 (pre mandatory school age) are encouraged to come along.

Lake Grace Playgroup have a messy play day planned for October and we will then finish the year strongly with our Christmas creative activity and then our Christmas and Graduation party. All members children will be able to celebrate with similar age children as well as receiving a Christmas gift. Our Graduation celebrates the children heading off to Kindergarten or Pre-Primary.

By joining Lake Grace Playgroup Inc, you become a member of Playgroup WA and are able to enjoy all the

benefits they are able to offer.

If you want to know more about Lake Grace Playgroup, please do not hesitate to reach out via our Facebook



**Above: Everyone listening to a story during a Teddy Bears Picnic.**



**Right: Easter Craft Activity**

Shire of Lake Grace

PO Box 50 Lake Grace WA 6353 | Phone 9890 2500 | Email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)

## MEDIA RELEASE

### APPOINTMENT OF DOCTOR



The Shire of Lake Grace is pleased to announce that a General Practice Agreement will be entered into with Livingston Medical Pty Ltd for a five-year term commencing mid October 2023.

Council would like to welcome Dr Timur Navruzov and Dr Ines Baptista, a husband and wife team and their two children Arthur and Xavier to the Shire of Lake Grace. Both doctors are UK trained, highly experienced and fully credentialed to attend the Lake Grace hospital. The doctors are currently working in Queensland.

In the meantime locum services are being provided by Dr Michael Livingston from Livingston Medical currently based in Ravensthorpe. Dr Livingston will be providing the service until the new doctors arrive. We thank Dr Livingston and his wife Rachel for their strong commitment to the provision of a suitable doctor and the work behind the scenes of Rachel in organising all the paperwork involved for the changeover of the practice.

The Shire looks forward to a long and rewarding relationship with the Doctors providing for our communities' health needs now and into the future.

Alan George  
Chief Executive Officer  
04 September 2023

FOR MEDIA COMMENTS PLEASE CONTACT:

**Alan George | Chief Executive Officer | Shire of Lake Grace**

(p) (08) 9890 2500 | (e) [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)

# Damage to Town Bush

*Michelle Slare, Lake Grace Bushcare Project*

We are sad and disappointed to report recent damage to the bush alongside Griffin Street, at the east end of town. At least 11 fully-grown mallees and quandong trees have been chopped down with an axe. These have been used to make a cubby or just left on the ground. As well, and for the third time, the stakes and guards protecting planted seedlings have been pulled out and/or snapped off. And there is now a fire pit in the middle of bush which is problematic.

**It is against the law to cut down, remove, burn or damage native bush in Western Australia. People who do so can receive large fines.**

At this particular patch of bush, we've planted trees in a bare area so the bush joins up and has a better chance of survival. This bush is one of the few remnants around our town. It is precious - local botanist Anne Rick found 45 different species here. However it's not a big area and the loss of these 11 trees will have an impact.

This site is part of the Lake Grace Bushcare Project. We are working to protect and revegetate remnant bush around Lake Grace, and beautify and improve our townsite. We have had such good community support for this project – 75 volunteers turned up to plant 2000+ seedlings. And this work goes on. We're trying to do some good here.

Parents can help. Please have a conversation with your children – whether they are playing in this bush or not – about the damage that is happening here. We are not interested in blame, we want to get the word out; it is wonderful to play in nature but this is killing the bush we're trying to protect for future generations. We don't want to involve the authorities or install surveillance cameras but this is the third time this site has been damaged.



## LAKE GRACE

### Employment Opportunity

Do you want a career change? We have vacancies available Full-Time and Part-Time.

**Immediate Start!!**

Contact Murray or Chad on 9865 1108

You can email your resume to

[calton1@lakegraceplaza.com](mailto:calton1@lakegraceplaza.com) or drop it in person.

## Book Review: *All of Us Are Broken* by Fiona Cummins

Suzanne Reeves

This novel is quite dark but is a thoughtful insight about the fine line between good and evil; how some can slip to the dark side through the influences of a challenging life while others fight to be a better version of themselves.

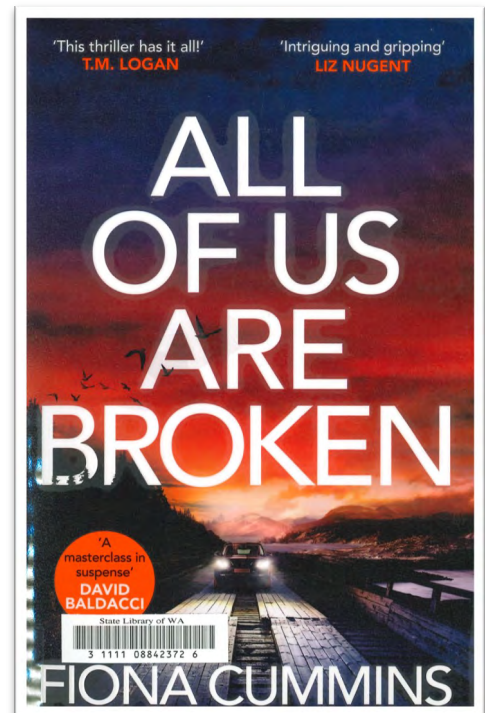
It's been a long time since the Hardwicke family has been on holiday. But thirteen-year-old Galen has wanted to see the wild dolphins at Scotland's Chanonry Point for as long as she can remember, and her mother Christine – a lone parent since her beloved husband left – is determined she gets her wish. But their serene trip is about to be interrupted.

When DC Saul Anguish is called into investigate the shooting of an ex-police officer in Midtown-on-Sea, Essex, he quickly discovers that this is the first in a string of killings by Missy and Fox, a damaged young couple hell-bent on infamy, their love story etched in blood. In pursuit, Saul follows their trail north.

The paths of the Hardwicke's and the deadly couple are about to collide. When Saul and his forensic linguist partner, Blue, arrive on the scene, they witness the unthinkable: a mother forced to make an impossible choice.

Saul must uncover the truth about the couple. But can he find the strength to lay the ghosts of his past to rest before they break him?

A State Library book that is currently in residence at the Lake Grace Library.



## Bowls Open Day

Saturday 30th November @  
The Sportsman's Club  
From 12pm onwards



Bring a plate and come watch  
the AFL Grand Final with us and from 3pm  
EVERYONE (old & new) IS WELCOME to come  
have a roll on the green.

Don't have bowls? We got you covered! So come  
enjoy the footy, food, drinks and bowls... Please  
have names in by 2:30pm for 3pm start

# Pension Boosted But More Needed For Those In Need

*nationalseniors.com.au*

From 20 September 2023, the Age Pension, Veteran Payment, Disability Support Pension and Carer Payment will receive an increase because of indexation.

The maximum rate of the single Age Pension will rise by \$32.70 per fortnight (taking it from \$1064 to \$1096.70) and for couples, by \$49.40 per fortnight (taking their combined payment from \$1604 to \$1653.40).

Chief Advocate Ian Henschke said while people who rely on the Age Pension will welcome the increase, under the current system pensioners are still behind, especially when inflation is unusually high.

Several other government payments will also be increased on 20 September in line with announcements made in the May Budget.

Single JobSeeker Payment recipients will receive a base payment of \$749.20 per fortnight, a \$56.10 increase. For JobSeeker recipients aged 55-59 unemployed for more than 9 months, the payment increase will be \$96.10 per fortnight.

A welcome change is the 15% increase to Commonwealth Rent Assistance. The maximum rate for a single renter will rise by \$27.60 to \$184.80 per fortnight, for a couple by \$26 to \$174.

"It's a good start but more needs to be done to help renters," Mr Henschke said.

"We recently heard from a couple paying \$920 a fortnight in rent. As pensioners, this leaves them with only \$907.40 a fortnight to pay for food, fuel, utilities, and other expenses."

Income limits for eligibility for the Commonwealth Seniors Health Card are increasing by \$5,400 to \$95,400 per annum for singles and by \$8,640 to \$152,640 for couples combined. With deeming rates frozen for two years, more self-funded retirees could now be eligible for concessions.

"More can be done to support older people doing it tough. As recent National Seniors research showed, a greater proportion of people with low incomes and those who are renting are suffering from cost-of-living pressures," Mr Henschke said.

"For example, 39% of older renters told us they were experiencing severe cost-of-living impacts compared to only 11 % of older homeowners.

"What we need is additional targeted support for people with limited means and to stop punishing those who need to work.

"In our Employment White Paper Submission we have called on the government to simplify the tax and transfer system to boost workforce participation, and with it income and savings.

"We want a change to income test rules for pensioners who want to work and work more. This could be achieved by reducing the taper rate from 50c to 32.5c in the dollar to align with the tax system. It's simple, fair, will help solve critical workforce shortage, and boost the budget bottom line.

"We will continue to fight for a system that improves people's lives."



## Daily freight service to and from Perth

- For all your wool and general freight requirements
- Secure depot at:

**BW James,  
19-21 Hodgson Way,  
Kewdale**

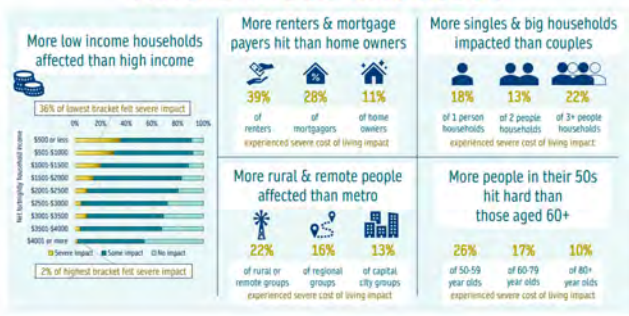
- Forklift to load wool on farm
- Accredited to load at Midland Brick
- We also cart bulk grain, fertiliser, lime, gypsum and firewood

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**

## Older people & cost of living: Who's most affected?



About the survey: The 2023 National Seniors Social Survey (NSSS-23) was split from 3-22 Feb 2023. Anyone aged 50 or over residing in Australia was eligible to participate. This included regular pensioners, people with a variety of income sources, and those with no income. The survey was conducted by National Seniors with support from Challenger. For more information about the survey and our research reports, go to [nationseniors.com.au/research](https://nationseniors.com.au/research)



# Puzzles and Stuff

Some words for 31st August edition of Boggle

Answers for 31st August edition of Sudoku

- Disbursal
- Bridal
- Burial
- Brails
- Builds
- Lairds
- Uria's
- Bails
- Balds
- Basil
- Bliss
- Birls
- Blurs
- Dials
- Duals
- Lairs
- Lards
- Liars
- Libra
- Lurid
- Rails
- Sails
- Slids
- Sisal
- Slabs
- Slubs
- Slurs

- Ails
- Labs
- Lads
- Laid
- Lair
- Lari
- Lass
- Laud
- Lids

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

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

O	E	O
R	H	A
R	P	Y

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

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## THE AUSTRALIAN BUSH

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

- dingo
- bushfire
- waltzing matilda
- tucker bag
- billabong
- jumbuck
- swagman
- wallaby
- bush walking
- emu
- billy tea
- wombat
- kookaburra
- platypus
- goanna
- echidna
- magpie
- crocodile
- bush dance
- river
- campfire
- damper
- possum
- snake
- sleeping bag
- tent
- camping
- kangaroo
- koala
- gum tree

## SPRING GARDEN

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

**WORD LIST**

- BIRDS
- FLOWERS
- LADYBUG
- SEASON
- BLOOMING
- FORGET ME NOT
- LILY
- SNOWDROP
- BLUEBELL
- GARDEN
- MAGNOLIA
- SPRING
- BOUQUET
- GRASS
- NEST
- SUNSHINE
- CHERRY BLOSSOM
- HONEYBEE
- PRIMROSE
- SWEET PEA
- CROCUS
- HYACINTH
- RAIN
- TULIP
- DAFFODIL
- INSECTS
- ROSE
- WHEELBARROW
- DAISY
- IRIS



# Lake Grace - Pingrup Football Notes

Chris Poot

## League

### Grand Final versus Newdegate in Newdegate

This was the first time Lake Grace and Newdegate had played off in a grand final since 1925. 98 years ago Newdegate won that game by 2 points. Fair to say that history might make it hard to predict an outcome on this game. The Lions went into the season decider as favourites with the home ground advantage. They settled first and got the first few goals. Conditions didn't help the goal scoring with plenty of points kicked by both teams. The first quarter saw Alex Duckworth and Konnah Holmes both go down with knee injuries. 2 critical players to our chances. The boys rallied through the second quarter and continued to work their way back into the contest. The half time break was welcomed and a good chance to reassess how we were travelling. After half-time, the Bombers found some inspiration and kept Newdegate goalless with the breeze in what was close to our best 3<sup>rd</sup> quarter of the season. The game was sitting on knife edge that could go either way. The Bombers are strong finishing side and a stirring final address from coach Holmer got the boys fired up. We kicked the first goal. Newdegate woke up again and started to lift and they kicked away with good ball usage around the ground and they ran out eventual winners. Mitch Sheep dog O'Neill tried hard all day through the middle. Damo Trev solid down back, Tyson Prater good all over the ground.

Lake Grace - Pingrup	7 1.1	20 3.2	20 3.2	26 4.2
Newdegate	19 3.1	26 4.2	30 4.6	55 8.7

Goals: Jackson Callope 2, Luke Bairstow 1, Mitch Thornton 1

Best Players: Damien Trevenen, Tyson Prater, Sam Bertola, Mitch O'Neill

## Reserves

### Grand Final versus Jerramungup in Newdegate

Jacko's side were up against a tough ask looking for a title defence against a strong Jerramungup side. Jerry had proven they were a strong chance during the year when they had a full side. The Bombers were at full strength as well with Reece Walton, Ryan Baker and Trivan Davey back in the side after missing from the second semi team and they were a welcome inclusion. The first quarter was a tussle and a lot of points kicked while both teams tried to work out the strong cross wind that didn't favour either end of the ground. A late opening goal by Reece Duckworth gave us the Bombers the edge leading into quarter time. Some strong work through the ruck and from the midfield saw the Bombers lift to another gear in the second quarter to pile on 3 goals. It wasn't all the Bombers way as the Eagles had multiple shots on goal as well. The third quarter was an arm wrestle and the Jerry side were able to finally

convert some of those scoring shots to bring the game to within 5 points going into the final change. Jacko swung the magnets around landed on a game winning formula that saw Lake Grace Pingrup finish with 4 more goals in the final quarter of the season. Chris Poot was named best on ground by the umpires. Really strong performance from Reece Walton and Ryan Baker who gave lots of pressure and run through the middle of the ground and both worked hard to defend as well. Linkin Eaton was strong up forward and the move to the goal square was pivotal as he took strong marks and converted all day. Trivan Davey moved into the ruck and gave good service to the mid field against a very talented Charlie Mackinlay for Jerry. Dave Snelling was solid in defence taking countless intercept marks to stop the Eagles attack. Back to Back Jack is incredibly proud of his players who all contributed on the day and through the season.

Lake Grace - Pingrup	9 1.3	29 4.5	30 4.6	58 8.10
Jerramungup	4 0.4	11 1.5	25 3.7	26 3.8

Goals: Linkin Eaton 3, Reece Walton 2, Reece Duckworth 1, Myles Borgwood 1, Andrew Lewis 1



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Food for all the family

Custom kills

Cooked chooks available every day



Open

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

Saturday 8:30am - 12pm

Located in Lake Grace Plaza

Contact Dean Sounness: 9865 1225



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

Best Players: Reece Walton, Ryan Baker, Dave Snelling, Trivan Davey

Well done to all teams and players who represented Lake Grace Pingrup this year. I am not sure what I will be doing on Tuesday and Thursday nights anymore and Saturday's are just not the same without footy! Looking forward to next year already.

## Lake Grace Pingrup Football Club Wind Up Awards Winners

The windup was held on Saturday 9<sup>th</sup> September. Great

to see everyone dressed up for a night out in Lake Grace at the winery. The vote count in the league was a close race between Konnah Holmes, Luke Bairstow and Mitch O'Neill who all polled in the top 7 for the association as well. Konnah ran out eventual winner to be named the John McMahon – Hugh Carruthers Memorial medallist for 2023. The reserves count was a close finish between Liam Korosec and Chris Poot and was fitting that it was close with both finishing equal runner up in the association count. Well done to all players on what has been a great season in 2023.

<b>AWARD</b>	<b>2023</b>
League Fairest & Best - John McMahon/ Hugh Carruthers Memorial	Konnah Holmes
League Runner Up Fairest & Best	Luke Bairstow
League Most Consistent - Jack Bennett Senior	Mitchell O'Neill
League Most Serviceable	Sam Bertola
League Coaches Award - Greg Hines Memorial	Ashton Gray
Reserves Fairest & Best - Jim O'Neill Memorial	Chris Poot
Reserves Runner Up Fairest & Best	Liam Korosec
Reserves Most Consistent	Will Korosec
Reserves Most Serviceable - Sam Mason Memorial	Dave Snelling
Reserves Coaches Award	Ryan Baker
Most Improved Player	Reuben Smith
Rising Star Award	Ben Watson
League Best in Finals	Mitchell O'Neill
League Best in Grand Final	Mitchell O'Neill
Reserves Best in Finals	Jonty Robinson
Reserves Best in Grand Final	Reece Walton
Best Club Person - Normie Oliver Memorial	Craig Shaw
Best Club Person - Normie Oliver Memorial	Brayden Reynolds



## Crochet Workshops

From 10am to midday, most Fridays.

Lake Grace Community Resource Centre

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

Work on Wheelchairs for Kids blankets or your own project

Call 9865 1470 if you have any queries.



**LAKE GRACE-PINGRUP  
JUNIOR FOOTBALL**

# D-grade 2023

Coached by Tyson Prater

*“Congratulations to Tyson and our Junior Football team.*

*What an awesome end to a fantastic season by making it all the way to the Preliminary Final and only missing out by a small margin of 6 points.*

*Tyson and his team should be super proud of their efforts.”*

President, Jeff McKenzie



# Auskick 2023

Coached by Andrew & Nikki Lewis



*“A massive Thank you to Andrew and Nikki Lewis for their commitment to Auskick training on Thursday afternoons and matches on Saturday home-games.*

*It’s a great opportunity for our young kids to learn the foundations of football, learn new skills and have some fun with friends.*

*Andrew & Nikki, your work with our Auskickers doesn’t go unnoticed and we are looking forward to welcoming the year 3’s into D grade next year.”*

President, Jeff McKenzie



# D-grade 2023 Awards



## LAKE GRACE-PINGRUP JUNIOR FOOTBALL

<< (Equal) Runner-up Fairest & Best, sponsored by Andrew & Nikki Lewis:

*Darcey Pelham*



<< (Equal) Runner-up Fairest & Best, sponsored by Neu-Tech Auto Electrics:

*Jaycob Trevenen*



Fairest & Best, sponsored by R & L Carruthers: (pictured with coach, Tyson Prater)

*Bryce Carruthers*

Ongerup Junior Football >> Association, Fairest and Best:

*Bryce Carruthers*

<< Coach's Award, sponsored by Dean & Delys Giles:

*Taj Trevenen*

Most Improved, sponsored by McKenzie Concrete Co.:

(absent) *Mason Newton*



# Lake Grace Pingrup Junior Netball Notes

*Courtney Withnell*

Unfortunately our Junior netballers went down to Jerramungup in the grand final 29-21.

Every single person tried their absolute hardest and as a coach, I couldn't be prouder. Congratulations to Bella Callope who came equal first for ONA fairest and best 2023.

*The team working hard together in their last game.*

*From left to right: Rebekah Pawsey, Dakota Pelham, Charli Bell*



## CCL Hardware

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# Lake Grace Pingrup Hockey Club: Life Membership for Lynnette Carruthers

As read by Tahryn Trevenen at the Lake Grace Pingrup Winter Sports Wind up

Tonight we gather to honour and celebrate an individual whose dedication and passion for the game has left an indelible mark on our community. It is with great pleasure that we confer Lynny Carruthers the prestigious title of Life member for LGPHC.

Lynny has been a fixture in our hockey community for as long as many of us can remember. Her commitment to the sport, both on and off the field, has been nothing short of remarkable. It's incredibly hard to sum up the hockey career of someone which spans over 50 years. And it is not just 50 years of run of the mill hockey, its 50 years of success, achievement, awards and accomplishments. Whether its a player, coach, administrator, or volunteer. Lynny has always given her best to our beloved sport.



*Lynnette pictured above with Donna Skerris and Christine Altham, Life Members of Ongerup Hockey Association.*

I really tried hard to get my head around what Lynny has achieved over multiple associations in multiple grades of hockey...and the list was almost endless - I still didn't get everything...I know that...and to start a hockey career at seven years old and still be playing (and still polling plenty of votes) at the age of nearly 56 is really not anything short of inspirational. As a player, Lynny exhibits unmatched skill and determination. her presence on the hockey field is a source of inspiration for teammates and a source of frustration for her opponents.

Accomplishments in past local associations include the following....

- 1985-1991 Highest goal scorer, 1991 B & F in GF
- 1985 & 1986 President LGHC (at 18 years old)
- 1987 F & B LGHC A grade
- 1990, 1993, 1998, F & B LGHC A grade (and ass F&B those years)
- 1994, 1997, 2002 F & B LGHC A grade
- 1990-1994, 1996, 2006 A grade coach (Almost Every time making it to GF, 4 time premiers)
- 2007-2010 F & B LGHC (2007, 2008, 2009 Association F & B)
- Multiple Country week representations over different associations
- State representation – 1990 Toowomba
- 1991 Geraldton
- 1992 Mt Gambier
- 2002 Bunbury and All Australian Selection that year

2018 Bunbury

And specifically the achievements and roles for Lake Grace Pingrup Hockey Club include...

Coach – 2000, 2018, 2020, 2021

Fairest & Best 1999, 2016, 2017

Association Highest Goal Scorer 1999, 2000, 2017

R/U F & B 2000, 2018

R/U Association F & B 2017, 2022

Club Person 2018, Best in GF 2018

Association Vice president 2021 & 2022

Most consistent Player 2022 & 2023

Premiership player in 2016, 2018, 2022, 2023. Grand Final player in 2000 & 2021

And in 2023 (at the age of nearly 56) she is still polling in the top 10 in Association F & B, Top 3 in Association highest goal scorer, and top 4 in Club F&B.

Honestly this isn't even the half of it – I've included no junior achievements. We know that she has played in 28 grand finals over her hockey career and won 22, including country week grand finals, all this with being nearly blind in one eye!

On the field she is a powerhouse, her skills are still impeccable, her knowledge of the game and contributions to team play and feedback is invaluable. Her advice, ideas and work ethic on field has contributed to not only LGPHC success, but the improvement of the hockey skills of this entire

## Lake Grace Pingrup Hockey Club: Life Membership for Lynnette Carruthers *(cont.)*

association. It would be fair to say that the strength, depth and numbers of players taking up hockey in Lake Grace/ Pingrup is very much due to the path she has paved for players in our town.

But what is most important here is how instrumental Lynny has been for shaping the future careers of hockey players in our community. Her coaching and mentoring have nurtured countless young talents, instilling in them not only the skills of the game but also the values of teamwork, sportsmanship and perseverance...with many of these young talents going on to play premier league, state, national and even Australian representation. She has inspired both junior and senior players for the best part of 30 years to take up and continue hockey. Even today our juniors are being coached the 'skinny like lynny' drill to run with the ball close to their stick.

Off the field Lynny has made significant contributions to the behind the scenes operations of the club. One role being the task of marking the oval, which is no small undertaking, it requires attention to detail and precision. Filling sand holes to make sure our playing surface is as safe and as even as possible. Hosting team dinners at the pub to foster team bonding. Umpiring has also been another significant contribution Lynny has made at both club and association level. This requires a deep

understanding of the games rules.

Sometimes is not about how many positions you've held at a club, sometimes is not about how many awards you have won. sometimes is not about how successful the team is....sometime though, this award recognises the contribution made by someone over their lifetime to the success of hockey in this hockey club and our surrounding hockey community. Today, as we bestow upon Lynny the title of LGPHC life member, we do so with a deep sense of gratitude and admiration. Lynny embodies the spirit of hockey- a sport that teaches us not only about competition, but also about camaraderie, resilience and the joy of pursuing a shared passion.

In recognition of Lynny's exceptional contributions to our sport of hockey and our community, it is an honour to present her with this life membership. May her love for the game continue to inspire us all. Lynny was the player I watched growing up as a junior, its a dream come true to play hockey alongside her now.

Ladies and gentleman, please join me in a heartfelt round of applause for our newest Lake Grace Pingrup HC Life Member Lynny Carruthers, Thankyou for everything you have done for our beloved sport.

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# Lake Grace Pingrup Junior Hockey Notes

Karissa Pelham

We did it!

Going undefeated for the whole 2023 season we won the grand final.

Beating Gnowangerup 2-0

Kids were confident and pumped, Tyler leading the team out as captain today.

Score was 0 all at half time with plenty of shots on goal absolutely dominating but unable to score.

3/4 Bryce scored our first goal. Kids lifted and Dakota scored a ripper goal in the last quarter winning the Grand final 2-0. So proud of every single player in this team doing their part to win this game.

Well deserved all of you.

**Best on ground Tyler Argent**


**2nd Best Dakota Pelham**



**BACK L-R:** Darcey Pelham, Bryce Carruthers, Karissa Pelham (Coach), Will Skerris, Jaycob Trevenen, Paige Trevenen, Dakota Pelham, Bella Callope, Sam Stanton, Beau Trevenen

**FRONT L-R:** Levi Argent, Amelia Pitcher, Taj Trevenen, Tyler Argent, Mitchell Gooding, Kyle Harwood

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# Lake Grace Pingrup Hockey & Netball Awards

*LGP Winter Sports Association*

## **LGP Hockey Club Awards 2023**

Fairest & Best—Tayah Medlen  
 R/U Fairest & Best—Shaylah Medlen  
 Coaches Award—Anna Taylor  
 Most Improved—Danie Drummond-Hay  
 Most Consistent—Lyn Carruthers  
 Club Person—Karissa Pelham  
 Life Member—Lyn Carruthers

## **LGP Junior Hockey Club Awards**

Fairest & Best—Dakota Pelham  
 R/U Fairest & Best—Tyler Argent  
 Most Consistent—Taj Trevenen  
 Coaches Award—Bella Callope  
 Most Improved—Kyle Harwood

## **LGP Netball Club Awards**

### A Grade

Fairest & Best—Chloe McDougall  
 R/U Fairest & Best—Lauren Duckworth  
 Coaches Award—Brianna Brooks  
 Club Person—Chloe McDougall

### B Grade

Fairest & Best—Samantha Palmer  
 R/U Fairest & Best—Georgia Mills-Trolove  
 Coaches Award—Grace Simon

### Juniors

Fairest & Best—Bella Callope  
 R/U Fairest & Best—Rebekah Pawsey  
 Coaches Award—Paige Trevenen

## We're hiring in Lake Grace

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or email your CV to [homecare@catholichomes.com](mailto:homecare@catholichomes.com)**



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# Lake Grace Golf Notes

Mark Livall

## Sunday 27th August

Due to the golf season winding up there hasn't been much golf to report but on the 27th we had our championships which was played in a 27-hole match play format. In the A grade we had Chad Stanton take on Harry Slarke which proved to be a tense battle all day with Harry being 1 up after 18 holes and managing to rally a few good holes together in the last 9 to be 4 up with 3 to go. Well done to Chad for his efforts and Congratulations to Harry on winning his first A Grade championship! It will be great to see a new name on the board!

In the B grade we had Reid Stubberfield take on Mark Livall and it was a very similar story being very close all day. As we passed 18 Reid was 2 up and didn't put the brakes on winning 4 up with 3 to play. Well done Stubby on another B Grade victory. While championships were being played, we had a few keen golfers play an 18-hole stableford. Winner was Clint Trevenen with 30 points just beating Nick Malouf with 29.

## Sunday 10 September

On the weekend we played a Canadian foursome for our club day. We had 10 golfers hit of in a challenging game of golf with the rules being you have a partner, and both tee off you pick the best ball and then alternate shots from there. So pretty much if your partner hits your ball in the bush you must hit it out! As we all made it back into the club house it was clear that everyone besides 1 team had a tough day out. Winners of the day and with a combined age of 147 (they were happy to let us know about it!) were Nick Malouf and Wayne Barnett with 88 off the stick and 63 ½ gross. Runners up were Aaron Carruthers and Rhys Walton with 99 nett and 71 ½ gross.

Don't forget Friday night is our golf windup so if you haven't already RSVP please do to Reid. Sunday will also be the closing day for the golf season, we are playing a 3-person ambrose so make sure you get a team together.

## HOSPITALITY

### ARE YOU A WA COUNTRY HOSPITALITY BUSINESS OWNER?

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**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](mailto:Donna.Spurgeon@ruralwest.com.au) or phone 0408 107 326. Alternatively you can contact the information line on 1800 612 004.

**Cancer Support Coordinator**

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

**CWA Bookings**

CWA rooms are available for hire. There is a COVID Safety Plan in place that hirers will need to adhere to. Anyone using the rooms must fill in the log book. If you wish to book the CWA Hall then please contact the Lake Grace CRC on 9865 1470.

**Community Bus Bookings**

Are to be done through the Lake Grace CRC. Ring 9865 1470 or email [central@lakegracecrc.net](mailto:central@lakegracecrc.net) The community bus is owned and managed by the community, is available to any individual, group or organization to hire and costs \$1 per kilometre to use. All proceeds go toward the management and running of the bus and toward bus upgrades.

**Southern Agcare**

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

**NOTICE OF AGM**

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

**Basketball Season is coming**

We will be having mixed teams this year, with uniforms supplied. The season will be approx. 9 weeks long and finish before Christmas. If you have any interest in playing please contact Courtney 0400 565 875. No experience needed.

**School Bus Drivers Needed**

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

**First Aid Kits**

Are now available for purchase at CCL Hardware Lake Grace.

**Lake Grace LCDC AGM**

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

**Lake Grace CRC AGM**

Wednesday 18th October 7pm at the Lake Grace CRC

**Lake Grace Community Men's Shed AGM**

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

**Dr Linda Haines**

Is booked out for her September dates so ring and add yourself to the wait list. Ring 9865 1208 for an appointment.

**PEA HAY - For Sale**

Bales of good quality pea hay available. Excellent garden mulch. Call Ed 0427 651 182.

**Seniors Lunch**

Thursday October 5th. Catered by the Catholic Ladies. Contact Lucy Farrelly 0429 651 188.

**Lake Grace Shire Councilors**

Councillor	Telephone
Cr Len Armstrong – Shire President	0429 843 785
Cr Ross Chappell – Deputy Shire President	0428 654 058
Cr Deb Clarke	0428 654 041
Cr Ben Hyde	0428 752 042
Cr Roz Lloyd	0428 711 534
Cr Anton Kuchling	0427 206 030
Cr Jeff McKenzie	0458 693 014
Cr Steve Hunt	0427 651 585



## Community Clubs and Associations

Club / Association	Secretary / Contact	Contact Number	Contact Email
Artist Group	Tania Spencer	0429 041 063	spencertania@hotmail.com
CWA	Suzanne Reeves	0427 651 310	LakeGracecwa@gmail.com
Development Assoc	Paula Carruthers	0499 616 070	ghpmcarr@bigpond.com
Early Learning Centre (Daycare)	Vicki Reynolds	08 9865 2568	LakeGraceelc@gmail.com
Lions	Steve Lankford	0429 917 805	lglionsec@gmail.com
Men's Shed	Wally Perry	0448 795 070	allwood93@yahoo.com.au
Playgroup	Sarah Clarke	0438 634 152	LakeGraceplaygroup@mail.com
Sportsman's Club	Mathew Hobbins	08 9865 1239	lgsportsmansclub@bigpond.com
Toy Library	Joely Slinn	0477 014 347	lgtoylibrary@outlook.com

### Summer Sports

Lake Grace Basketball	Amber McPherson	0484 861 553	lakegracebasketball@outlook.com
Lake Grace Bowling Club	Lynda Trawinski	0429 651 403	waynetrawinski@bigpond.com
Lake Grace Swimming Club	Annie Argent	0427 569 834	kfc85@bigpond.com
Lake Grace Tennis Club	Natalie Livall	0428 258 188	lakegracetennisclub@gmail.com
Tarin Rock Tennis Club	Sarah Allan	0407 650 819	tarinrocktennisclub@gmail.com
Lake Grace Gymnastics Club	Jenni Roche	0409 770 978	lakegracegymclub@gmail.com

## Crisis Care Numbers

Doctor's Surgery -9865 1208	Hospital - 9890 2222	Ambulance/Fire/Police - 000	Electricity Faults - 13 13 51
Rural Link - 1800 552 002	Main Roads - 138 138	Directory Assistance - 1223	Water Faults - 13 13 75
55 Central Men's Refuge 9272 1333	Family Helpline 1800 643 000 / 9223 1100	Ngala 9368 9368 www.ngala.com.au	Lifeline Australia - 13 11 14 www.lifeline.org.au
Wheatbelt Mental Health Service Northam - (08) 9621 0999 Narrogin - (08) 9881 0700	Kids Helpline 1800 551 800 www.kidshelp.com.au	Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Citizens Advice Bureau 9221 5711 www.cab.wa.com.au
Beyond Blue - 1300 22 4636 www.beyondblue.org.au	Seniors Information Services 9321 2133 www.cotawa.asn.au	Youth Legal Service 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au	Poisons Information 13 11 26
Suicide Call Back Line - 1300 659 467 www.suicidecallbackservice.org.au	Parent Drug Information Service - 1800 653 203	Family Court of WA 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au	
Alcohol and Drug Information Service 1800 198 024 https://www.mhc.wa.gov.au/	Mental Health Emergency Response Line - 1300 555 788	Holyoake Northam - (08) 9621 1055 Merredin - (08) 9041 3807 Narrogin - (08) 9881 1999 Freecall - 1800 447 172	Relationships Australia Fair Programme 9336 2144 https://relationships.wa.gov.au 1300 364 277

### Justices of the Peace

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

### Church Times

Catholic Church	Anglican Church
Sunday 17th September 8am <i>Communion</i>	Sunday 17th September 10am <i>Rev. Lyn McIver</i>
Sunday 24th September 8am <i>Communion</i>	Sunday 24th September <i>No service</i>
For inquiries please phone 9865 1248.	Enquiries: St Johns Albany 9841 5015 Wally Perry 0448 795 070

# COMMUNITY CALENDAR

## September 2023

Fri 15 Op Shop Open (10am-1pm)  
 Crochet @ CRC - 10am  
 Fish & Chips @ The Sportsman's Club  
 Narrogin Ag College Open Day

Sat 16 Pizza Night @ The Sportsman's Club  
 Rubbish tip Open (9am-4pm)  
 Craft @ CWA (look for flag)

Sun 17 Rubbish tip Open (9am-4pm)  
 Golf

Mon 18 Rubbish tip Open (9am-2pm)

Tue 19 Rubbish Collection  
 Men's Shed (morning)  
 Op Shop Open (1pm-4pm)  
 Chair Aerobics - 1pm @ Village Hall

Wed 20 Rubbish tip open (9am - 2pm)  
 Containers for Change pickup  
 LG Art Group Mini Workshop 9am  
 LG Art Group Meeting @ 12:30pm

Thurs 21 Men's Shed (Morning)

Fri 22 Crochet @ CRC - 10am  
 Op Shop Open (10am-1pm)  
 Fish & Chips @ The Sportsman's Club

Sat 23 Rubbish tip Open (9am-4pm)  
 Craft @ CWA (look for flag)

Sun 24 Rubbish tip Open (9am-4pm)  
 Golf

Mon 25 Rubbish tip open (9am-2pm)  
 Lakes Link News Deadline

Tues 26 Confined Spaces Workshop  
 Rubbish Collection  
 Recycling Collection  
 Men's Shed (morning)  
 Op Shop Open (1pm-4pm)  
 Playgroup - 9:30-11:30am  
 Chair Aerobics - 1pm @ Village Hall

Wed 27 Working at Heights Workshop

Thurs 28 Rubbish tip open (9am - 2pm)  
 Containers for Change pickup  
 Men's Shed (morning)  
 Lakes Link News published

### Coming Events

6th October - First Aid for Youth  
 6th October - Driving Assessor in Lake Grace  
 17th October - LG Community Men's Shed AGM  
 18th October - Lake Grace CRC AGM  
 19th October - Lake Grace LCDC AGM  
 14th December - Harvest Festival

### Save The Dates...

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

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

### 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.

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