

The Gate Post

9 March 2021

\$1 (inc. GST)

Vol 23 Issue 04



WE'RE HIRING

The Newdegate CRC is an exciting, vibrant and bustling hub, providing services and support to the community and surrounding area.

A position has become available for 12 months (maternity leave) with a possibility of further employment following this period. We are looking for an energetic and enthusiastic person to join our community focused team.

Remuneration will be negotiated based on skills, experience and qualifications.

**For further information or to discuss the position
please contact**

**Rachael McLean - 0419 918 382
or Stephanie Clarke-Lloyd - 0408 949 759**



Produced at the Newdegate Community Resource Centre Inc.

Ph: 9871 1791 Fax: 9871 1792

Email: newdegatecrc@westnet.com.au



Department of
Primary Industries and
Regional Development

The Gate Post

Thank you for your contributions towards this weeks Gatepost. Please send in your local news, photos and announcements to newdegatecrc@westnet.com.au or phone 9871 1791 by

Monday 22nd March @ 12 Noon

Inclusion cannot be guaranteed after this time.

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NEXT EDITION

Tuesday
23 March 2021

Advertising Costs (inc GST)

Full Page	\$35.00
1/2 Page	\$20.00
1/4 Page	\$14.00
1/8 Page	\$8.00

All additions/changes to be in by 12 noon the Monday prior to printing.

Newdegate CRC Opening Hours

Monday - Thursday
8:30am - 12:00pm
1:00pm - 4:30pm

Friday
9am - 2:00pm

Saturday & Sunday
CLOSED



Printing, Scanning, Desktop Publishing, Binding, Laminating, Label Making, Faxing, Emailing, Stationary Supplies, IT Support, Exam Supervision, Local Information, Pop-Up Shops, Video Conferencing, Library, Centrelink Access Point, Medicare, MyGov, Room Hire, Equipment Hire, Workshops, Activities, Events

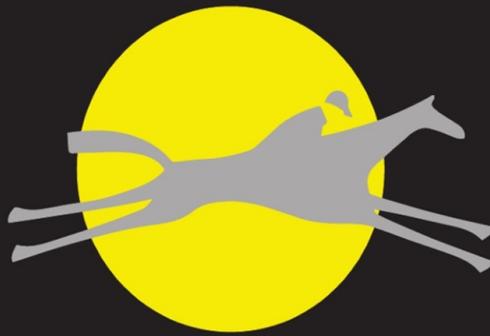
Room Hire Prices

Small Room
\$20per hour | \$50per day

Library
\$30per hour | \$60half day | \$100full day

DISCLAIMER

- 1) No liability shall be incurred by the Gate Post 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 the Gate Post the error clearly reduces the value of the advertisement and the advertiser notifies it to the Gate Post within seven days of the publication date, then one correction will be made without charge.
- 2) While the editors normally aim to publish all materials submitted. The Gate Post reserves the right to refuse to publish or republish any contribution or advertisement without giving any reason.
- 3) No articles, letters or advertisements will be accepted which appear to be defamatory or accusatory, or to favour one side in a legal dispute.
- 4) The Gate Post reserves the right to shorten or otherwise amend any contribution other than advertisements.
- 5) The opinions, views & beliefs expressed in articles & other submissions to The Gate Post do not necessarily reflect the opinions, views & beliefs of CRC staff or committee.



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NOTICE BOARD

Tip Opening Times

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



FARMERS

If you would like double loads of sheep and lambs carted to Katanning trade sale or WAMMCO

Ring Geoff Galloway
0428712508



There will be NO Gateway Sunday, 28th Feb., 2021 & Sunday 21st March, 2021.

Next service Sunday 7th of March, 2021 10am at Dunks Coffee Shop.

Worship. Coffee. All about Jesus
Malcolm and Cathie Kelly
9871 9032 or 0488 719 032

Nick and Lucy Kelly
0427 417 506

GNOWANGERUP Family Support Association Inc.



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0427 271 454
For Bookings

Managed by Gnowangerup Family Support Association. Bringing licensed, cost effective child care to small towns in the Great Southern since 1988.



The Gate Post is now available ONLINE for \$1 per edition.

To sign up or switch your subscription email newdegatecrc@westnet.com.au or call (08) 9871 1791

Visiting on Wednesdays



Quality Seafood delivered to your door

WEST COAST SEAFOOD VAN AT NUTRIEN (LANDMARK)

Next visit 24th March 2021
3pm - 4pm

Phone PHILIP on 9821 1141 or Mobile 0427 241 204

NOTICE BOARD

WEATHER FORECAST

Day	Max Temp	Min Temp	Possible rainfall	Chance of Rainfall
Wed 10th	29°C	19°C	0 - 0.4mm	40%
Thurs 11th	29°C	19°C	0mm	20%
Fri 12th	22°C	16°C	0 - 1mm	40%
Sat 13th	20°C	11°C	0mm	5%
Sun 14th	22°C	9°C	0mm	0%
Mon 15th	24°C	10°C	0mm	5%

*Australian Government Bureau of Meteorology.
As of Tuesday the 9th March 2021*



Easter Egg Raffle

1st Prize Easter Egg Hamper
2nd Prize \$30 Gate Collective Voucher
Drawn Thursday 1st April at Egg Hunt
Tickets \$3 each or 2 for \$5

PAULEY & CO Electrical Contractors
EC10222

Domestic | Commercial | Air-conditioning

Douglas Pauley
0428 110 022

2030 Pingaring-Varley Road, Pingaring 6357



WANTED

Coaches for both
A & B Grade for 2021

If you are interested please contact
Bek Dunkeld on **0428 357 716**
or rebekahdunkeld@gmail.com

Newdegate Football Club

Newdegate football club is seeking a cleaner for the upcoming 2021 season.

Approx. 5 hours per week, Paid Position.

Please contact Rosie Allen
0430 039 259 for further information.

Newdegate football club is seeking expressions of interest for a league coach for the 2021 season.

Please contact Ian Lloyd 0427 611 676 for further information.



NOTICE BOARD



Fundraising With Garden Bulbs & Gifts



Newdegate Primary P & C

**Premium Quality WA supplied Bulbs & Gifts
From Tulips With A Difference**



Order Forms Available From School Office

Co-ordinator - Davina Hams 0488 720 062



SUPPORT YOUR COMMUNITY & SAVE



Easter

Egg Hunt

Free event run by the CWA
3:30 Newdie Footy Oval
Thursday 1st April
Everyone Welcome

International Women's Day

International Women's Day (IWD) is celebrated on 8 March every year and is a focal point in the movement for women's rights. So how did it come about and why do we celebrate IWD on 8 March each year.

After women gained suffrage in Soviet Russia in 1917, 8 March became a national holiday there. The day was then predominantly celebrated by the socialist movement and communist countries until it was adopted in 1975 by the United Nations (UN).

The UN began celebrating International Women's Day in the International Women's Year, 1975. In 1977, the UN General Assembly invited member states to proclaim 8 March as the UN Day for women's rights and world peace.

Australia Women's Day

In Australia, International Women's Day has been informally celebrated since the early 1920s.

The first Australian IWD rally, organised by the

Militant Women's Movement of the Communist Party of Australia, took place on March 25 1928 in the Sydney Domain. IWD marches in Sydney and Melbourne occurred in 1931.

IWD gained momentum in Australia around the time of the Second World War. Activists such as Jessie Street campaigned for women's rights as workers, as women at the time were often paid only 54 per cent of men's wages.

During International Women's Year in 1975 large marches marked International Women's Day. The Whitlam government supported a series of events throughout the year including the Women and Politics Conference in September, which examined how women were represented in Australian politics.

These days, International Women's Day is marked in Australia with a diverse array of events including marches, rallies and fundraising events.

Ita Buttrose

A media trailblazer, Ita Buttrose is a distinguished journalist, businesswoman, best-selling author and television personality whose prolific career spans six decades. Commencing her career as a copy girl at the *Australian Women's Weekly*, Ita soon became a cadet journalist at *The Daily Telegraph* and *The Sunday Telegraph* in Sydney. By age 17 she had her first byline, and at just 23 years of age, she was appointed the woman's editor of the *Telegraph*. She is most famous as the founding editor of *Cleo* magazine and as the youngest editor-in-chief of *Australian Women's Weekly*. Nowadays, she fronts *Studio 10* on Network Ten.



Miles Franklin

One of Australia's literary greats, Miles Franklin was an Australian writer and feminist recognised for her novels *My Brilliant Career* and *All That Swagger*. Following the publication of her debut novel, Miles moved to the United States in 1906 to follow her interest in women's suffrage. There, she spent nine years working at the National Women's Trade Union League in Chicago. Upon returning to Australia, she penned several novels under the pseudonym "Brent of Bin Bin." Posthumously, Australia's most prestigious literary prize, The Miles Franklin Award, was established in her honour.



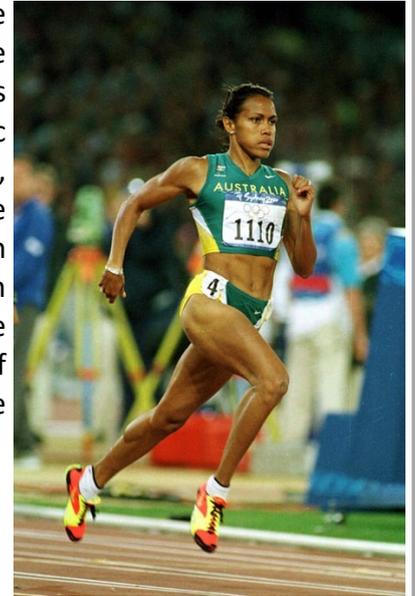
Elizabeth Blackburn

In 2009, Tasmanian-born Professor Elizabeth Blackburn became the first Australian woman to win a Nobel Prize in recognition for her achievements in Physiology/Medicine. She holds a Bachelor of Science and Master of Science from the University of Melbourne, as well as a PhD from the University of Cambridge. In 1978, she joined the Department of Molecular Biology at the University of California, Berkeley where she and Carol Greider co-discovered the enzyme telomerase. Elizabeth is currently the President of the Salk Institute for Biological Studies.



Cathy Freeman

Synonymous with Australian Olympic glory, Cathy Freeman is a former 400 meter sprinter who is ranked as the sixth fastest woman of all time. At age 16 she became the first Indigenous Australian to win a gold medal at the Commonwealth Games. At the 2000 Sydney Olympics she bolted her way into the history books as the second Indigenous Australian Olympic Champion. In 2007, she founded the Cathy Freeman Foundation, which focuses on the education of children in remote Indigenous communities.



ADVERTISEMENT

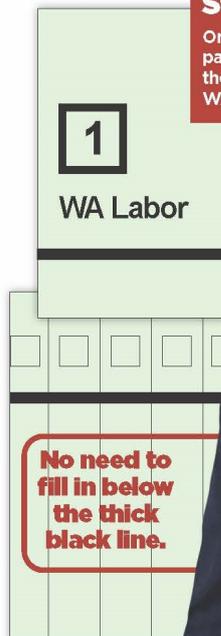
How to Vote **BRAD WILLIS** in **ROE** and re-elect **MARK MCGOWAN**

Step 1 On the white ballot paper you must number every box as shown

Election of one member of the Legislative Assembly
ROE DISTRICT

- 3 JAMMU, Gary
- 6 DWYER, David
- 1 **WILLIS, Bradley**
WA Labor
- 2 STARR, Nikki
- 9 BUSHBY, Graham
- 8 STEELE, Bevan
- 4 RUNDLE, Peter
- 7 THAKRAR, Nita
- 5 KELLY, Cathie

Step 2 On the green ballot paper put a 1 in the box above WA Labor



MARK MCGOWAN AND WA LABOR WILL KEEP WA STRONG

Authorised by Tim Picton, 3/22 Eastbrook Terrace, East Perth WA 6004.



Finding Leo the Lion | 25th March

The Moon makes a great visual tool for locating the constellation of Leo this month. The mostly full Moon, will be surround on its eastern side by several bright stars forming a large upside-down question mark shape. This distinctive shape makes the head, breast and front paw of the lion, with the remainder reaching out towards the rest in an oblong shape.

When to look: Anytime after sunset, 25th March

Which direction to look: Starting in the northeast, but moving westward over the course of the night.

Something Interesting: Just off the base of Leo's tail lies a cluster of bright galaxies known as the Leo Triplet. These are a great target for amateur astronomers who are visiting one of the Astrotourism Towns throughout the WA outback.



In Other News

The amazing Astrofest Astrophotography Exhibition is up on show and it features several images taken in Astrotourism Towns. The winners of the Astrotourism WA Award sponsored by @ShireofMingenew and @theheightsjurien will be announced soon. In the meantime, catch the exhibition at the @johncurtingallery, Curtin University until 13th March.



Whodegate?

Stephanie Clarke-Lloyd



Current Occupation?

Farming Wife

What was your first job?

Swimming Teacher, Lake Grace

Do you have any hobbies?

Not really, but I love gardening and landscape design.

Where do you see yourself in five years?

Here in Newdegate - Farming

Do you have a dream job?

Marine Biologist; Costume Designer for theatre; Entomologist

Who is your idol?

My husband suggested he is, so I had best run with that.

Do you have a talent?

Singing loudly and very out of tune to Country and Western music.

How would your friends describe you?

Always late; and having a slightly unhealthy addiction to Cheezels

Do you have a favourite book or author?

Favourite Adult Author - Jane Harper; Favourite Children's Authors - Oliver Jeffers, Mo Willems, Anna Walker, Maurice Sendak, Mem Fox.

Do you have any pets?

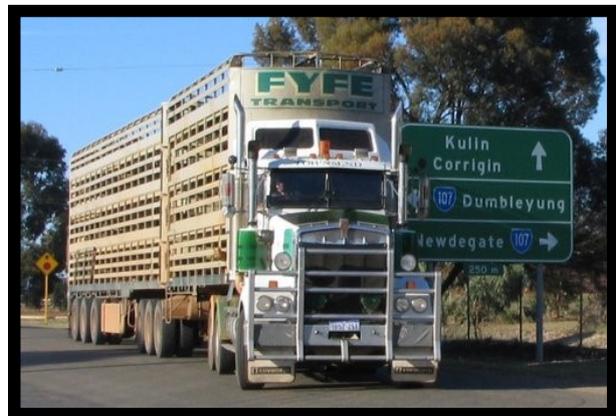
Two cats - Oscar and Felix and two dogs (which technically aren't mine but I pretend they are - Sophie and Margot.)



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FOR YOUR TRANSPORT REQUIREMENTS

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- **FERTILIZER
(Bulk or Liquid)**
- **LIME-GYPSUM**
- **BLUE METAL**



**PHONE - AARON 0417991684
DAVID 9865 1129**



Newdegate Summer Sports 2021



WELL DONE

To Peter Walker and Sandy Armstrong who both walked away bowls League Singles Winners on Sunday 7th March after an exciting Championship in Kukerin.

Congratulations also to Yvonne Shalders who won the League Singles with the Lower Great Southern.



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Grace's Gardening Tips



How to grow the crown of thorns plant

Crown of thorns is a very pretty succulent plant that can bloom almost year-round, even indoors. Although crown of thorns can grow into a woody shrub, it is also an ideal houseplant for most homes. It likes the same room temperature that most people enjoy, and it can handle the lack of humidity prevalent in most homes during winter.

Besides the sharp black thorns on its main branches and stems, the sticky, latex sap from broken leaves and stems can be a skin and eye irritant. If ingested, all plants of the plant are toxic to people and pets.

Despite its thorns, crown of thorns is easy to handle if you grab it by its leafy stems or hold it by its roots.

Most modern crown of thorns are hybrids and are not started from seed. However, they are easy to propagate from tip cuttings. To limit the amount of sap you come in contact with, wear gloves and dip each cutting into warm water, letting them sit in it for a couple minutes. Then lay them out to dry and callus over for a few days before planting.

If growing outdoors, plant in well-draining soil and full sun. In dry climates, the plants will appreciate some mid-day shade. Crown of thorns is a very adaptable houseplant. It needs a well-draining potting mix and should not be planted in a container that is more than an inch or two larger than the root ball. If there is excess soil, it will retain water and could cause the roots to rot.

At least half a day of sunlight is its other major requirement. Temperature-wise, a comfortable 18-24 C. is good. Crown of thorns can handle temperatures down to 10 C..

Since it is a succulent, crown of thorns is very forgiving about water. Water when the soil feels dry and 1 inch below the surface. Water thoroughly and allow any excess to drain off. Do not let your plant sit in water or wet soil for prolonged periods of time or the roots will rot.

From Spring through Autumn, feed your Crown of Thorns with a balanced houseplant fertilizer. You can do this every other time you water if you dilute the fertilizer to half strength.

Crown of thorns will go semi-dormant in the winter and need less frequent watering and no fertilizer.

Most pests steer clear of this toxic plant, however common houseplant pests, such as scale, mealybug, and thrips may be a problem. Watch for fungal diseases as well as root rot. Allowing the soil to dry before watering again will help avoid these problems.





Newdegate Machinery Field Days



Presidents Report 2021

Welcome everyone and thank you for your attendance to NMFD 2021 AGM. 2020 COVID-19, a pandemic that we all were not expecting, caused the NFD event not to go ahead in any form during 2020. We are grateful for the outcome given that no cases were reported locally and that our community was able to carry on without enduring and significant economic or human suffering. The effect on our local community groups was minimal and the community adjusted and made changes that would better suit a more resilient outcome. Our field days are greatly reliant on local, interstate, and overseas contributions to make an event such as ours. Without their involvement we would be nothing more than a school fete.

The 2020 year for the committee has been one of unprecedented times. One would think with a year of a no-show that we would have been able to perhaps carry out a raft of improvements, but this has not been the case. With the closure of schools, high schools, universities, and travel options, our community was a little under pressure with all the extras. I do not think that we should be concerned with not achieving as much as once thought as keeping our community safe must always come first. In most cases many families may have enjoyed some extra special time at home with on farms and in our quiet communities.

Anne however was able to work in the background and applied for a Regional Agricultural Show Development grant, but we were unsuccessful due to our naming which did not include the words "Society" or "Agricultural Show". Not to be beaten, Anne was able to contact the past president of the Royal Ag Society of WA and get the category of "Field Days" added into the next round of funding for the cancellation of events due to Covid 19. We have now successfully obtained one of these grants – thank you Anne.

Last April was the start of regional border closures and the beginning of Zoom meetings. Like many organisations, the committee moved to online meetings and given the restrictions the decision was made that the 2020 NMFD would not go ahead. This was announced to the community and stakeholders shortly after. As mentioned earlier, the restrictions impacted on the refurbishment of the plough and tractor bar plans and the proposed upgrade of the power infrastructure. However, wheels are now turning on these projects and with the Woolorama going ahead next month, we are optimistic that all will go well for this year's NMFD to go ahead as planned.

I would like to thank all the Field Day Committee who have given up their time for another year and I look forward to working with you in getting our 2021 show up and running for what could be one of the biggest events we have seen in history.

Committee Contact List 2021

President	Craig Newman	nfdaypresident@westnet.com.au
Vice President	Damien Ness	
Secretary	Hope Sandford	nfday@westnet.com.au
Treasurer	Rochell Walker	nfdaytreasurer@westnet.com.au
Events Manager	Kelly Richardson	nfdayevents@westnet.com.au
Sponsorship & Promotions	Greta Wolzak	nfdaypromotions@westnet.com.au



ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY

1 Set an intention to live with awareness and kindness

TUESDAY

2 Notice five things that are beautiful in the world outside

WEDNESDAY

3 Start today by appreciating your body and that you're alive

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

FRIDAY

5 Take three calm breaths at regular intervals during your day

SATURDAY

6 Bring to mind people you care about and send love to them

SUNDAY

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Stop, breathe and just notice. Repeat regularly during the day

15 Get really absorbed with an interesting or creative activity

16 Look around and spot 3 things you find unusual or pleasant

17 If you find yourself rushing, make an effort to slow down

18 Cultivate a feeling of loving-kindness towards others today

19 Celebrate the International Day of Happiness dayofhappiness.net

20 Listen to a piece of music without doing anything else

21 Walk a different route today and see what you notice

22 Tune in to your feelings, without judging or trying to change

23 Appreciate your hands and all the things they enable you to do

24 Focus your attention on the good things you take for granted

25 Notice when you're tired and take a break as soon as possible

26 Have a device-free day and enjoy the space it offers

27 Appreciate nature around you, wherever you are

28 Notice what is working today and be thankful that this is so

29 Mentally scan down your body and notice what it is feeling

30 Notice the joy to be found in the simple things of life

31 Notice when you're tired and take a break as soon as possible

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

Recycling your mobile just got easier!

Australians are holding onto a staggering 5 million old phones that are broken and no longer working. Australians are among the highest users of technology producing around 25kg of electronic waste each year. Join MobileMuster's nationwide challenge to Go for Zero in March. MobileMuster is the mobile phone industry's recycling program. It keeps mobile phone products out of landfill and recycles them in a safe, secure and ethical way.

Recycle at your local Optus, Telstra, Vodafone and Officeworks store or you can recycle your mobile phones at home with a free mailing satchel. Pick up a satchel at your local Australia Post Office.

Mobile muster accept all brands of mobile phones, chargers and accessories for recycling.

What is accepted

- All brands of mobile phones
- Mobile chargers and accessories
- Wearables including smart watches

Get your phone ready

Before you recycle, sell or give away your mobile phone, you should remove your personal information. If your mobile phone is still working watch our how to videos and follow our steps for managing data on your Android or iOS device.

By recycling mobiles, consumers & businesses can:

- reduce greenhouse gas emissions
- save water and energy
- conserve natural resources
- prevent potentially hazardous materials from entering the environment.



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Servicing Lake Grace and surrounding areas

RTA NO: AU42693

LIC NO: L121418

What's happening at the



 The poster for the Kids Easter Crafts Workshop has a light blue background decorated with various patterned Easter eggs. A large white cloud-like shape in the center contains the text. At the bottom, there is a small illustration of a wicker basket filled with three decorated Easter eggs.

NEWDEGATE CRC'S

KIDS EASTER CRAFTS WORKSHOP

Make your own Easter Basket!

TUESDAY 30TH MARCH
@ 2:30PM

\$5 per child
Booking essential

 The poster for 'Cuppa with a Coppa' features a top-down view of a white coffee cup with a blue handle, filled with brown coffee, sitting on a matching saucer. Below the image, the text is centered. At the bottom, there is the official crest of the Lake Grace Police Department, which includes a crown, a shield with a scale of justice, and the words 'WA POLICE'.

THE LAST THURSDAY OF EVERY MONTH
25TH MARCH | 29TH APRIL | 27TH MAY

10:30AM

Cuppa with a Coppa

Join us at the Newdegate CRC for a drop in session with the Lake Grace Police Department.

 The profile for Peter Rundle MLA features a portrait of a middle-aged man with short brown hair, wearing a light blue button-down shirt. To the left of the portrait is his name and contact information. At the bottom, there is a green banner with the logo for 'The Nationals for Regional WA'.

Peter Rundle MLA

Member for Roe

Narrogin Office
PO Box 378, Narrogin WA 6312
Ph 08 9881 1225
Fax 08 9881 3082

Peter.Rundle@mp.wa.gov.au
www.peterrundle.com.au

Esperance Office
107 Dempster St., Esperance WA 6450
Ph 08 9071 6555
Fax 08 9071 6788

@PeterRundleMLA
 facebook.com/PeterRundleRoe

THE NATIONALS
for Regional WA

 The poster for the Annual Mums & Bubs Walk features a circular photograph of a group of women and children walking along a paved path. Some women are pushing strollers. The date '22/06' is overlaid in large blue numbers. The background of the poster is a light blue gradient.

MEET AT THE CRC AT 10AM
WALK AROUND TOWN FOLLOWED BY MORNING TEA & A CHAT WITH THE LOCAL CHILD HEALTH NURSE

22/06

ANNUAL MUMS & BUBS WALK

TEL: (08) 9871 1791
NEWDEGATECRC@WESTNET.COM.AU

Elsie Bishop Eulogy (15/11/1927 - 13/2/2021)

Wife of Neil Bishop, Mother to Gillian, Joy and Russell. Mother-in-law to Keith, Craig and Anne. Grandmother to Tessa, Russell, Cale, Robert, Amy, Declan and Simon. Great grandmother to Indiana, Beau, Ezra and Savannah

Mum loved meeting people and listening to their stories. Friendships were very important to her - she showed a genuine interest in people's lives and had friends of all ages and from all walks of life. We remember her having the CBH Buniche binboys for meals; writing letters (handwritten and via email) to friends near and far; contributing to clubs around town, as well as helping neighbours and welcoming and supporting newcomers to Lake Grace. It didn't take long for Mum to become a valued part of her Marmion community and we know she will be missed there as well as in Lake Grace.

Ours is a close family and it has been very special to have Mum and Dad living in Marmion for the past 12 months, despite them both missing their home and friends in Lake Grace. Dad's dedication to and love for mum is undisputed. He held her in such high regard and will miss her dearly. 65 years together!!! They gave us a terrific childhood and have been supportive and proud of all we have done.

One of Mum's great loves has been the bush. I guess she's always been a conservationist. She planted and nurtured 1000s of trees on the farm and in surrounding areas. She enjoyed assisting with surveys and research for the Rare Flora Group and loved exploring the bush with her friends. As a wildflower enthusiast, she along with Annie Slarke, launched a guidebook, 'Flourish', documenting indigenous species of flora in the Lake Grace shire. Her life was dedicated to caring for the environment.

Knowing the correct botanical names of native and exotic plants was very important and Mum encouraged us to use the proper names, which was and still is very difficult for us. We have learnt something though - Mum taught us to hug trees and that is an easier skill for us to pass on.

Mum was interested in and curious about

everything. She had a passion for learning and was always keen to share her knowledge. She tried to learn something new every day and researching topics on the computer became quite addictive. On that note, Mum happily embraced technology - the use of her iPad was especially helpful in her last few weeks.

As a keen gardener mum grew fruit and veggies and had a colourful ever changing flower garden wherever she lived. She tried (in vain) to talk Dad and Russell into planting crops by the phases of the moon - but instead had to be satisfied with following that philosophy in the vegetable patch.

Mum was often ahead of her time and in the 80s she introduced us to both kombucha and kale - well before they became popular. She would tell us all about their nutritious properties and encouraged us to try them. We weren't too impressed with the taste of either of them but now we find them everywhere.

In the 90s mum collected clay and straw and stomped up and down in the mixture before packing it into moulds to make mudbricks, eventually erecting (with Dad and Russell's help) a delightful cubby for the grandchildren.

Mum and Dad have been involved in the Anglican Church all their lives together. They assisted with the building of the unique Lake Bidy church and were active participants at St Anne's in Lake Grace. Mum was a guild member, church gardener and cleaner, and provided support for the many clergy posted to the parish.

In recognition of her considerable community work, Mum was named citizen of the year in both Newdegate and Lake Grace. Amongst other activities she was a CWA member for 60 years; volunteered at the visitors centre and op shop; proofread the Lakes Link News; coordinated the Community bus; made many blankets and toys for Wheelchairs for Kids and showed visitors over the AIM - the Australian Inland Mission Hospital - where she could speak from experience as she actually had nursed in that building. Having spent her early years in Newdegate, Mum trained to be a nurse and worked in Kalgoorlie, Collie, Tasmania,

Melbourne and Queensland as well as Lake Grace.

All our lives mum was busy - spinning wool, bottling fruit, making ginger beer, gardening, knitting, reading, doing crosswords, sewing, cooking for stalls, making the BEST tomato relish and the BEST fig jam, along with the most delicious Lumberjack Cake. Although Mum was good at it - cooking was not a passion – she did it because she had to. And because she was a perfectionist it had to be done properly. Like other people who have high standards Mum faced many challenges which made life rather interesting for those closest to her.

As you can imagine we were always running to catch up and always will be. I'm sure we are not alone.

Neil and family would like to express their gratitude and thank everyone for the overwhelming number of cards, messages, phone calls and warm support received from so many.

Thank you very much also to all who attended the memorial service, and the CWA and other friends who provided the sumptuous morning tea held afterwards in the Village Hall.



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*There are no
gardening mistakes,
only experiments.*

Janet Kilburn Phillips

Keeping an Eye on the Crown Jewels

The title might suggest that this article relates to a security firm engaged at Buckingham palace, however what we're actually talking about is monitoring an aspect of our sexual health, specifically testicular cancer. Testicular cancer is a relatively rare cancer, however it seems to be becoming more prevalent and is the most common cancer in men aged between 20 and 35.

It's ironic that blokes will quite often joke or boast about their tackle, but will find it very difficult to discuss the same appendage with their GP. Becoming comfortable and familiar with our penis and testicles is the first step in being able to notice any changes over time.

The first thing that some blokes notice (and get concerned about) is that one testicle may hang lower than the other. This is perfectly normal and is actually an evolutionary trait that prevents them bashing into each other like some runaway desk ornament when we walk or run.

Testicular cancer usually affects one testicle. There are some symptoms to keep an eye out for which shouldn't be ignored:

- a feeling of heaviness in the scrotum
- a lump in either testicle
- enlargement of a testicle
- dull aching in the abdomen or groin
- a sudden collection of fluid in the scrotum
- tenderness and/or enlargement of the breast tissue

A key point to remember is, initially, and in some cases even in the later stages, testicular cancer might not cause any pain or discomfort. A small painless lump is the most common symptom, and if you have any of these symptoms, it doesn't necessarily mean that you definitely have cancer. These symptoms can also indicate a range of benign (non-cancerous) causes, but they should always be checked by a doctor.

Because some of these symptoms aren't always glaringly obvious, it's important to self-check your testicles. The best way to examine your testicles is after a warm bath or shower and it's a fairly straight forward process:

- Cup your testicles in the palm of one hand. Pay attention to the size and weight. This helps you identify any future changes.
- Locate the epididymis. This is the tube that carries sperm to the penis. It can be felt at the top-rear of each testicle. This lump is meant to be there.
- Examining each testicle in more detail by rolling it between your thumb and fingers, press gently but firmly to feel for any lumps, swellings or variations in firmness.

Repeat this examination every couple of months or so. The outlook for treatment of testicular cancer is very good. With early diagnosis, 96% of patients can be completely cured. Even after the cancer has spread, up to 80% of men can still be cured.

If you do find anything unusual, don't wait for it to disappear or start throbbing – see your doctor.

Glen & the Team



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Position Available

Community Resource Assistant

The Lake Grace Community Resource Centre are seeking applications for the position of Community Resource Assistant.



Possibility of up to 25 hours per week - working hours can be flexible.

The Lake Grace CRC is a dynamic community run organisation with a variety of initiatives coming under their umbrella. Customer service and assisting with the production of the community newspaper will be a major part of this position.

The successful applicant will have the opportunity to gain or enhance their current skills in business related competencies such as:

- Proficiency in Microsoft Office products (Word, Publisher, Outlook and Excel)
- Use of office equipment such as printers, photocopier, binders, laminators and digital projectors
- Problem solving IT issues
- MYOB - creating invoices, receiving payments
- Organisation of workshops and training
- Quality customer service
- Editing, compiling and production of the community newspaper
- Grant writing
- Producing agendas, minutes and financial reports

Proficient computer and literacy skills would be desirable but not essential - all training would be provided on the job.

Please email your application for the position to CRC Chairperson Yvette Downey on sydowney@bigpond.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
Personnel: Sgt. Travis Taylor, SC Fiona Main

STATION NEWS - The fortnightly Kalgoorlie rotations continue with Fiona returning and Sgt Taylor departing. Fiona will be acting up as the Officer in Charge while Sgt Taylor is away. The two weeks seem to go so fast.

Thankfully things have started to settle down again and we have been able to catch up on a few things. It was great to get a heap of rain and even better that there were no crashes in our subdistrict, unfortunately that can't be said for some others.

We recently had to change our Traffic vehicle over for a new one. (We liked the one we had but weren't allowed to keep it) So we now have a new German made Commodore, which strangely are no longer made anymore. We must have scored the poverty pack because it doesn't even come with cup holders. Word is that the gear boxes and diffs blow up regularly. So, we will see how it goes.

COVID NEWS— COVID....? What COVID? Have received no new news regarding the whole COVID-19 pandemic apart from the odd rumour that overseas travel may open up at the end of April, fingers crossed and the vaccines are rolling out. So, no changes at the minute and we still encourage everyone to continue to scan the codes at all the places you visit.

CRIME - We have some updates for you relating to the issues we had last week. Those immediately concerned have been made aware of further details that we are unable to release at this time, but we can say the Newdegate burglary, damage and stealing were solved thanks to some great CSI work from Fiona who processed the scene. There is a little more follow up work on that one before we can completely close the investigation. Thanks to everyone who assisted with information.

As for the stolen trailer saga, well that has turned into a state-wide crime spree. It was discovered that the naked dancing man from the Pingaring cemetery is connected to the offender who stole the trailer. It was he that conveyed him from Kalgoorlie to Albany. After a falling out over drugs occurred in Albany between the two, the trailer stealing offender was abandoned by his naked dancing mate.

So, the trailer thief called up his female associate from Kalgoorlie to come and pick him up. On their return back to Kalgoorlie several stops were made at farming properties to steal items that didn't belong to them. So successful were they, that the ute was full and they needed a trailer to carry on. Hence the stolen trailer.

After a fairly substantial Facebook campaign for information relating to the theft. We received several important sightings and were able to confirm the identity of the female co offender. Also, we were able to obtain the mobile phone number of the trailer thief himself. This led to some good identity work from the Great Southern Intelligence cell after a particular tattoo was noticed and observed on the thief's hand. As a result, the thief has now been identified.

Sgt Taylor then spent a fair bit of the station budget on subscriber checks (that's tracing his mobile phone so we could find him.) Well it appears he has travelled all over the state continuing to pinch equipment and items from remote farms. A BOLO (be on the lookout) was issued and police are now looking for him. Once located we can hopefully determine the location of the trailer which is still missing.

Again, we appreciate all help and calls we received from the community concerning this theft as it has led to his identification.

Fresh news has just come in, it appears that the trailer thief has been living with his female accomplice and has returned to Kalgoorlie. On their return they have had a bit of a disagreement and the trailer thief has set her vehicle on fire. Apparently, she wasn't happy and even called the police. Fiona, who is still currently in Kalgoorlie (only just) is all over it and will hopefully have some further news. We will have to wait and see.



TRAFFIC NEWS - SPEED TESTING: Have you ever wondered why you are always being overtaken when travelling at the speed limit, or you have never had a speeding infringement. Its probably

because your speedo is out. Many read significantly under (especially Subaru) some are over (generally because of oversize tyres fitted).

For those people who would like to have their vehicle speed tested so they actually know (legally) how far out there speedos are, here is your chance.

Police will be available on Sunday the 14 March at 9:00am on the Lake Grace – Newdegate road in the 110 zone just east of Lake Grace. Two speeds will be checked at 60 Kph and at 110 Kph. Instructions on how this will be undertaken will be given on the day by Scott and Fiona.

That's it from us this fortnight. Have great week and hopefully we still have more rain coming.

Lake Grace Police



- Test/Service A/C systems on all automotive vehicles.
- Swap monitors from machinery
- Repair/Service boomspray electrics
- Test alternators and batteries
- Fit dual battery/solar systems to cars, caravans and camper trailers
- Fit/Supply trailer brake systems
- Supply/Fit camera kits eg. Reverse, Truck trailer or chaser bin auger
- Supply/Fit spotlights or worklights for cars, tractors, headers etc.
- Manufacture wiring harnesses
- Install 4x4 accessories eg. LED lights, power sockets, winches
- Any other electrical repairs to automotive systems.

For any questions or queries please ring Aaron Carruthers on 0429905452

RTA NO: AU42693

LIC NO: L121418

Cephalopods - Smarter than we think?

A new test of cephalopod smarts has reinforced how important it is for us humans to not underestimate animal intelligence. Cuttlefish have been put to a new version of the marshmallow test, and the results appear to demonstrate that there's more going on in their strange little brains than we knew.

Their ability to learn and adapt, the researchers said, could have evolved to give cuttlefish an edge in the cutthroat eat-or-be-eaten marine world they live in. The marshmallow test, or Stanford marshmallow experiment, is pretty straightforward. A child is placed in a room with a marshmallow. They are told if they can manage not to eat the marshmallow for 15 minutes, they'll get a second marshmallow, and be allowed to eat both. This ability to delay gratification demonstrates cognitive abilities such as future planning, and it was originally conducted to study how human cognition develops; specifically, at what age a human is smart enough to delay gratification if it means a better outcome later.

Last year, cuttlefish also passed a version of the marshmallow test. Scientists showed that common cuttlefish (*Sepia officinalis*) can refrain from eating a meal of crab meat in the morning once they have learnt dinner will be something they like much better - shrimp. As a team of

researchers led by behavioural ecologist Alexandra Schnell of the University of Cambridge point out in a new paper, however, in this case it's difficult to determine whether this change in foraging behaviour in response to prey availability was also being governed by an ability to exert self-control.

So they designed another test, for six common cuttlefish. The cuttlefish were placed in a special tank with 2 enclosed chambers with transparent doors so the animals could see inside. In the chambers were snacks - a less-preferred piece of raw king prawn in one, and a much more enticing live grass shrimp in the other. The doors also had symbols on them that the cuttlefish had been trained to recognise. A circle meant the door would open straight away. A triangle meant the door would open between 10-130 seconds after. And a square, used only in the control condition, meant the door stayed closed indefinitely.

In the test condition, the prawn was placed behind the open door, while the live shrimp was only accessible after a delay. If the cuttlefish went for the prawn, the shrimp was immediately removed. Meanwhile, in the control group, the shrimp remained inaccessible behind the square-symbol door that wouldn't open. The researchers found that all of the cuttlefish in the test condition decided to wait for their preferred food (the live



shrimp), but didn't bother to do so in the control group, where they couldn't access it.

The other part of the experiment was to test how good the six cuttlefish were at learning. They were shown two different visual cues, a grey square and a white one. When they approached one, the other would be removed from the tank; if they made the "correct" choice, they would be rewarded with a snack. Once they had learnt to associate a square with a reward, the researchers switched the cues, so that the other square now became the reward cue. Interestingly, the cuttlefish that learnt to adapt to this change the quickest were also the cuttlefish that were able to wait longer for the shrimp reward.

That seems like cuttlefish can exert self control, all right, but what's not clear is why. In species such as parrots, primates, and corvids, delayed gratification has been linked to factors such as tool use (because it requires planning ahead), food caching (for obvious reasons) and social competence (because prosocial behaviour - such as making sure everyone has food - benefits social

species). Cuttlefish, as far as we know, don't use tools or cache food, nor are they especially social. The researchers think this ability to delay gratification may instead have something to do with the way cuttlefish forage for their food.

"Cuttlefish spend most of their time camouflaging, sitting and waiting, punctuated by brief periods of foraging," Schnell said. "They break camouflage when they forage, so they are exposed to every predator in the ocean that wants to eat them. We speculate that delayed gratification may have evolved as a byproduct of this, so the cuttlefish can optimise foraging by waiting to choose better quality food."

It's a fascinating example of how very different lifestyles in very different species can result in similar behaviours and cognitive abilities. Future research should, the team noted, try to determine if indeed cuttlefish are capable of planning for the future.

sciencealert

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Catherine Kelly wants your vote

Newdegate’s own Catherine Kelly, the Australian Christians candidate in the elections for Roe this month shares her views below on some of what she thinks, are the more pressing issues we are currently facing.

Water supply, freedoms and energy are three topics which I believe are of immense importance to the people of the Roe electorate. My policy stands by the Wheatbelt Integrity Group’s proposal to have government finance commercial geomembrane (plastic) sheeting to farmers’ catchments. Instead of the \$8.3 million spend on water carting of the current government, even a 15mm rainfall event, which would normally be lost, will put water in dams. Lining catchments costs \$20 000/Ha. (Research provided on request.)

Loss of personal and political freedom has been exacerbated by the pandemic. Freedom of speech, assembly, parental rights, religion... These have made the West great. We need to protect these.

Political correctness is altering our culture. We need to keep our sense of humour.

Climate change fears are undermining our common sense. Australian coal is the cleanest in the world. Farmers hold the key to carbon control and many other environmental and health issues. I support environmental targets which promote the well being of the regions, encouraging people to return to the bush and use their skills to promote vibrant communities.

We need a strong opposition! Vote Australian Christians. Catherine Kelly, Australian Christians.

Catherine Kelly



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Why take your seat at the table?

Voting is your democratic right and is compulsory for Western Australian residents who are Australian citizens and 18 years of age or older.

In the Western Australian State Election, everyone can have an equal say in deciding our state's future. Because no matter who you are, or where you come from, your vote is worth the same as the next person's. That's the beauty of our democracy.

But true democracy is only made possible when we all participate — when we all 'take our seat at the table,' and vote.

The table is a symbol of our state, our government, and our community. It is full of different opinions, cultures, identities, and experiences.

It's a table all are welcome to join. A place to be heard, and to listen to one another.

Your seat at the table is waiting. Take it, by voting in the State Election. Because WA's future is yours to choose.

www.elections.wa.gov.au

Polling places throughout the State will open for voting from 8am-6pm sharp. This is your last chance to vote. In order to vote, you must be correctly enrolled.

The Newdegate Community Resource Centre is a polling place in the 2021 State General Election.



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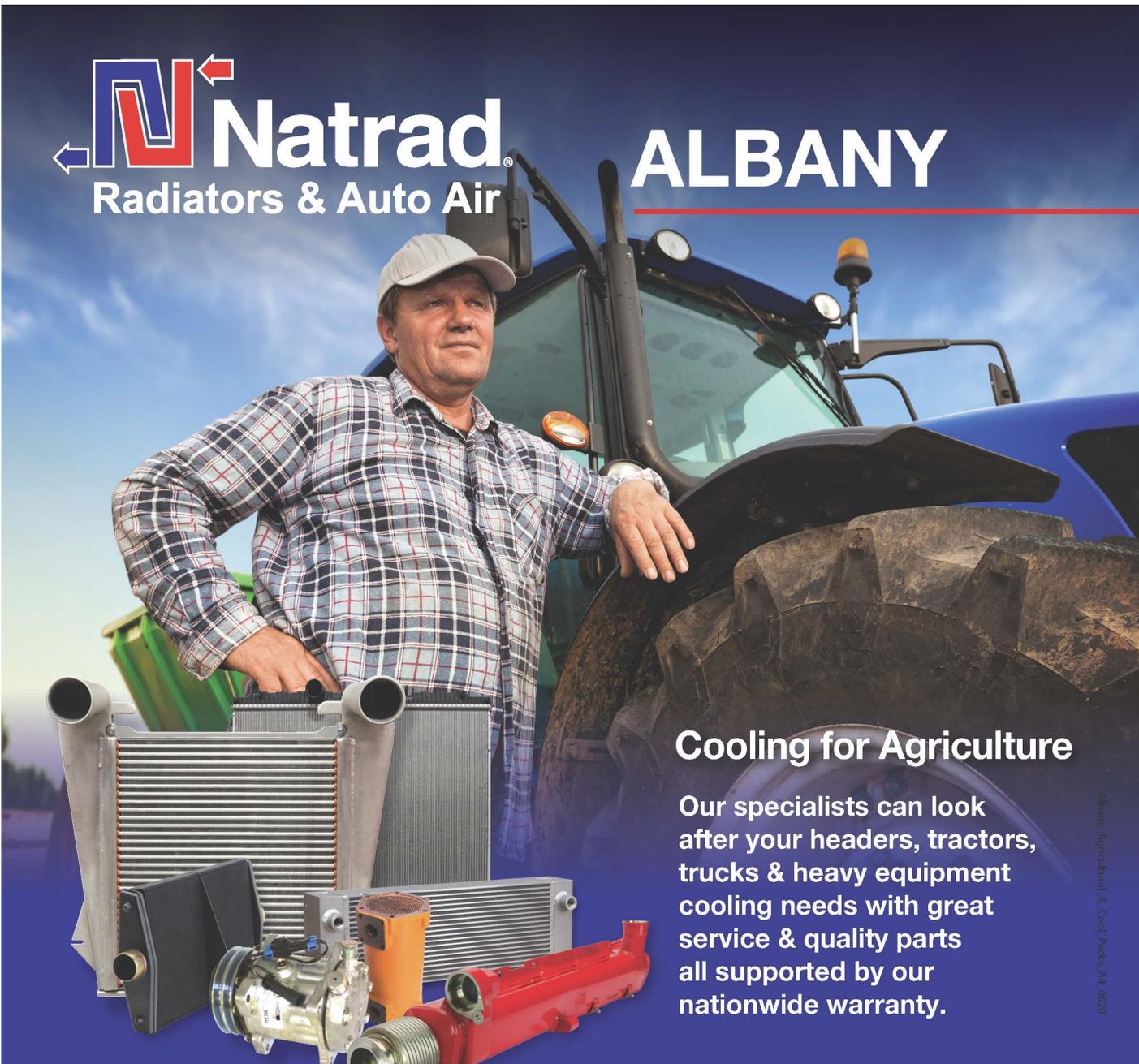
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Community Newsletter

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From the CEO

I hope people fared better than my property in Kondinin after the recent rainfall. I spent most of the weekend cleaning up water damage and making contours in preparation for the next one. We received 19ml in 15 minutes which caused a bit of damage, inside and out however, it was good to have the rain. I hope my neighbour appreciates me topdressing his paddock next door.

New Website for Shire

Who has noticed our new Shire of Lake Grace website?

The fresh new look is thanks to Market Creations team of web designers, developers and consultants who have created a cost-effective, tailor-made website for our communities. The website was developed in view of the growing number of people accessing the internet via their mobile phones and tablets. There is still a little work to be done to a few pages to update content and add functionality, so please be patient before ringing us to point out imperfections.

Meeting attended by Councillors

Councillors Armstrong, Chappell, Clarke, Lloyd attended Lake King and Varley Progress Association meetings last Wednesday and Thursday. Cr Armstrong, the DCEO and MIS all gave updates on Shire activities and projects already happening or soon to be conducted in and around those communities, and both meetings were a great opportunity to hear about what has been occurring out 'on the ground' in these towns and gain some very constructive and positive feedback on our work.

Zone Meeting

Friday 5 March President Armstrong, Deputy Chappell and Chris attended the Zone Council Meeting in Narrogin. Things that were discussed were the WALGA State Council Agenda; the proposed review of the Road Asset Preservation Model; new Codes of Conduct for Local Government Elected Members and Employees; and ongoing severe water deficiency issues across most of the Central Country Zone Councils. In addition, representatives from Main Roads WA and Local Government Insurance Services presented updates to the delegates on their current activities around the Zone.

Community Funding Request

Community Funding Request forms will be sent out to community groups and organisations next week, it will also be available on the Shire website. There will be new guidelines with a financial limit of \$5,000 each financial year. There will be a Facility Improvement Request form sent with the applications. Please complete this form for any improvements required on Shire facilities. The closing date is Friday 16 April 2021.

New water Tank for Newdegate

We have received confirmation that Water Corporation plans to upgrade the Newdegate water service tank which stores the town's drinking water. The project has been prioritised following recent drought conditions in the area. At this stage, we expect the work to start in mid-March 2021 and finish in October 2021.

There will be a planned water outage during the April school holidays to minimise impact to the school and students/caregivers. Customer notifications will be issued closer to this time.

Alan George
Chief Executive Officer

Coming Events

Movie Night Lake Grace
Croad2
Saturday 20 March

Movie Matinee Lake King
Croad2
Sunday 21 March

Yuk Circus Lake Grace
Monday 24 May

Ordinary Council Meeting

An Ordinary Council Meeting will be held on
Wednesday 24 March 2021
from 3:30pm at the Council Chambers, Administration Building. The Agenda will be available on
www.lakegrace.wa.gov.au

Everyone Welcome

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

Community Infrastructure Service

I hope everyone enjoyed that downpour we had last week. Roads to be graded are being attended to as soon as possible. Please phone the Infrastructure Team if you have any questions or queries.

Another grant opportunity has arisen for the community. Driver Reviver have announced they will be providing funds for successful applicants to upgrade existing facilities and amenities. Fingers crossed we are one of the successful Shires to attract more tourists to our district.

This fortnight our works crew have completed the below roadworks & maintenance;

Roadworks

The Lake Grace Maintenance Grader has carried out grading on:

- Gimble Rd
- Green Rd
- Mordetta Rd
- North Burngup Rd

The Newdegate Maintenance Grader has carried out grading on:

- Magenta Rd
- Old Ravensthorpe Rd
- Witham Rd

The Lake King and Varley Maintenance Grader has carried out grading on:

- Hatters Hill Rd
- Long Creek Rd
- Mallee Tree Rd
- Milstead Rd
- Old Newdegate Rd
- Tarco Rd
- Tilbrook Rd

Parks & Gardens

The Parks and Gardens Crew have carried out the following work:

Lake Grace

- Clean up of fallen tree
- Clear debris from Stubbs St verges
- Railway Garden weeding
- Disposal of car wreckage in Pingaring

Newdegate

- Not available

Buildings

The Building Maintenance Crew have carried out the following work:

- Refurbishment to Lake King public toilets
- Lake King Airstrip
- Varley Town Hall maintenance
- New flyscreens installed to Varley Pavilion

Craig Elefsen

Manager Infrastructure Services

Help stop the spread of caltrop

Following the recent rainfall the townsites have experienced an outbreak of caltrop.

What You Can Do:

You can assist by spraying and/or removing any caltrop on your property or verge, please do not put into your rubbish bin as this will contaminate our waste facility and the neighbouring farm lands.

Disposing of Caltrop Plants

To dispose of any removed caltrop plants please:

- place them into a marked and sealed plastic bag and keep them until winter when they can be safely burnt

or

- take them to the Shire Depot at Absolon Street Lake Grace, where there is a specially marked caltrop wheelie bin facility located just outside the main depot gate.

or

- Newdegate: place them in one of the two blue bins specially marked **Caltrop** on Lot 12 May St (vacant block) Newdegate.



Is your child eligible for up to \$150 towards club fees?

Find out and apply online
www.dlgsc.wa.gov.au/kidsport



2021 shoWcAe IN PIXILS COMPETITION

The annual shoWcAe opportunity is available for any community group to be involved in the exhibition of artwork from Local Governments to be displayed on the iconic 45-metre high digital tower at the heart of Yagan Square in Perth City.

The format of display means our participants are no longer restricted to PVC canvas - creativity is encouraged.

As one of the State's largest ongoing community arts projects, this event is widely acknowledged as being one of the most colourful and vibrant displays throughout the year, and we are very appreciative of the support provided by Yagan Square for this year's competition.

We do hope that a group will participate this year, and to assist you with your planning, we advise you of the following entry schedule:

2021 Entry Schedule

Expression of Interest via email to shire@lakegrace.wa.gov.au by Monday, 15 March

Artwork deadline, to be emailed to by shire@lakegrace.wa.gov.au before COB Friday, 23 July

Displayed in Yagan Square: Monday, 6 September – Sunday, 26 September*, at 12:00pm each day (*subjected to change)

Announcement of Winners: Monday, 20 September, at the WALGA Convention

If you would like to become involved please contact:

Community Service Officer Cheryl on 9890 2500

or email cmso@lakegrace.wa.gov.au



YUCK CIRCUS

Sugar, spice and apparently "nice"? With their bloody good sense of humour, YUCK are going to rip into the uncomfortable using high-flying acrobatics, absurd confessions and groovy dancing.

YUCK Circus is a 6-strong crew of elite acrobatic gals, ready to flip off double-standards and kick art in the face. They're not lightly throwing around women's issues - they're literally throwing women. Let's get into the grit of it: they're coming for your 'female standards' and rough Aussie norms!

Their award-winning Western Australian company of circus chicks are tackling the uncomfortable through dance, circus, and beaut comedic timing. YUCK is fun for the faint hearted, the strong willed and the everyday battler!

Changes to the Community Funding Request

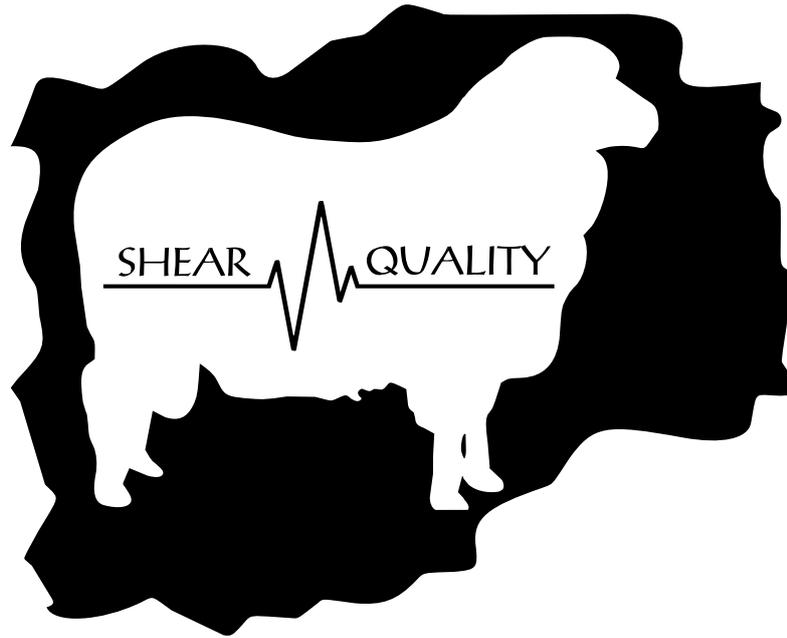
There will be new guidelines for Community Funding Requests, with a financial limit of \$5,000 each financial year. The Community Funding Request will fund:

- Professional fees and charges associated with an event or project (e.g. entertainment, adjudicators, printing, fixed equipment, skilled labour).
- Expenses associated with the production of an event or project (e.g. equipment hire, materials, advertising, venue hire).

A Facility Improvement Request form will be available for any improvements required on Shire facilities. Please complete this form for Council to approve during the budget discussions.

The closing date is Friday 16 April 2021.

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Community Information

Office Open Hours

Monday - Tuesday - Wednesday - Friday
 8.30am - 4.30pm
 Thursday 8.30am - 4.00pm
 Staff can be contacted by phone between 8am - 5pm

Transport and Licensing

All licensing payments are to be made in person at the Shire of Lake Grace Administration office, 1 Bishop Street, Lake Grace.

Monday, Tuesday & Wednesday 8.30am - 4.15pm
 Thursday and Friday 8.30am - 4.00pm

As an agency, we process the majority of transactions including: renewals, transfers, number plate orders, boat registration renewals and new licence applications. With every transaction we perform, we try to offer the best service possible.

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

Driving Assessor

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

Friday - Not available

Friday - 7 May 2021 - to be confirmed

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

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

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

For more information go to: www.transport.wa.gov.au.

Libraries

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

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

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

Town Planner

Planning Officer, David Johnston and Building Surveyor, Gary Bruhn can be contacted through the Shire Office on 9890 2500 or email shire@lakegrace.wa.gov.au.

Environmental Health

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

Tip Times

Lake Grace

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

Newdegate

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

Lake King and Varley

Open every day

Recycling Services

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

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

Lake Grace	Newdegate
Tuesday 16 March	Tuesday 23 March
Tuesday 30 March	Tuesday 6 April

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

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

If an item is covered in food, it is not recyclable. Food is one of the worst contaminators 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.



Check out our Facebook
www.facebook.com/shireoflakegrace



Check out our website
www.lakegrace.wa.gov.au

Recipe - Slice 'n' Stack apple tart

INGREDIENTS

- 100g butter, softened
- 1 cup caster sugar
- 1 egg
- 1 cup almond meal
- 1/4 cup plain flour
- 1 tablespoon brandy (optional)
- 4 small red & green apples, cored
- 1/4 cup lemon juice
- 1/3 cup orange juice
- 20g butter, extra

PASTRY

- 1 1/2 cups flour
- 1/3 cup icing sugar
- 125g chilled butter, chopped
- 1 egg yolk
- 2 tsp iced water



METHOD

1. To make the pastry, place the flour, icing sugar and butter in a food processor and process until mixture resembles fine breadcrumbs. Add the egg yolk and water and process until dough just comes together.
 2. Turn onto a lightly floured surface and gently knead until just smooth. Shape into a disc. Wrap in plastic wrap. Place in the fridge for 30 mins to rest.
1. Roll out the pastry on a lightly floured surface to a 3mm-thick disc. Line a 22cm (base measurement) fluted tart tin with removable base with the pastry. Trim the edge. Place in the fridge for 30 mins to rest.
1. Preheat oven to 200°C. Line pastry with baking paper and fill with pastry weights or rice. Bake for 10 mins. Remove paper and weights or rice. Bake for 8 mins or until light golden and dry to the touch. Remove from oven. Reduce to 180°C.
1. Use an electric mixer to beat butter and half the sugar in a bowl until pale and creamy. Beat in egg. Stir in almond meal, flour and brandy, if using. Spoon into tart. Smooth the surface.
1. Halve and thinly slice 1 apple. Fan the slices on a plate. Drizzle with 3 tsp of the lemon juice. Repeat with remaining apples and lemon juice. Set aside for 5 mins. Drain. Pat dry with paper towel. Arrange apple in stacks on tart, fanning slightly. Bake, covering with foil if necessary to prevent overbrowning, for 30-35 mins or until cooked through and apple is tender. Set aside to cool.
1. Meanwhile, stir remaining sugar in a saucepan over medium heat for 5 mins or until sugar caramelises. Remove from heat. Carefully add orange juice and extra butter. Cook over low heat, stirring, for 5-7 mins or until sauce thickens. Set aside to cool. Serve with the tart.

Contacts

Justices of the Peace	
Mr Colin Connolly	9865 1010
Mr Ron Dewson	9865 1224
Mr Geoff Sabourne	9865 1171
Mrs Amanda Milton	0429 654 011
Mr Colin Dunkeld	98711 556
Mr Ian Chamberlain	98716 001
Mrs Rosy Sinclair	9874 7045

Services	
Emergency Services	000
LG Police Department	9890 2000
Hospital	9890 2222
Poisons Info.	13 11 26
Western Power	13 13 51
Water Corp	13 13 75
Directory Assistance	1223

Lake Grace Shire Councillors		
Councillor	Telephone	Email
Len Armstrong (<i>President</i>)	0429 843 785	crarmstrong@lakegrace.wa.gov.au
Ross Chappell (<i>Deputy</i>)	0428 654 058	crchappell@lakegrace.wa.gov.au
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Helen Steicke	0431 892 514	crsteicke@lakegrace.wa.gov.au
Peter Stoffberg	0447 281 181	crstoffberg@lakegrace.wa.gov.au



Local Services	
Lake Grace Medical Centre	9865 1208
Monday/Tuesday/Thursday/Friday 9:00am - 12:30pm (closed for lunch 12:30pm - 2:00pm) 2:00pm - 5:00pm	
Newdegate Medical Centre	9871 1528
Wednesday, 9:30am - 3:30pm	
Dentist (Dr Bryan Flemming)	9865 1028
Tuesdays weekly during summer. Tuesdays/Wednesdays fortnightly during winter	
Physiotherapist (Karen Rodgers-Smart)	0439 858 587
Child Health Nurse (Di Poultney)	9890 2246

Newdegate Phone Books available at the CRC for \$7

Community Calendar

March

- Wed 10th Hockey AGM - 6:30pm @ Newdegate Hotel
- Thu 11th Winter Sport Auxiliary AGM - 2pm @ the NCRC
- Sat 13th State Election
- Mon 15th Rec Council Meeting - 6:30pm @ the Rec Centre
- Tue 16th Newdegate Nippers - 9:30am @ the Tennis Club
- Tue 16th Junior Netball Training - 3:45pm @ the Rec Centre
- Wed 17th Golf Club AGM - 6:30pm @ the Country Club
- Thu 18th Junior Football Training - 3:30pm @ the Oval
- Sat 20th PINGRUP RACES
- Tue 23rd Recycle Bins
- Tue 23rd Newdegate Nippers - 9:30am @ the Tennis Club
- Tue 23rd Newdegate Junior Netball Training - 3:45pm @ the Rec Centre
- Tue 23rd & 24th Dr Linda Haines in Lake Grace
- Wed 24th Seafood Van - 3pm-4pm @ Nutrien
- Wed 24th Shire Council Meeting
- Thu 25th Cuppa with a Coppa - 10:00am @ the NCRC
- Thu 25th NPS Interschool Swim Carnival with Lake King
- Tue 30th Newdegate Nippers - 9:30am @ the Tennis Club
- Tue 30th Easter Crafts Kids Workshop - 2:30pm @ the NCRC
- Tue 30th Newdegate Junior Netball Training - 3:45pm @ the Rec Centre

April

- Thu 1st NPS - End of Term 1
- Thu 1st CWA Easter Egg Hunt - 3:30pm @ the Rec Centre
- Fri 2nd Public Holiday - Good Friday
- Mon 5th Public Holiday - Easter Monday
- Tue 6th NMF D General Meeting - 7:30pm @ the Office
- Tue 13th Book Club 2 @ 6:30pm
- Sat 17th Newdegate Winter Sports - Newdegate vs Gnowangerup
- Mon 19th NPS - Start of Term 2
- Mon 19th Rec Council - 6:30pm @ the Rec Centre
- Wed 21st Seafood Van - 3pm-4pm @ Nutrien
- Sat 24th Newdegate Winter Sports - Newdegate vs Boxwood
- Thu 29th Cuppa with a Coppa - 10:00am @ the NCRC

Newdegate Defibrillator Locations

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| ⇒ Newdegate Ambulance Shed
<i>May Street</i> | ⇒ Newdegate Country Club
<i>Newdegate/Pingrup Road</i> |
| ⇒ Newdegate Grocer & Café
<i>7 Maley Street</i> | ⇒ Newdegate Swimming Pool
<i>Mitchell Street</i> |
| ⇒ Newdegate Hotel
<i>1 Maley Street</i> | ⇒ Newdegate Tennis Club
<i>Waddell Street</i> |
| ⇒ Newdegate Rec Centre
<i>Waddell Street</i> | |

