

The Gate Post

1st August 2023

\$1 (inc. GST)

Vol 25 Issue 14



PHOTOGRAPHY COMPETITION



Total Prize Pool
\$1500



MORE INFO
ON PAGES
16 & 17

Including the Newdegate CRC
Calendar Competition!

Photography Major Sponsor:



Produced at the Newdegate Community Resource
Centre Inc.

Ph: 9871 1791 Fax: 9871 1792



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 14th August @ 12 Noon

Inclusion **cannot** be guaranteed after this time.

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NEXT EDITION

Tuesday 15th August 2023

Advertising Costs (inc GST)

Full Page	\$35.00
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Newdegate CRC Opening Hours

Tuesday - Thursday
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9am—2pm

CLOSED
Saturday & Sunday



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WESCARPADE 2023

A WEEK-LONG OUTBACK ADVENTURE WITH A MISSION TO HELP KIDS FACING CANCER.



13-21 OCTOBER 2023

WA'S **WACKIEST** AND **HAPPIEST** OUTBACK **MOTORING** ADVENTURE.

Camp Quality wesCarpade is coming to a town near you! Come down, visit our wacky themed cars and help raise funds for children and families impacted by cancer. For more information visit www.wescarpade.org.au



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VISITING NEWDEGATE 13-14 OCTOBER 2023

A Beginner's Guide To *Embroidery*

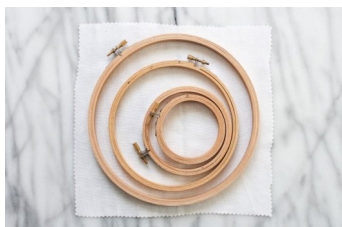
Step 1: What You'll Need to Start Embroidering



To start embroidering, you'll need the following items:

- embroidery hoop - this is a ring consisting of two parts. You put the fabric in between the hoops - this helps keep it taut, making the embroidering easier. These come in plastic and wood - I prefer plastic for doing the embroidering and wood for displaying the embroideries.
- small, sharp scissors. You can find these under many names - though a google search for "embroidery scissors" will get you what you need. :D
- your fabric of choice! Linen, quilting cotton, canvas and osnaburg are all great choices! It should not be too loosely woven or too tight.
- embroidery floss. This is cheap and comes in TONS of colors. I prefer DMC floss and use it exclusively.
- embroidery needles. These have bigger eyes than normal needles to accommodate the size of the floss.
- a water soluble marker or other marking tool. This way you can draw designs onto your fabric! It's best if you use a water soluble pen so you can rinse the markings out with cold water at the end.
- whatever fabric you like! Muslin, quilting cotton, canvas and linen all work well. I typically embroider on a linen blend.

Step 2: How to Use an Embroidery Hoop



Embroidery hoops come in many flavours, though the basic circular wood and plastic ones are the most common.

Cut a square of fabric slightly larger than your hoop.

To start, loosen the screw at the top of the hoop. You'll then separate the hoops. Place the outer hoop to the side - we'll worry about it in a second!

(If you're using a plastic hoop, the inside hoop will have a lip. This lip can come over the top of the hoop OR hang below the bottom. Your choice! See the last photo for how I assemble my plastic hoops.

Lay the piece of fabric over the plain inside hoop.

After you have the fabric over the inside hoop, push the top hoop down over the inside one. This will sandwich the fabric between them. Now you'll want to tighten the screw a bit and begin pulling the fabric taut. The fabric floating between the hoops should not give very much - this will make the embroidering much more complicated than it should be.

After the fabric is taut, keep tightening the screw until it feels secure to you. But not so tightly you can't budge it! You'll regret that once you've embroidered for a couple hours and your sore fingers can't open the hoop.

Step 3: Threading the Needle and All About Floss



Needle threading can be a little complicated at times. I've found the easiest way to do it is to wet the very end of the floss (yes, put it in your mouth.) and squish it between your thumb and forefinger. This will flatten it out and allow it to pass through the eye of the needle with less fuss.

Also: keep in mind that you do not double the floss as you sometimes do with thread. You're simply going to pull the thread through the eye and let a few inches hang loose. You'll knot the other end as usual.

Step 4: How to Do the Running Stitch



Done just as it is in regular sewing. You can make the stitches long or short or randomly placed depending on your design.

You can either do the standard up and down, or push the needle through and make several stitches at once. For new embroiderers, I recommend using the up and down method just until you get the hang of spacing.

Step 5: How to Do the Backstitch



1. Bring your needle through to the front of the fabric and take a stitch to the right.
2. Bring the needle back to the front of the fabric a stitch length to the right and then pass the needle through to the back of the fabric using the hole at the end of the first stitch. (As shown in the second photo)
3. Use the hole at the end of the farthest right stitch to bring the needle back to the front of the fabric.
4. Repeat until you're done!

You can backstitch to the left or the right - but try it to the right first to get the rhythm down. As long as you keep your stitches even lengths it will look great!

The most important thing about backstitching is to make sure you're using the hole that forms at the end of a stitch to start the next stitch anytime you can. Take a look at the back of my back stitch - see how everything is nice and neat? That's what you want. You'll use less floss that way and keep everything nice and organized.

Step 6: How to Do the Split Stitch



This is a great raised decorative stitch. It can be used much like a backstitch and works much like one.

For this stitch you'll pull the thread up and make a small stitch (no bigger than a grain of rice works best!). You'll then come back up through the middle of that stitch and take it back down through the fabric a short distance away in the direction you're going in. It's best to keep your stitches pretty short (1/8 of an inch to 1/4 of an inch.) when doing this - otherwise your stitches look messy and they won't conform to curves as much as you'd like.

Step 7: How to Make a French Knot



French knots are considered to be a nightmare for most embroiders, but I love them. They're very delicate and cute and they never look the same.

Their size can also vary greatly, so you can use them in a ton of ways. (Check the first photo - the top row is French knots made with six strands of floss wrapped once, the second row the knots are wrapped twice!) You can use them for the center of flowers, as eyes, for polka dots, and even as lines if you're feeling patient.

To pull off a french knot successfully, you'll need to follow these steps:

- pull the floss through to the front of the fabric.
- wrap the floss that's between the fabric and the needle around the needle 1, 2, or 3 times. (One time is a small knot, 2 is medium, 3 is large.)
- hold the floss tightly so that it is wrapped around the needle.
- with your other hand, push the needle through to the back of the fabric very close to where the floss emerged.
- keep holding the floss taut and pull the needle all the way through.
- practice this a few hundred times until it becomes second nature.

You'll knot these on the back as normal. For the cleanest work (if you're not making loads of them!), tie off between each french knot. Otherwise, you'll have tails everywhere if the knots are spread out!

Step 8: How to Do the Stem Stitch



The stem stitch is fantastic for vines, branches, flowers and outlines. It also looks great for text, but you've gotta be careful with sharp corners.

A stem stitch is similar to a backstitch, but instead of linking stitches at the ends, you're going to bring the needle up for the next stitch right next to the last stitch.

Make a small stitch about the length of a grain of rice. Bring the needle back up through the fabric on the right or left side of the previous stitch, fairly close to the end of that stitch as shown in the second photo. Keep starting your new stitches on the same side of the stitches you're already put down.

Step 9: How to Do the Satin Stitch



Satin stitch is great for adding big splashes of color to your embroideries - filling in letters and shapes and all kinds of things!

Satin stitch can be done in many ways. You can outline a shape with backstitching and then fill it in. You can do satin stitch on its own with no outline. You can also backstitch an outline and then satin stitch completely over it to get a slightly raised area.

To practice satin stitch, first draw a simple shape on your fabric. Then use a backstitch to outline it. Then you'll simply go back and forth across the shape (I always like to start in the middle, but it's personal preference.) until it's filled in.

Try it again using the other two methods!

The two most important things about satin stitch are:

getting as close as possible to the outlines so that your satin stitch looks nice and full - you can always go back and fill in those bald spots with seed and straight stitches, but it's easier to get it right the first time!

don't continue your satin stitch on the back of your work. It'll waste your embroidery thread and make your work bulky! To avoid this, bring your thread to the front for the first time right next to the outline on the left. Then, bring it across, and down next to the right outline. Instead of crossing over to the left side of the outline on the back of the fabric, just bring the needle right back up next to where you just pushed it through. That way you're saving thread and time.

Step 10: How to Do Straight and Seed Stitches



These are similar to running stitch - you're just not following a line! The placement is normally very random.

Straight stitches can vary in length and are wonderful for filling in areas with loads of texture. Seed stitches are very tiny - you'll be catching just a few threads with these! Seed stitches are most often used to fill areas in. Straight stitches can be used for a ton of different things - filling things in, adding detail, shading, etc.



Priscilla Pop-Up: Newdegate

Meet the Carers WA team in Newdegate

Are you an unpaid family or friend carer who would like to learn more about Carers WA and the Carer Gateway?

Join the Carers WA team and our community engagement van, Priscilla, to find out more about Carers WA services and supports and how we can help you in your caring role.



Where: Priscilla will be parked outside of
Newdegate Community Resource Centre
3 Collier St, Newdegate WA 6355

When: Wednesday, 18th October | 2.00 pm - 4.00 pm

If you have any questions, please contact the Community Capacity Development team on **1300 CARERS (1300 227 377)** or email **ccdteam@carerswa.asn.au**.

www.carerswa.asn.au



Newdegate Winter Sports 2023



A GRADE NETBALL

NEWDEGATE vs JERRAMUNGUP 22ND JULY

After a tough, intense game against Jerry we managed to come away with the win. It was nice to have most the girls back in so we were able to make the most of our fresh legs on the bench with the rolling substitutes to see out the game. We started the 1st quarter nice and strong then lacked a bit of concentration in the 2nd quarter but the girls dug deep, had each other's back and fought hard in the 2nd half to come away with the well deserved win.

Best player went to Melita for her hard work down the court intercepting passes, finished off by her shooting efforts, barley missing a shot all game. Coaches went to our other shooter Jazmyne, for stepping up when she needed, getting some important rebounds and getting the shots in when they really counted. Great response from the girls after the loss against Gnowangrup and an even better confidence boost to go into the Lake Grace game.

LAKE GRACE/PINGRUP vs NEWDEGATE 29TH JULY

This week's game was in Lake Grace so we had the luxury of playing on outdoor courts and the weather turned it on for us, the girls had wind and drizzle to contend with so it wasn't our cleanest performance so we didnt manage to come away with the win. We also had a couple of girls out due to the Esperance carnival. Regardless of this the girls kept pushing but unfortunately as the game went on too many mistakes cost us.

Hopefully we can go away and learn from this as one of the finals is also on outdoor courts so we need to be able to play to the conditions. Best on ground this week went to Jazz Offer for her constant hard work and 2nd efforts all down the court. Coaches award to Sonia Harding, for her persistence in defence, getting a head knock early on but continued to push and help the team in whichever position we threw her in.

Junior NETBALL

Round 12: 22/7/23 – Newdegate 18 def Jerramungup 24

In a nail-biting game that was neck and neck for the entirety, we ended up going down by 6 in the end to Jerry. After another long and hot day on the hockey and footy fields, the players came to netball already exhausted (both physically and mentally). After some words of encouragement (and quite a few lollies), we held our heads high and went into the game ready for a fight.

Ben and Rhys held strong in defence against the Jerry boys, in what was proving to be more of a footy tussle than a netball game for a good chunk of the match. Abbygail and Eli also rotated through defence and the pressure put on the Jerry shooters was one of the key factors in keeping our scores so even. Grace and Kade played fantastic in goals, using their quick feet to out manoeuvre much bigger Jerry opponents and shooting on-point. Nikita held strong in centre-court, backed up by Eli, Lexi and Emily who all put pressure on the ball and backed each other up down the entire court.

Congratulations to Kade Lloyd on receiving the coaches award (sponsored by Keetlen Valley Poll Merino Stud).

The kids left absolutely nothing in the tank, and it will be awesome to see how we match up against Jerry again in the finals when we aren't already spent from other sports.

Round 13: Sat 29th July—Lake Grace/Pingrup vs Newdegate

The Juniors tried their best on a wet and windy cold day with all kids playing to their best ability against Lake Grace/Pingrup.

They showed good movement up and down the court and had some great intercepts.

Unfortunately, the game ended with a loss of 53-6 but the kids put in a great effort and didn't drop their heads. Awesome job everyone

Nikita Ness got Coaches award with a fantastic game—she never gave up.



Newdegate Winter Sports 2023



B GRADE NETBALL

NEWDEGATE vs JERRAMUNGUP 22ND JULY

Another tough game for us this week, all season Jerry have been our hardest game and this round was no different. Unfortunately we couldn't carry our momentum from last week through to this game and we were quite flat at times. We had to work hard for every ball especially in the circle, both defensively and in attack. Liz and Krystal our shooters had to work incredibly hard for every ball as their defence were all over everything, definitely no easy feeds today, credit to the Jerry defence who were fantastic.

Our defence had to work even harder, the ball was down their end quickly and often, so very little respite for them all day. Our centre court also worked incredibly hard today, in quick game Simone you ran hard and stuck on your player creating pressure where you could, Grace and Lucy fantastic effort in WA today you are both working really hard to get your positioning right and getting out for those centre passes, you're taking on advice and working hard to implement it and it's showing, you both had a really solid games.

Best on Court Sponsored by Helbru Haulage went to Janis Gent, you ran so hard all day, it was a fast game with lots of turnovers, a few of those created through your hard running and reading of the play, but you did not stop and played your heart out. Well done on an awesome game.

Coaches Award Sponsored by Newdegate Spreading went to Sophie Wells. Returning to the team after about 4 weeks away she started the game a little sluggish but to her credit she kept at it and took on the advice that was offered and implemented it perfectly and had a real impact in defence in the second half. Great game today Sophie.

LAKE GRACE/PINGRUP vs NEWDEGATE 29TH JULY

Coming into today game we had high hopes for a win, but we had a curve ball thrown our way when Liz went down with an injury at training, already being without one of our shooters in Krystal, we were down to only 1 shooter, so we pulled Nicole out of retirement and brought Vicki in for her first game for us this season.

We started the game a little sluggish and Lake Grace got a bit of a jump on us, come the second quarter we got into the game and we had a fair chunk of the play but unfortunately we couldn't get our goals through the net. This unfortunately was how the rest of the game went, we were really competitive for the last 3 quarters but just couldn't convert it into a winning score. Great effort today ladies we really gave it a good crack and everyone stepped up.

Best on sponsored by AFGRI Lake Grace went to Nicole Kennedy, its like you never missed a game Nic, you moved and fed beautifully in the circle and gave us a really good option in the circle. Rebounded well, that ball just didn't want to go through for us today. Fantastic game today Nic.

Coaches Award sponsored by Helbru Haulage went to Lucy King, back into the circle you went today and you stepped up in absence of Liz, I have never seen you so fired up and it had a really positive impact on your game. You ran hard all day and gave it your all. Awesome game today.

Thank you to Nicole and Vicki for stepping in and playing for us today, you definitely played your role and brought confidence and game knowledge to the team.



Newdegate Winter Sports 2023



FOOTBALL SENIORS

Whats the number one thing you need to have right in a club to win a flag?

league games for the club. Love you too mate, especially when you're on.

Damn good chicken schnitties on Thursday night that's what. Or is it the chips? Not sure, but at least the schnitties aren't lonely...

Onto this week, with the bar raised a little higher for our boys, taking on our derby foes, Lake Grace. (My, English, is, filled, with, commas, lately,,@)

But hats off to Ted, his restauranteers (yes that's a word) for keeping us carbed (that is also a word) up each week. Love ya mate.

Certainly a test our boys were ready for, and having a 4th quarter in our game now, our boys were keen for a big one.

A merciless invitation, welcoming Jerry to the den saw the winged eagles go home 106 points down recently. Our boys charging to cement a full 4qtr effort, is showing great signs as we head towards the pointy end of the year.

Being more accurate on the score board this week got us off to a great start, and being able to maintain our margin at each break, was just where we needed to be to give it our best in the last quarter to come home with our third win on the trot. Getting up by 10 points (I think, may need to double check that), gave us the chance to say yeehaa at their Yellowstone themed evening...

Some great footy by young gun Dale "chicken, chook, bebawk" Ness, snagging 7 majors for the game, (just 3 a week would be nice mate) and showing his determination to do his best for the club this year. Love you too mate!

Some brilliant goal kicking displays by Chris Wollyolloston, Rusty "the TAB" Russell, and Nelo who kicked an enormous pink snapper to seal the game. All three from the boundary. Keen to hear about the bus trip back to perth...

Hats off to Kane Bridger making it through the game with a busted ass, claiming it was a hammy, but not wanting the heat...

Our top players on the day, were you guessed it, Nelson "sinker bag, but f#*k me get a haircut" Kent, Jake "pretty sure we going to have to catch that reseeding hair line shortly" Conti, and the big fella, the one, the only, Dean "geez, think I've run out of names over the years mate" Rintoul... Well done fellas.

And to see ol mate Wol back at it with a stellar performance on the wing. Maybe the eagles wing, that's how good he is.

Best performers on the day were Dale "snagger rollin" Ness, Nelson (the fish are on this week) Kent, and our skipper, and man that still cant change a nappy without getting it all over his fingers, The Dean Rintoul. Love all ya's.

Special mention to Bang on snagging a bag of dirt in his boot this week, thank god without injury, with a magnificent display of how NOT to kick a football. But still love ya mate!

BIG shout out to the milestone man also in Jarrod "I'm too fit for a spell!" Offer, in playing his first 150



OFA League

Ongerup Football Association, 2023

LADDER

#	TEAM	P	PTS	%	W	L	D	BYE
1	Lake Grace / Pingrup	10	32	154.32	8	2	0	3
2	Boxwood Hill	10	28	123.58	7	3	0	3
3	Newdegate	11	24	122.54	6	5	0	2
4	Gnowangerup	10	20	121.26	5	5	0	3
5	Jerramungup	11	0	39.02	0	11	0	2

UPCOMING

Next fixture: Round 15 Saturday 12th August Newdegate vs Boxwood Hill



vs



Top 5 Goal Scorers.

PLAYER	TEAM	GP	G	BP
1 Jackson Callope	Lake Grace / Pingrup	10	32	-
2 Michael Swarbrick	Boxwood Hill	7	20	-
3 Jack Davis	Boxwood Hill	5	20	1
4 Arron Russell	Newdegate	10	19	1
5 Lewis Davis	Gnowangerup	10	18	2



Newdegate Winter Sports 2023



HOCKEY SENIORS

Saturday 22nd we hosted Jerramungup on a sunny day that reminded us of earlier in the season. However, the game was not the same as our previous encounters with this opposition this year. We finished with a 3 to 1 loss against a team that has gathered great momentum and had good finishing skills in the goal circle.

Jerramungup scored their first two goals within minutes of each other in the first quarter, manoeuvring around our players with efficient passing to their running wing. Our moves into our own forward area were also looking like training drills, but we were unable to convert to scores with the ball sliding passed the corner of the goals several times.

We did maintain great defensive pressure, covering back well on their breaks, to minimise their scoring opportunities.

In the second quarter, there was a lot of ground covered by both teams, and many shots on goal at both ends of the field. Our goal came from a rebound of the goalie pads to Jasmine Offer, who had the vision to see a wide gap on her reverse and forced over the line by Nat Thompson.

Third quarter became another tussle between us, and the highlight(?) came when a penalty stroke was awarded to Jerramungup for an infringement on the goal line. Our goalie Tara has never faced a stroke previously so gained some rushed feedback from players and umpires; and then made an

awesome save low to her right!!

Final score for Jerramungup came in the fourth quarter, to seal the game for them.

Awards for the day: Best player (sponsor Newdegate Grocer & Café – thanks Ken Boyes and Heather Edinger) to Sonia Harding. Coaches award (sponsor Altor Ag – thanks Wes Hall’s bosses) to Tara Edmonds.

THEN we went to Lake Grace. A slightly different temperature from the week before but not a different result. We lost 3 to nil to a team that is on top of the ladder for good reason. When up against an opposition showing this form, it is important to recognise talent and they have plenty of it in their line-up.

Well done to our defence that had to maintain steady heads under some heavy pressure. We also had many attempts in our goal circle but were not able to convert on the day. This was a tough day at the office overall.

Best player (sponsor DK’s Ag Services – thanks Dennis Knill) to Sonia Harding; and Coaches (sponsor Ali’s Total Rural Services – thanks me) to Jasmine Offer.

We have the bye this coming weekend and then the final game for the round at home on the 12th, see you all at the grounds!!

FOOTBALL JUNIORS



NFC - Juniors

NGT 9.6.60 def JP 3.5.23
 Game Day Award: Kade Lloyd
 Socks Award: Grace Orr
 Fyfe Award: Rhys Richardson
 Coach’s Award: Jude Kelly

Thursday 27th July
 Training 3:30pm.

Game Day Saturday 29th July
 Lake Grace-Pingrup v Newdegate

Goals: De Landgraft Family
 Timing: Walker Family



NFC - Juniors

LG-P 3.2.20 def by NGT 11.14.80
 Game Day Award: Eli Duff
 Socks Award: Billy Hams
 Fyfe Award: Nick Hams
 Coach’s Award: Rhys Richardson

Thursday 3rd August
 Training 3:30pm.

Game Day 5th August

Newdegate Bye





Newdegate Winter Sports 2023



HOCKEY JUNIORS



Newdegate Junior Hockey Results

Newdegate 1 beat Jerrumungup 0

Best Player: Grace Orr

Sponsored by Newdegate Post Office and Newsagency

Most Consistent: Eli Duff

Sponsored by Keetlen Valley Pol Merino Stud

Special Mention Award: Sam Walker

Sponsored by M&D Hams

Goal scorer: Eli Duff

See you at training Tuesday!



Newdegate Junior Hockey Results

Newdegate 0 lost to LG/P 10

Best Player: Rhys Richardson

Sponsored by Newdegate Post Office and Newsagency

Most Consistent: Kade Lloyd

Sponsored by Keetlen Valley Pol Merino Stud

Special Mention Award: Eli Duff

Sponsored by M&D Hams

No training this week ahead of the bye.

Enjoy the break



2023 Ongerup Hockey Season Junior Ladder

Team	Played	Wins	Draws	Losses	For	Against	Points
1.Lake Grace/Pingrup Junior	10	10	0	0	45	1	30
2.Jerramungup Junior	11	5	1	5	9	17	16
3.Newdegate Junior	11	5	1	5	14	23	16
4.Gnowangerup Junior	10	3	2	5	6	13	11
5.Boxwood Hill Junior	10	1	0	9	2	22	3

2023 Ongerup Hockey Season Women Ladder

Team	Played	Wins	Draws	Losses	For	Against	Points
1.Lake Grace/Pingrup	10	9	1	0	51	4	28
2.Newdegate	11	7	0	4	27	12	21
3.Jerramungup	11	4	2	5	15	25	14
4.Boxwood Hill	10	4	0	6	10	21	12
5.Gnowangerup	10	0	1	9	2	43	1

Newdegate Winter Sports

Auxiliary Roster 2023

AUGUST 12TH BOXWOOD HILL Soup: Davina Hams & Holly McDonald
 9.30 – 12.00 Jasmine Offer, Davina Hams, Holly McDonald, Tahlia Dunkeld
 12.00 – 2.30 Sophie Wells, Michelle Pryor, Rachael McLean
 2.00 – 4.30 Pom Harvey, Lynne Ellard, Judy Walker
 CHIPS (10 – 12.30) – Lisa Ness
 CHIPS (12.30 – 2) – Grace Ashton



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would like to thank their 2023 sponsors



Newdegate Spreading



NEWDEGATE HOCKEY CLUB

2023 Sponsorship Opportunities



Signs (NEW)

There are many opportunities to put a sign on our fence surrounding the hockey field. You must pay for the sign and then pay \$100 per year sponsorship to keep the sign. A small sign (680mm x1200mm) costs \$300 and a large sign (680mm x2400mm) costs \$500.

These can be done by local company - 958 SIGNS .

Signs (EXISTING)

For those businesses that already have a sign on the hockey fence you will continue to pay \$100 per year to keep these signs as sponsorship.

GENERAL SPONSORSHIP

If you would like to sponsor through an annual donation, this would go towards game day awards and general running and development of our club. Your logo would be displayed at games and award presentations attended by all winter sports players, spectators and opposition.

*** Sign sponsors also get the perks of a general sponsorship.*

**If you would like to know more or want to become a sponsor please contact us on the below email or give our President (Jasmine Offer) a call on 0428 711 740
newdegatehockeyclub@outlook.com**

PHOTOGRAPHY AWARD CATEGORIES

1. 'RE-INVENTED'

In keeping with the theme of this year's field days, we want to see images that celebrate inventive ways of re-using, recycling, upcycling or a sustainable way of life!

1st Prize: \$200 2nd Prize: \$100

2. True Blue (Australian)

3. Macro (Extreme close up)

4. Night

5. Nature & Wildlife

6. Aerial (Drone)

7. Under 18 Photographers

Prize Money for categories 2 to 7

1st Prize: \$100 2nd Prize: \$50

Newdegate CRC Community

Calendar Competition (all work entered)

Prize money: \$25 per winning entry

CONDITIONS OF ENTRY

1. Each person can enter four (4) photographs only, which must be their own original work and not previously exhibited at Newdegate.
2. Prizes will be awarded in 7 categories. First prize for category 1 (Re-invented) is \$200, second prize is \$100. First prize for categories 2 to 7 (True Blue, Macro, Night, Nature & Wildlife, Aerial, Under 18) is \$100, second prize is \$50. The committee reserves the right to reject or reclassify any photograph. The judge at their discretion may decide not to present an award.
3. All photos must be sized 6"x8" and presented behind black mount board (available from Newdegate CRC for \$2 each). Flimsy cardboard mounts are not acceptable.
4. The organisers reserve the right to reproduce entries in print, film or digital format for promotion and documentation purposes.
5. Newdegate CRC will choose 12 photographs to feature in their Community Calendar for 2024. Photographers whose work is chosen will be acknowledged in the calendar and will receive \$25 prize money. By signing the declaration, photographers agree to their work being published in the calendar.
6. Each photograph must have a completed label attached on the back bottom left hand side of mount board.
7. Signed entry forms must be sent with entry fee by the 25th August. Late entries will not be accepted.
8. No responsibility for loss or damage will be accepted. All reasonable care will be taken.
9. Photographs shall not be removed from the pavilion before 4.00 pm on Thursday 7th September, after checking with the art committee.
10. Incorrect entry procedure or failure to observe the conditions set out will disqualify entry.
11. Photographs can be delivered to Newdegate CRC up until 25th August or call Rochelle (0409 720054) to make other arrangements.

SUBMIT FORM BY 25th August 2023

To Art Co-ordinator Rochelle Hams
 PO Box 143 Newdegate WA 6355
 rochelle.hams1@gmail.com
 Phone Contact: 0409 720054



**PHOTOGRAPHY
 COMPETITION**

Total Prize Pool
 \$1500

Including the Newdegate CRC
 Calendar Competition!

Photography Major Sponsor:



Art Exhibition Major Sponsors:



NEWDEGATE MACHINERY FIELD DAYS PHOTOGRAPHY ENTRY FORM 2023

Photographer's Name: _____
 Phone: _____
 Email: _____

Entry Fee: \$5 per entry Total: _____
 Payment Method: (please tick)
 Cheque/Money Order (payable to Newdegate Machinery Field Days)
 Cash (enclosed)
 EFT (to Newdegate Machinery Field Days
 BSB: 633-000 Acct: 15-727-6353
 Please state ART & your name as a reference)

Declaration: I declare the entry submitted is my own original work and has not previously been entered at the Newdegate Machinery Field Days Photography Competition. I have read and agree to the Conditions of Entry.

Signature: _____
 Date: _____

Category	Title of Photograph

Photography Labels:
 Please fix securely to back of black mount board
 (bottom left hand side)

Name: _____
 Phone: _____
 Title of work: _____

Name: _____
 Phone: _____
 Title of work: _____

Name: _____
 Phone: _____
 Title of work: _____

Name: _____
 Phone: _____
 Title of work: _____



Harvester Set-Up Workshops



MEASURING HARVEST LOSS - HARVEST WEED SEED CONTROL - HARVEST FIRE PREVENTION

WEST REGION
SEPTEMBER 2023



Grain growers and industry stakeholders are invited to participate in one of a series of 2023 GRDC Harvester Workshops to be held in the lead-up to harvest 2023.

Hear from industry experts and local growers on the integration of harvest weed seed control (HWSC) options, harvester fire prevention, accurate measurement/management of harvest losses and harvest storage.

These workshops hosted by Facey Group will bring together harvester specialists, industry experts and researchers to discuss preventable harvester grain losses and how to measure these, improvements in efficiency and output, methods of harvest weed seed control (HWSC), the prevention of harvester fires and calibrating harvester technology.

FORUM LEADERS

- Peter Broley**
Primary Sales Australia
- Ben White**
Kondinin Group
- Brett Aspher**
Indepenant
- Kassie van der Westerhuizen**
Harvest Specialist
- Peter Newman**
Planfarm
- Murray Skayman**
Harvest Specialist

Alongside demonstrations by industry representatives and manufacturers. Events FREE & catering provided.

HYDEN
Tuesday 12th Sept
8:30am - 3:30pm
Register: trybooking.com/CHVDE
Address on registration.

DUNN ROCK
Wednesday 13th Sept
8:30am - 3:30pm
Register: trybooking.com/CHVDG
Address on registration.

NYABING
Thursday 14th Sept
8:30am - 3:30pm
Register: trybooking.com/CHVDM
Address on registration.

BEVERLEY
Friday 15th Sept
8:30am - 3:30pm
Register: trybooking.com/CHVDP
Address on registration.

CUNDERDIN
Friday 22nd Sept
8:30am - 3:30pm
Register: trybooking.com/CHVDU
Address on registration.





The Community Bootcamp Project™

A community bootcamp workout, every Saturday morning, at a park near you...

Physical fitness
Mental wellbeing
Social connection

EXPRESSIONS OF INTEREST

The Community Bootcamp Project is bringing a weekly bootcamp session to as many local communities as possible – same day, same time, same bodyweight workout!

Community Bootcamp Project Facilitators will deliver the sessions, offering a welcoming environment where people come together to get fitter and connect with each other.

If this incredible movement to bring health and fitness to more people in WA sounds like something you'd like to be part of, register your interest at

www.communitybootcamp.org

This opportunity is open to qualified PTs (practicing and not) and people who are non-qualified but willing to learn and passionate about making a difference!



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**Black Dog
Institute**

Powered by workouts from WA's award-winning group fitness instructor



Community Newsletter

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



CEO Chat

Highlights from the 26 July Council Meeting

Council adopted the 2023/24 Shire of Lake Grace Budget. This is a culmination of many months work behind the scenes by office staff and Councillors. Whilst rate rises are inevitable, this years rates increase has been locked in at 3% which is well below the inflation rate whilst still maintaining sufficient resources to carry out our works and services as well as placing funds in our Reserves to provide for future requirements.

Other resolutions passed included:

- The approval of a development application submitted on behalf of Farmers Centre (1978) Pty Ltd for the construction of a new shed on its property in Stubbs Street Lake Grace.
- The appointment of Fire Control Officers throughout the Shire.
- Council adopted the AIM Hospital Museum Interpretation Plan.
- Council received the proposal from the Newdegate Historical Society regarding the purchase of the St Francis of Assisi Anglican Church in Newdegate to be used to house archives.
- Council will undertake a review of all its local laws as required by the Local Government Act 1995.

BUDGET REPORT 2023/2024

General Rates

The budget has been formulated with an increase of 3% on rate in the dollar for GRV (within town site) rate revenue and 3% on rate revenue for UV properties. The UV valuations carried out by Landgate substantially increased the value of these properties which has had a bearing on the setting of rates. This has led to the rate increase being formulated off total revenue that was raised the previous year thus reducing the rate in the dollar.

Rising input costs required to maintain our main source of expenditure, being roads, and the increased pressure being placed on the shires vast network of gravel roads (2500km) by an increase in the size of machinery and increased machinery movements have a big impact on the Shires ability to maintain the roads to a suitable standard that is demanded by the main users. Rate increases assist in provision of service delivery that meets reasonable community needs. It also ensures that critical infrastructure asset renewal is somewhat funded over the time frame of the Long term Financial Plan.

The following general and minimum rates on Gross Rental Unimproved Values has been imposed:

General Rates

Minimum Rates

Gross Rental Value (GRV)	14.4746 cents in the dollar	Gross Rental Value (GRV)	\$530
Rural Unimproved Value (UV)	0.8600 cents in the dollar	Unimproved Value (UV)	\$540
Specified area Rates—Sewerage			

The 2023/24 budget has been prepared with a 3% increase in specified area rate revenue for the Lake Grace Sewerage Scheme.

Continued over...

CEO Chat Continued

The following general rate on Gross Rental Values has been imposed

<u>Specified Area Rate</u>		<u>Fixture Charges</u>	
Sewerage—GRV	4.89 cents in the dollar	First Major Fixture	\$268.00
Sewerage Fixture Charges		Additional Fixtures	\$118.00

Borrowings

There will be no new borrowings for 2023/24. The outstanding loan principal at 1 July 2023 is \$1,213,744. The principal repayments for 2023/24 amount to \$177,282 and interest payable of \$38,474 leaving a balance of \$1,036,462 at 30 June 2024.

Reserve Transfers

Transfers to Reserves total \$1,321,718 which includes \$210,884 interest, Lake Grace Sewerage Reserve \$100,00, Housing \$400,00, Swimming Pool \$175,834, Land Development \$135,000, Plant Replacement \$200,00 and Newdegate Stadium Floor \$100,00. Nil will be transferred out of Reserves. This will give a total closing balance of \$6,593,811.

Budget Focus

The 2023/24 Budget provides as normal, funds to meet the on-going operations of the Shire which includes shire building and facilities, parks and gardens, and recreational facilities maintained to acceptable standards, maintaining and upgrading the Shire's extensive road system which totals some 2,500 kilometres.

Infrastructure—Roads, Footpaths, Drainage and Cemetery Upgrades.

- An
- Jarring South Rd SLK 0-2 & 13-16
 - Rodger Rd SLK 0.00-5.64
 - Mallee Hill Rd SLK 13.30-15.30
 - Magenta Rd SLK 49.68-51.68
 - Old Ravensthorpe Rd 22.10-27.00 (RRG)
 - Winchcombe Rd SLK 5.00-10.80
 - Burngup Rd SLK 0.0-4.0
 - Bidy Camm Rd SLK 58.32-62.83
 - Rasmussen/McCracken Rd SLK 0.13-0.26
 - Magenta Rd SLK 34.50-39.50 (R2R)
 - Mallee Hill Rd SLK 10.60-13.60
 - Fitzgerald Rd SLK 5.00-9.76
 - Nth LG-Karlgarin Rd 25.73-31.81 (RRG)
 - West Kuender Rd SLK 0.00-3.10
 - Hatters Hill Rd SLK 22.1-27.1
 - Crooks/Kent Rd SLK 0.0-4.0
 - Bidy Buniche Rd SLK 2.75-5.71
 - Waddell St Whole Length 0-1

amount of \$4,251,182 has been set aside for road renewal and upgrades to cover works on:

- Dykes Road Drainage—\$46,000
- Lake Grace Cemetery Roadway—\$50,000
- Newdegate Footpaths—\$150,000
- Buniche Dam Revitalisation (CWSP) — \$ 75,000
- Construct Newdegate Dam—\$140,000
- Lake King Cemetery Fence—\$50,000
- Lake Grace Footpaths—\$25,000
- Fuel Storage Lake Grace Depot—\$ 80,000
- Dempster Rock Dam Revitalisation (CWSP) — \$12,071

Continued over...

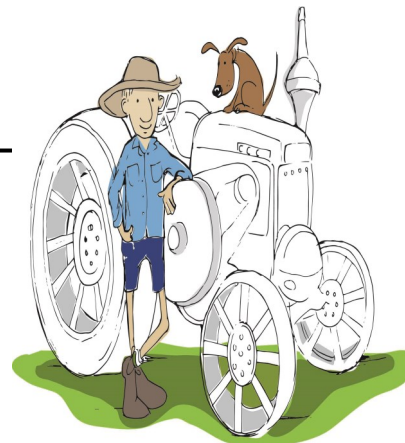
Ordinary Council Meeting

An Ordinary Council Meeting will be held on **Wednesday 23 August** from 3.30pm at the Council Chambers, Administration Building.

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

Everyone Welcome

**NEWDEGATE FIELD DAY
STUDENT ART COMPETITION
6th & 7th SEPTEMBER 2023**



The Newdegate Field Day Art Competition is once again inviting the students from your school to enter their original artwork. There is a limit of **three** entries per student.

Entries are open to students from Kindy– Year 12, including students who may board away from home.

- Year section prizes range from \$5 up to \$100.
- One artwork from a high school student will be awarded the major prize of \$200.

All artworks should be mounted on card.

Framed work will be accepted, but is NOT compulsory, from students in year 7 -12. (Please ensure it has a **SECURE** string or wire on the back for hanging)

There will also be a 4 years and under section and we encourage children to submit an artwork.

Artwork should be completed and handed in to your co-ordinator before Tuesday 29th August.

Craftwork cannot be accepted.

No late entries

Please contact Gemma Lidster (0487663162) or
Davina Hams (0488720062) for more information.



Perseids Meteor Shower | 12th/13th August

The further north you are in WA, the better it is for this meteor shower.

This month, stargazers will be treated to a special display from the Perseids Meteor Shower. On a dark night, away from artificial light pollution, you might see up to 60 meteors (or “shooting stars”) an hour!

The Perseids meteor shower is generated from comet Swift-Tuttle and renowned for producing bright meteors. The shower peaks on the night of the 12th/13th of August but can be viewed several days either side of the peak. The best views will be under dark skies, after midnight. This shower emanates from the constellation Perseus, which is not visible to the south western regions of WA. Those in northern WA might be high enough to make the most out of the shower.

When to look: From midnight to early morning, 12th/13th August

Which direction to look: Low on the northern horizon

Do I Need a Telescope to see a Meteor Shower?

You don't need a telescope or binoculars to see a meteor shower. It's a great time to gather with friends, roll out your favourite picnic rug, pack the drinks and snacks, and start counting how many “shooting stars” you all see! It's best to view a meteor shower under a dark night sky. Most meteors will be quite faint so darker surroundings will make it easier to see them. You might consider heading out to a dark sky location at one of WA's Astrotourism Towns. If you're an Astro photographer, it is an excellent opportunity to image meteors over some of WA's iconic

landscapes. Where are WA's Astrotourism Towns? Fingers crossed for a spectacular show!

What is a meteor shower?

Meteors are caused by debris entering Earth's atmosphere. The debris can be as small as a grain of sand which burns up in the atmosphere and causes a bright streak of light to appear briefly in our night sky. The debris that causes a meteor can be travelling between 11 to 73 km/second. A meteor shower is a time when you see lots of “shooting stars”. They are the result of Earth passing through the trail of debris left by a comet or other object that has come into our Solar System and orbited around the Sun.

What is the Moon phase, and will it affect viewing?

While the Moon will be in the sky during the Perseids this year, it is sufficiently small and dim that it should not affect your viewing too greatly. Most meteors should still be visible, particularly the bright ones!

Something interesting

Meteor showers are named after the constellation where the “shooting stars” appear to be coming from. In the case of the Perseids Meteor Shower, the meteors come from the direction of the constellation of Perseus. If you have a handy smart phone app that helps you identify objects in the night sky, search for Gemini, and you'll be looking in the right location.





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. Joshua Egan-Reid,

STATION NEWS

Welcome back Boss.

Josh is back from his holidays, unfortunately he didn't bring us back any gifts, but to be fair to him we didn't specify what we wanted, we are therefore assuming whatever he thoughtfully picked out for us was too big to put in his suitcase.

To make up for that huge disappointment, the Station was fortunate enough to receive some new chairs (well almost new), a gift from Albany Police Station.

That new chair feeling.



CRIME NEWS

We've had an increase in family violence incidents in the past few weeks. Family Violence is not always physical and can also be any of the following: Sexual Violence, Emotional Violence, Psychological Violence, Spiritual Violence, Cultural Violence, Verbal Abuse, Verbal Abuse, and Neglect.

If you, or someone you know, is involved in an incident or circumstances that might be considered Family Violence you can contact Crisis Care on 9223 1111 or 1800RESPECT, a confidential information, counselling and support service that operates 24/7. In an emergency always contact police on 000.

CYBER BULLYING

We have been made aware that cyberbullying is still occurring within our community, particularly with school aged children and teens.

Whilst there is no specific offence of cyberbullying in Western Australia there are various offences relating to harassment, threats, and intimidation that occurs over the internet, it doesn't matter if your using a computer in your home or mobile phone or tablet, it's all the same.

Some examples of cyberbullying related offences are:

Threats

If the behaviour involves using the internet or a phone in a threatening, harassing or offensive way then charges can be laid. If a threat to hurt someone is made then criminal charges may result with a penalty of up to 10 years imprisonment.

Stalking

Stalking can also occur when someone gets repeated messages that frightens, or intimidates, them. Under the Criminal Code a stalking offence can attract a penalty of up to three years imprisonment.

Unauthorised access

If you log into someone else's online account without permission then you can be charged with unauthorised access which can result in up to two years imprisonment.

What can be done about cyberbullying?

If you, or your child, are a victim of cyberbullying it is important that you tell someone, and take measures so it stops. It is important to know how to block communications from cyberbullies. If you are at school, then inform the school immediately if it is occurring.

Internet service providers and social media sites also have policies on cyberbullying and can block a person once a complaint has been made.

If cyberbullying continues, you can report it to the police, or email the Technology Crime Unit at Technology.Crime@police.wa.gov.au . If the harassment is by **phone** you can report the behaviour to your phone provider. The provider may investigate and send the person a warning letter. A phone company also has the ability to suspend, or cancel, a person's account. If the behaviour continues, and you are being stalked, intimidated, harassed, or threatened you can also apply to the court for a protection order to prohibit the person from contacting you.

Take care and stay safe.

Grain Brokers Australia Weekly Market Report

Tough summer hits EU grain production outlook...

The gloss has been wiped off 2023/24 European Union crop production over the last month after much drier than average growing conditions depleted soil moisture reserves across large parts of western, central and northern Europe, as well as the eastern regions of Romania over the last twelve weeks. The negative yield impact has been amplified in many regions by distinctly warmer than usual temperatures through most of June and July.

Now rainy conditions are forecast for much of Northern EU, creating challenging harvest conditions and raising winter crop quality concerns. After a dry summer, the rains are coming at the worst possible time, with the primary benefit being replenished soil moisture reserves ahead of the autumn planting campaign.

The European Commission's (EC) latest production estimates were released late last week, and it has pegged total cereal production for the EU-27 (which excludes the United Kingdom) at 276.02 million metric tonne. This was off a planted area of 50.63 million hectares for an average yield across soft wheat, corn, barley, triticale, oats, rye, durum wheat and sorghum of 5.45 metric tonne per hectare. This is down across the board month-on-month and compares to last season's area, yield and total production numbers of 51.05Mha, 5.24MT/ha and 267.68MMT, respectively.

Last week's 2023/24 output update pegged soft wheat production at 127.43MMT off 21.92Mha for an average yield of 5.81MT/ha. This compares to 126.74MMT off 21.9Mha and an average yield of 5.79MT/ha last year. This season's EU-27 barley yield is now expected to be 4.74MT/ha, down 6 per cent from 5.03MT/ha in 2022. The planted area is relatively unchanged year-on-year at 10.36Mha, but production is estimated to be 5.7 per cent lower than last year's harvest at 49.14MMT.

Corn is the second biggest cereal grain produced in the EU each season, and output from this year's harvest is expected to be 21 per cent higher year-on-year at 63.24MMT but 13.9 per cent lower than the previous season's output of 73.48MMT. This year's planted area presently sits 4.5 per cent lower than last season at 8.45Mha, but the projected yield is the big mover, increasing 26.7 per cent from 5.91MT/ha in 2022 to 7.48MT/ha this season.

EU oilseed production is projected at 32.98MMT, 5.6 per cent higher than the 2022 harvest, which binned 31.23MMT. It is also 9.26 per cent higher than the 2021 harvest of 30.19MMT and 10.5 per cent higher than the five-year average of 29.84MMT. Rapeseed, or canola, is the biggest oilseed crop grown in the EU, with projected production currently sitting at 19.44MMT, 58.9 per cent of the total EU oilseed crop.

France is the EU's biggest grain producer and exporter, with total cereal production in 2023/24 expected to be 63.79MMT off 8.85Mha for an average yield of 7.2MT/ha across all commodities. Production is up 5.5 per cent year-on-year from 60.3MMT, off a slightly higher planted area of 8.96Mha.

French farm agency France AgriMer advised late last week that crop conditions were stable to slightly worse in the week to July 24, as the winter harvest continues to lag last season's pace by an average of three days, but still two days ahead of the five-year average. Late frosts in April in the eastern regions and a total lack of rain from mid-May to mid-June strongly reduced the production potential in the northern two-thirds of the country.

The EC is currently expecting French soft wheat production to be 35.48MMT, up 5.1 per cent from 33.67MMT last harvest, off a slightly increased area of 4.77Mha. As of late last week, 78 per cent of the French soft wheat crop was rated good to very good, down from 80 per cent a week earlier but much higher than the 63 per cent rating at the same time last year. The wheat harvest advanced by 24 percentage points week-on-week to 83 per cent complete as of July 24, well behind last year's pace of 94 per cent but still ahead of the five-year average of 75 per cent.

With the winter barley harvest now complete, the final FranceAgriMer rating was 80 per cent good to very good, significantly higher than the 62 per cent rating for the same category a year earlier. The Spring barley conditions were stable at 73 per cent good to very good, compared with the 48 per cent recorded in the same week in 2022. The hot, dry summer has accelerated spring barley harvest activities significantly, advancing 22 percentage points across the week to July 24 to be 91 per cent complete compared to the five-year average of 65 per cent.

Grain Brokers Weekly Report Cont...

This season's French rapeseed production is currently forecast at 4.63MMT, up 2.6 per cent from 4.51MMT in 2022 and the highest since 2018. The estimate is based on an expected yield of 3.44MT/ha, down from 3.68MT/ha last year, and an estimated planted area of 1.35Mha, up from 1.23Mha in 2022.

The dry spring and summer and warmer than average temperature over the last eight weeks has also stressed crops through most of Germany, the EU's second biggest grain producer, leading to a 3.2 per cent reduction in the total cereal output forecast to 42.16MMT. The soft wheat crop accounts for over 51 per cent of that estimate at 21.64MMT, itself down 3.4 per cent compared to last year. The planted area of 2.88Mha is down 2.3 per cent compared to the 2022 harvest, and the forecast yield is 1.1 per cent lower at 7.53MT/ha.

German barley production is projected to be down 4.2 per cent to 10.75MMT this season, primarily due to a sharp reduction in the average yield from 7.08MT/ha to 6.71MT/ha. The planted area actually rose slightly year-on-year to 1.6Mha. The nation's rapeseed crop has suffered badly under the unseasonal conditions, with the projected yield down 9.3 per cent year-on-year to 3.61MT/ha. And despite a sharp increase in the planted area to 1.17Mha, the harvest is still expected to be lower than in 2022 at 4.21MMT.

While the EU's grain export facilities will be kept busy shipping the increased output from its member states this season, the EU's agriculture commissioner Janusz Wojciechowski stated last week that it is ready to export almost all of Ukraine's agriculture goods via "solidarity lanes", following Russia's withdrawal from the UN-backed Black Sea grain corridor. Wojciechowski said 60 per cent of Ukraine's exports were shipped via solidarity lanes while the UN-backed grain deal was in operation, and 40 per cent went via the Black Sea.

The commissioner added that the EU was looking at several initiatives from member states to develop a joint plan to cover the additional transport costs for exporting Ukraine's agricultural goods. While expanding grain transit through the EU is sensitive for Ukraine's neighbours, where local farmers have come under financial pressure from increased Ukrainian imports, the commission felt confident a solution could be found that addresses the concerns of its members and keeps Ukraine's surplus grain moving into the international market.

Call your local Grain Brokers Australia representative on **1300 946 544** to discuss your grain marketing needs.

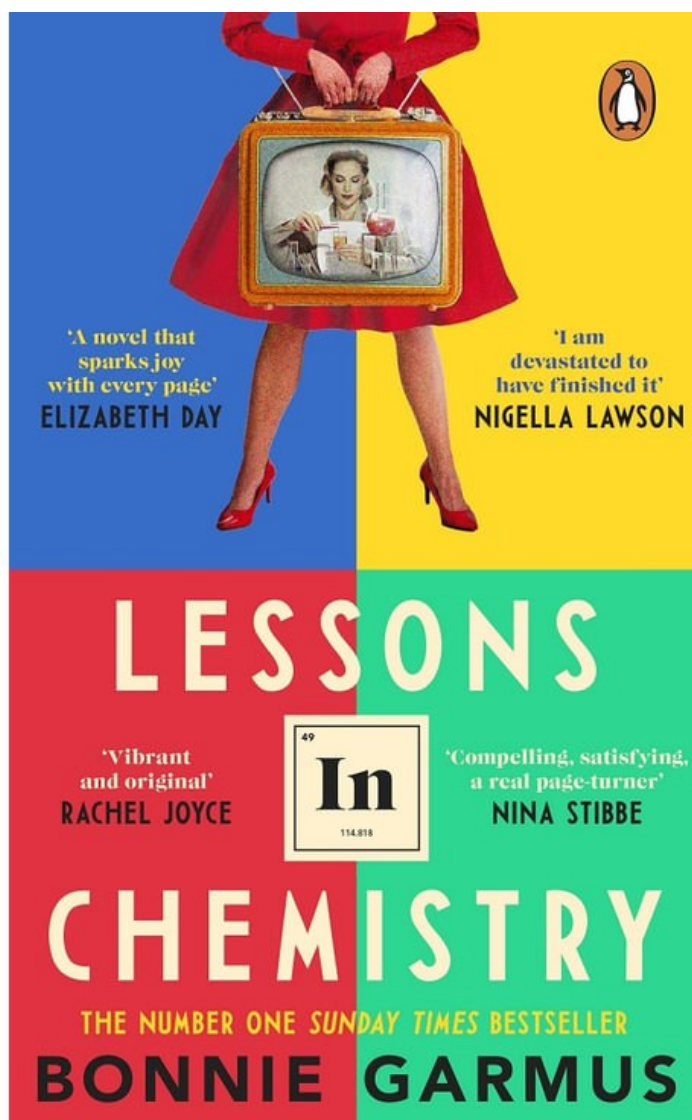


This week we are reading...

Lessons in Chemistry

By

Bonnie Garmus



Your ability to change everything - including yourself - starts here

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing.

But it's the early 1960s and her all-male team at Hastings Research Institute take a very unscientific view of equality. Forced to resign, she reluctantly signs on as the host of a cooking show, *Supper at Six*. But her revolutionary approach to cooking, fuelled by scientific and rational commentary, grabs the attention of a nation.

Soon, a legion of overlooked housewives find themselves daring to change the status quo.
One molecule at a time.

FYFE TRANSPORT

NEWDEGATE

FOR YOUR TRANSPORT REQUIREMENTS

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

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	DAVID	9865 1129

Make the Best In-Season Nutrient Decisions



Using nutrient Fuel Gauges and inSITE Plant Analysis, your local Area Manager can help you make the best in-season nutrient decisions.

Speak with Brett today!



Brett Coxon, Area Manager - Lake Grace

Mobile: 0427 766 506

Email: bcoxon@summitfertz.com.au



7-DAY EXERCISE CHALLENGE 2 • GET MOVING!

WARM UP

Perform an aerobic exercise for 60 seconds (star or jumping jacks, running in place, or marching on the spot)

MAIN SET

Complete 3 rounds/sets of the exercises shown below:

- perform **15** reps of each
- perform **9** reps of each
- perform **6** reps of each (modified versions are in parentheses)

STRETCH

Stretch legs / arms for 2-3 minutes (see Facebook group for stretch descriptions)



STANDARD SET

15 REPS>

9 REPS>

6 REPS>

EASIER SET

12 REPS

8 REPS

4 REPS

HARDER SET

21 REPS

15 REPS

9 REPS

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Stubby 0429651092 or Reid 0429651069

Office 98651092 all hours Fax 98651328

LIC NO :EC004197

RTA NO :AU29828

Home Care now available in Newdegate



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

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



care with purpose

Passionfruit Cheesecake Bars

Ingredients

- 75g unsalted butter, chopped
- 1/2 cup (125g) brown sugar
- 2 tbs runny honey
- 2 1/2 cups (85g) puffed rice cereal
- 1/3 cup (30g) desiccated coconut



CHEESECAKE FILLING

- 4 sheets titanium-strength gelatine
- 400ml coconut cream
- 500g cream cheese, chopped, at room temperature
- 2 cups (500ml) thickened cream
- 1 cup (120g) icing sugar, sifted
- 1 tsp vanilla bean paste

- 3/4 cup passionfruit pulp (from approx. 6-8 passionfruit)
- Juice of 1/2 lemon
- 1/4 cup (55g) caster sugar

Method

Lightly grease a 20cm x 30cm slice pan and line with baking paper.

Place butter, sugar, honey and 1/2 tsp salt flakes in a medium saucepan over medium heat. Bring to a simmer, stirring occasionally, and cook for 2 minutes until sugar has dissolved and the mixture has thickened. Remove from heat and stir in puffed rice and coconut, mixing well to combine. Press into base of the prepared pan. Chill for 20 minutes until firm.

For the cheesecake filling, soak gelatine in a bowl of cold water for 5 minutes to soften. Place 1/2 cup (125ml) coconut cream in a small saucepan over medium heat and bring to just below the boil. Squeeze excess water from gelatine and whisk into the warmed coconut cream. Set aside to cool slightly.

Place cream cheese, remaining 275ml coconut cream, thickened cream, icing sugar and vanilla in a food processor and whiz until smooth. Add coconut cream mixture and whiz until well combined. Pour over puffed rice base. Smooth the surface. Chill for 4 hours or until set.

Meanwhile, for the passionfruit topping, place passionfruit pulp, lemon juice and sugar in a small saucepan over high heat. Bring to the boil and simmer for 4-5 minutes until reduced slightly. Set aside to cool, then spoon over cheesecake.

Cut into bars to serve.

PASSIONFRUIT TOPPING

NOTICE BOARD

Funeral Notice

The Funeral Service
for the late

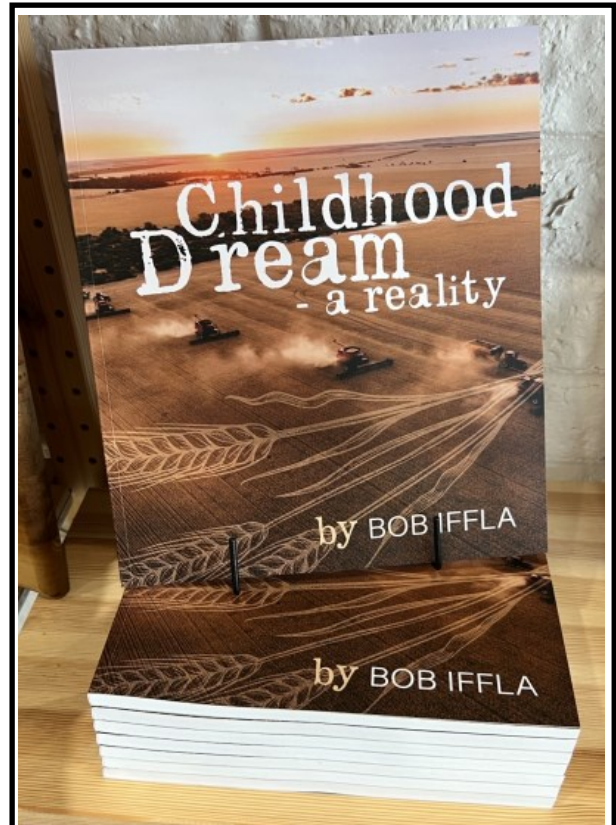
Mr Steven Tilbrook

will be celebrated in the
Lake King Pioneer Memorial Hall
In Lake King

on Friday morning 11th August 2023
commencing at 11.00 AM

Following the Service,
The Cortege will proceed to the
Lake King Cemetery for Burial.

Live Streaming available on request.



CHILDHOOD DREAM—a reality
By Bob Iffla
Now Available at the Gate Collective

Visiting on Thursdays



*Quality Seafood delivered
to your door*

WEST COAST SEAFOOD VAN AT NUTRIEN

Next Visit: 10th August 2023

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 2nd	18°C	10°C	4-15mm	100%
Thu 3rd	11°C	0°C	0-1mm	40%
Fri 4th	13°C	-1°C	0	5%
Sat 5th	15°C	0°C	0mm	5%
Sun 6th	19°C	2°C	0mm	5%
Mon 7th	20°C	5°C	0-1mm	5%

*Australian Government Bureau of Meteorology.
As of Tuesday 1st August 2023*

**WE NOW HAVE
WIFI PRINTING
AT THE CRC**




**DOWNLOAD THE MOPRIA
APP OR CONNECT TO
OUR TO PRINT STRAIGHT
FROM YOUR DEVICE TO
OUR PRINTER**



Newdegate Container Exchange

Open Tuesday's From 10am till
3:30pm

Machinery Field Days Site, Waddell
Street, Newdegate 6355



TIP OPENING TIMES

Wednesday 9am—1pm
Saturday 9am—1pm



Recycling

Fortnightly Service
Next Date:
Tuesday
8th August 23



NOTICE OF MEETING

**Lake Biddy Community
Christmas Tree**

**TUESDAY 8TH AUGUST 2023
1PM @ NEWDEGATE CRC**

APOLOGIES TO LIZ OR ROCKY

**GATEPOST
SUBS
DUE NOW**

NOTICE BOARD



≈
 Sunday Worship 10am
 Live music, café style coffee

All about Jesus

Malcolm and Cathie Kelly
 9871 9032 or 0488 719 032

Nick and Lucy Kelly
 0427 417 506
 ≈



TRUCK DRIVER COURSES



COURSES AT NEWDEGATE:

HR upgrade 8hrs Training incl Assessment - 21-22 Sept **\$1795**

MC upgrade 9hrs Training incl Assessment -22- 25 Sept **\$2995**

CONTACT LUCY @ NCRC TO BOOK IN

newdegatecrc@westnet.com.au

0898 711 791



Newdegate Centenary Merchandise.



Is available to be purchased from the Gate Collective

Auschem

NEWDEGATE CRC
 2 DAY AUSCHEM ACCREDITATION
 16TH - 17TH AUGUST 2023
 COST: \$110



Succession Planning Workshop at Newdegate CRC

24 August 2023

Join us for a free & informative workshop on how to reduce the impact of family conflict or a relationship breakup in the succession planning process. Presented by **Jimmy Smit** from RSM Australia and **Bronwen O'Sullivan** and **Jane Vickery** from Lane Buck & Higgins.




NOTICE BOARD



Peter Rundle MLA Member for Roe

Esperance Office
107 Dempster St
(08) 9071 6555

 peter.rundle@mp.wa.gov.au

 www.peterrundle.com.au

 facebook.com/PeterRundleRoe

Narrogin Office
83 Federal Street
(08) 9881 1225



DID YOU KNOW?

The Newdegate Machinery Field Days have a cool room, paint sprayer and tree planter available to hire.

Cool Room
\$50 base charge + \$10 per day

Paint Sprayer
\$100 per day

Tree Planter
\$100 per day

Contact Len Armstrong for more information or to make a booking.

ASHTON CONTRACTING



NEWDEGATE BASED CONTRACTOR

25 YEARS SHEARING EXPERIENCE

MEMBER WA SHEARING INDUSTRY ASSOCIATION (INC)

FOR A RELIABLE & PROFESSIONAL SHEARING JOB

CALL OR EMAIL DARYN
0428 393 084
noddyashton77@gmail.com

Newdegate Nippers Playgroup



Tuesdays
9.30am @ NPS
Kindy Building

PLEASE BRING A PIECE OF FRUIT TO SHARE & JOIN THE NIPPERS PLAYGROUP PAGE FOR UPCOMING CRAFT DAYS AND EVENTS.

CONTACT ROBYN FOR MORE INFO!

NOTICE BOARD

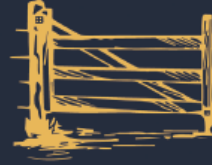
Ravensthorpe Agricultural Initiative Network (R.A.I.N.) have a small number of seedlings available for this year.

We are seeking expressions of interest from landholders who wish to undertake revegetation works on their property. They are ideal for infill of existing revegetation projects.

Please contact rain office on 9838 1018 or rainoffice@westnet.com.au for more information.



SEEDLINGS AVAILABLE!



TIM LLOYD & CO.
BROADLANDS EST. 1923

FARMING ENTERPRISE SEEKS EXPERIENCED FARM WORKER

PERMANENT FULL TIME EMPLOYMENT

The successful applicant will have experience in all aspects of broadacre farming – cropping and sheep.

MC or HC Truck licence desirable.

Trade desirable.

Remuneration package negotiable

based on qualifications and experience.

Resume and employment references essential.

Property located between Lake Grace and Newdegate, WA.

FOR FURTHER INFORMATION

MATT LLOYD 0427 712 050 | QUINTEN O'NEILL 0427 651 031

STEPHANIE.L.CLARKE@BIGPOND.COM



Pingaring Centenary

HELP US SPREAD THE WORD!

Pingaring is celebrating its 100th birthday on the weekend of the 8th September 2023.

Come and help us celebrate! With various activities and events to take you back in time.

Experience the history and stories Pingaring has to tell!

First proceedings begin Friday night at the town gazebo, with main celebrations kicking off on the Saturday. Programme to follow

Food truck are available on both days.
Come on down and support our little town.

For more information and updates follow are Facebook page:
Pingaring Community

Hope to see you there !



Puzzle Page

ACROSS

- 1) Lawn invaders
- 6) More, to a senior
- 9) Old Indian honorific
- 14) Dullsville's atmosphere
- 15) Weary traveler's stopover
- 16) China piece
- 17) Pelted on Oct. 31
- 18) Calypso offshoot
- 19) Reason to nitpick?
- 20) Subtle bits of intimidation
- 23) Societal woes
- 24) Flight parts
- 25) "Ten Most Wanted" org.
- 28) "Acid" used in some trips
- 29) Conway or Allen
- 30) Dry as the desert
- 32) Baltimore griddler
- 34) Back muscles, for short
- 35) Had a ready-made excuse
- 41) "Bone" anagram
- 42) Emulates an angry bull
- 43) At volume 10, often
- 47) "I do," in weddings
- 48) Numbers person
- 51) "Just a ___" ("Hold on!")
- 52) Took a peek
- 54) Beaming look
- 55) Thing in some dreams
- 58) Overly pounded?
- 60) It stops if you raise your hand
- 61) Goes on a verbal tirade
- 62) Tree knots
- 63) Street sign abbr., sometimes
- 64) Specialized vocabulary
- 65) Atlas feature
- 66) "As to"
- 67) "God ___ you" (sneeze response)

DOWN

- 1) Cotton pest
- 2) Marx's manifesto co-author
- 3) Decorate with gold leaf
- 4) One-on-one fights
- 5) One of two in a game
- 6) Clocked incorrectly
- 7) Looped crosses
- 8) Well-beaten instruments
- 9) Enter a pool
- 10) What little things mean?
- 11) Munich soccer mom
- 12) "___ a Small World"
- 13) Hive builder
- 21) Control a car
- 22) Pitching stat
- 26) Sheet of matted cotton
- 27) Research facility (Abbr.)
- 29) Road coverage
- 31) Priests' robes
- 32) Tear apart
- 33) Christmas quaff
- 35) Animation sheets
- 36) Double reed instrument
- 37) Discount providers
- 38) Nervous time for turkeys
- 39) Gradually deteriorate
- 40) Do a seamy thing?
- 44) Like one's firstborn
- 45) Grassy layer
- 46) Work boot reinforcement
- 48) Shrink in fear
- 49) Painted ponies
- 50) Feelings of anxiety
- 53) Deceitful person
- 54) Twisted knot
- 56) Ireland, the Emerald ___
- 57) Typical Kuwaiti
- 58) ___-Wan Kenobi
- 59) Bakery item

OUT OF SIGHT

By Timothy E. Parker

1	2	3	4	5		6	7	8		9	10	11	12	13		
14						15				16						
17						18				19						
20						21				22						
23						24						25	26	27		
28						29				30						
						32				33						
35	36	37								38	39	40				
41										42						
43						44	45	46		47				48	49	50
51						52				53				54		
						55	56							57		
58	59									60				61		
62										63				64		
65										66				67		

Easy

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

Hard

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

Contacts

Justices of the Peace	
Mr Colin Connolly	9865 1010
Mr Geoff Sabourne	9865 1171
Mrs Amanda Milton	0429 654 011
Mr Colin Dunkeld	98711 556
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	cramstrong@lakegrace.wa.gov.au
Ross Chappell (<i>Deputy</i>)	0428 654 058	crchappell@lakegrace.wa.gov.au
Debrah Clarke	0428 654 041	crclarke@lakegrace.wa.gov.au
Benjamin Hyde	0428 752 042	crhyde@lakegrace.wa.gov.au
Roz Lloyd	0428 711 534	crloyd@lakegrace.wa.gov.au
Anton Kuchling	0427 206 030	crkuchling@lakegrace.wa.gov.au
Jeff McKenzie	0458 693 014	crmckenzie@lakegrace.wa.gov.au
Steve Hunt	0427 651 585	crhunt@lakegrace.wa.gov.au



Local Services	
Lake Grace Medical Centre	9865 1208
Newdegate Medical Centre	9871 1528
Currently unavailable	
Dentist (Dr Bryan Flemming)	97955 511
Child Health Nurse (Di Poultney)	9890 2246

Newdegate Phone Books available at the CRC for \$7

Community Calendar

August 2023

Fri 4th-Sun 6th	Ladies Carnival Hyden
Sat 5th	Winter Sports Round 14: Newdegate Bye
Sun 6th	Newdegate Golf Stableford E&C
Tues 8th	Lake Bidy Christmas Tree Meeting Newdegate CRC
Sat 12th	Winter Sports Round 15: Newdegate v Boxwood Hill
Sun 13th	Stoke 5th Qualify Round
Mon 14th	Aboriginal Cultural Heritage Act Lake Grace Workshop
Wed 16th	Auschem Course Newdegate CRC
Thurs 17th	Auschem Course Newdegate CRC
Thurs 17th	Ladies Foursome Newdegate
Fri 18th	School Photos
Sat 19th—Sun 20th	Lakes Carnival Pingaring
Sat 19th	Winter Sports Second Semi Final: Gnowangerup
Sun 20th	Winter Sports First Semi Final: Boxwood Hill
Wed 23rd	Shire Lake Grace council meeting 3.30pm
Sat 26th	Winter Sports Preliminary Final: Jerramungup
Sun 27th	Championship Golf Round 1

September 2023

Sat 2nd	Winter Sports Grand Final: Newdegate
Wed 6th	Newdegate Machinery Field Days
Thurs 7th	Newdegate Machinery Field Days
Sat 9th	Winter Sports Wind Up
Mon 18th	First Aid Course Newdegate CRC
Tues 19th	First Aid Course Newdegate CRC

Newdegate Defibrillator Locations

- | | |
|--|---|
| ⇒ Newdegate Ambulance Shed
<i>May Street</i> | ⇒ 201 Newdegate North Road |
| ⇒ Newdegate Grocer & Café
<i>5 Maley Street</i> | ⇒ Newdegate Country Club
<i>Newdegate/Pingrup Road</i> |
| ⇒ Newdegate Hotel
<i>1 Maley Street</i> | ⇒ Newdegate Swimming Pool
<i>Mitchell Street</i> |
| ⇒ Newdegate Rec Centre
<i>Waddell Street</i> | ⇒ Newdegate Tennis Club
<i>Waddell Street</i> |
| ⇒ Newdegate Motel & Caravan Park | ⇒ Newdegate Post Office
<i>7 Maley Street</i> |

