

LAKES LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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Vol 16 Issue 10

Hockey Milestone for Di Desmond



Di gives the Kulin opposition a run for their money

Well done to Di Desmond who received a certificate and medal for 250 games of senior hockey on Saturday 29th May. This would only be a portion of the games that Di has played in her hockey career since picking up the stick at five years of age.

Prior to being a part of Roe Districts, for whom she has recorded the 250 milestone; Di has played in a number of different associations (as the club has moved), this also included a stint playing for Pingrup when there wasn't a team in Lake Grace. Unfortunately the Club has no record of the number of games that Di would have played over these years. Proving that there's still plenty of sting in her

game Di scored the winning goal, taking Lake Grace to a 1 nil victory over Kulin.

Di first started playing under the tutelage of her nanna, Mrs Ruby Mason who was a inaugural player and member of the Lake Grace Hockey Club. Like her grandmother, Di is a Life Member of the club.

Over the years the rules have changed, the sticks look quite different and the surface is grassed however the game remains as hard and fast as always. Di loves her hockey but said it would be nice if the halves were a little shorter.

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CRC Opening Hours

Monday - Wednesday & Friday

8:30am - 5pm

Thursday (closed for lunch)

9am—12:30pm then 1:30 pm - 5:00 pm

Library Opening Hours

Monday, Tuesday, Thursday and Friday

9am - 12:45pm then 1:15pm - 5:00pm

CLOSED on Wednesday

Deadlines & Editions



All articles, news & advertisements should be submitted to the Lake Grace Community Resource Centre by close of business on Monday of paper week.

Next Deadline

Monday 21st June

Next Edition

Thursday 24th June

LAKES LINK NEWS

2009 Advertising Rates

	Non Profit Org.	Business / Personal
Classified	FREE	\$1 per line
Public Notice	FREE	N/A
1/8 page	FREE	\$10.00
1/4 Page	\$10.00	\$15.00
1/2 Page	\$15.00	\$25.00
Full Page	\$25.00	\$45.00
Insert (d/s)	\$20.00	\$30.00
Thank You's	FREE	FREE
Editorial	FREE	FREE

Conditions do apply.



To the **very** dedicated team who have produced and compiled this edition of the Lakes Link News.

Elsie Bishop
Lorelle Houston
Gwen Oliver

Thank you also to our many contributors of articles.

DISCLAIMER

- 1) No liability shall be incurred by the Lakes Link News by reason of any amendments to, or error or inaccuracy in, or the partial or total omission of an advertisement or by reason of delay or default or from any other cause whatsoever. If in the opinion of Lakes Link News the error clearly reduces the value of the advertisement and the advertiser notifies it to Lakes Link News within seven days of the publication date, then one correct insertion will be made without charge.
- 2) While the Lakes Link News aims to publish all material submitted, Lakes Link News reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.
- 3) No articles, letters or advertisements will be accepted which may appear to be defamatory or accusatory, or to favour one side in a legal dispute.
- 4) Lakes Link News reserves the right to shorten or otherwise amend any contribution other than advertisements.

350 copies printed and sold each fortnight

EDITORIAL

- With the extra staffing hours the CRC has been extend their opening hours; every day apart from Thursday we will be open from 8:30am to 5pm including during lunch time. Thursday however the hours will remain from 9am to 5pm, being closed for lunch from 12:30pm to 1:30pm as I'm here on my own. Occasionally there will be days when staff are away for training or workshops and the hours will revert back. I will endeavour to let everyone know in advance when this will happen.
- Recently the Lake Grace CRC were the recipient of software via Donortec. Donortec is an organisation set up by Microsoft to provide up to date software to non profit and charitable groups for a heavily reduced price. The price paid covers postage and handling. With the purchase of new computers the Centre had the dilemma that the newer computers were running on Windows 7, while the older computers were running on XP (an oldie but a goodie). To bring the 7 XP computers into line, Lake Grace applied for 7 Windows 7 licenses. This software, with a retail price of \$1,925.00 cost us \$77. A marked saving for our community. If your organisation runs a computer be aware that you too may be eligible; just google donortec.
- Our genealogy workshop was very well attended with everyone quite engrossed in what they were doing, Helen had to call time out for lunch four times before anyone took any noticed, that's always a good sign that people are enjoying themselves.
- We now have a date for our Aussie Host workshop, it will be being held on Tuesday 13th July. This workshop is free for our volunteers but there will be a charge for anyone else. If you are interested in yourself or any of your staff attending this all day accredited workshop then please call and register your interest.
- Unfortunately I still don't have dates for the strapping or liquor licensing course but I will be in touch the moment I have notice.

Suzanne Reeves



To the Collators of the Last Edition

Eileen Mather	Maurie Gilson
Trish Medlen	Val Whiting
Craig Reeves	Phyl Dunham
Nola Frost	

An Invitation of Welcome is extended
For everyone to come and hear the Gospel lived
and taught by Jesus Christ.

A series of meeting commenced
Friday, 14th May 2010

Lake Grace CWA Hall
Cnr Bennett & McMahon Streets

Each Friday 7:30pm - 8:30pm
Each Sunday 4:00pm - 5:00pm
(Hall unavailable on 20th June 2010)

J. Doecke

C. Telford

Do you have a Safety and Health Action Plan in place on your property?

THE FREE ON FARM ADVISORY SERVICE

A fully accredited advisor will conduct a non threatening risk assessment of your property and prepare a safety and health action plan.

Presentations are made to small groups on farms and over a period of 4 hours plus can be conducted on a weekend if more suitable.

Throughout the advisory visit there is an opportunity to raise concerns and issues regarding all aspects of occupational health and safety on rural properties. The host is provided with a written set of recommendations for the property and attendees from nearby properties will be provided with the knowledge to complete a safety check themselves on their own property.

Areas which have historically been of concern include workshop, silos, chemical sheds, machinery and 4 wheel motorbikes.

Workshop overview:

- * **Outline and reasons for the workshop**
- * **Definition of hazards and risks**
- * **Types of control measures which can be implemented.**

If anyone is interested in these valuable workshops or has any questions, please contact Farmsafe WA Alliance on 9359 4118 or email: admin@farmsafewa.org

Doctor Shortage Hits Lake Grace

Lake Grace has joined many other rural towns faced with the dilemma of a doctor shortage. Dr Malcolm Parmenter, CEO of Gemini Medical, announced on June 2nd that after 12 years of service they will no longer be able to provide medical and dispensary services in Lake Grace and Newdegate.

Gemini Medical will fulfil their contract until November 24th, but in that time Lake Grace Shire CEO Sean Fletcher is faced with the unenviable task of finding a Doctor for our district. Locums will continue to provide a service, however there will be intermittent weeks when there will be no doctor in town. The Shire urges the community to be patient and that a solution will be arrived at.

Dr Linda Haines who visits Lake Grace for 1.5 days a month will continue to provide this service. Mr Fletcher has been in communication with Rural Health West, with this organisation making arrangements that could include the RFDS increasing its visits. Rural Health West's website is an indication of the struggle that rural WA faces with 70 vacancies available for doctors.

There are a range of options available: another provider, joining in with a number of Shires and hiring a couple of doctors; Local Government setting up a group scheme or a Wheatbelt hub and spoke model i.e. Wheatbelt GP Network Model. Whatever model Lake Grace runs with they will have the added cost burden of replacing the equipment within the surgery that currently belongs to Gemini Medical and paying for the medical records.

Sean will be working with key stakeholders including the Great Southern GP Network to find a solution for the Shire of Lake Grace. Our solution could then become a solution for local government across Western Australia. In the past we've focussed on our own community. Sean would like all local governments to campaign as a group; providing a louder and more determined voice to both the State and Commonwealth Governments. Health provision within rural WA needs to change and the loss of our doctor could provide an impetus for this to happen.

As Gemini Medical has found, the source of foreign doctors has dried up as the Federal Government has brought in more stringent controls. Once upon a time a doctor with foreign qualifications could work under the auspices of a medical group with the intention of sitting the exams that would fully qualify him/her to work in Australia. This is no longer the case. A doctor cannot work in Australia until they already have the necessary credentials. However, on top of this, they are then required to work for a required

period of time under supervision in a regional hospital.

Doctor shortages have been a problem within rural Australia for many years; it is 12 years before an Australian trained doctor can practise on their own, and only 1% of UWA graduates gravitate toward the GP field. Medical provision is a political minefield with Hospitals governed by the State and Doctors governed by Federal regulations. Local government (particularly rural local government) is left to ensure their residents are provided with adequate medical care. The Wheatbelt Health MOU will be holding discussions this week, with the aim of coming up with a common strategy that helps everyone.

Every local government is different in how they address their medical service provision. Some shires have an independent GP; others have a medical provider (like Gemini) while others are the medical provider, employing the doctor and support staff. Commonalities between the Shires are that they provide housing, a surgery and vehicles; many also provide the equipment. The doctor is a pivotal part of our community, something that the Shire and councillors are fully aware of and therefore will be endeavouring to replace.

Did you know Weight Watchers is still available in Lake Grace???

We will continue to be open, however we need your weekly support.

New members always welcome and old members we'd love to see you back.

Where: Lake Grace CRC (Telecentre)
(School Place)

When: Tuesdays 6.30 – 7.30pm

The Weight Watchers programme is unique; it is about sharing your weight loss with people who understand what you are going through. At your meeting, you'll find a group of people - your Leader, the meeting team and other members - who've already learnt or are learning how to lose weight, and who are now discovering what works to maintain those losses long term.

There will be people just starting their weight-loss journey as well. You'll hear stories of success, tales of challenges, solutions, encouragement and applause.

If you want to know more about this, please contact Shelley Stanton on 9865 1865.



ABOUT TOWN

- Belated congratulations to Chanae Naisbitt and Jono Ashwin on the arrival of their baby boy, Joshua William Ralph. Joshua weighed 7lb 10oz and arrived on Wednesday 28th April, a little brother for Tahlia Paige.

HAPPY BIRTHDAY



10th June	Ollie Farrelly	18th June	Lucy Trevenen
11th June	Michaela Hendry		Emma Taylor
	Vicky Nolan	19th June	Marie Nolan
	Lynnette Zweck	20th June	Kristy Chappell
12th June	Margaret Fisher		Lauren Clarke
	Seth Argent (1)		Phillip Franks
13th June	Gaillene Kennedy		Horace Smith (90)
	Skye Gambuti	21st June	Linkin Eaton
	Michelle Dunham		Simon Trevenen
14th June	Adrian Chesson		Steve Hunt
	Shannan Gray	22nd June	Chanae Naisbitt (21)
	Geoff Sabourne	23rd June	Neil Bishop
	Wendy O'Neill		Lee-Anne Trevenen
15th June	Jacinta Holmes		Geraldine de Vree
16th June	Anna Naisbitt		Shaylah Medlen
17th June	Joel de Vree	24th June	Fiona Trevenen
	Mitchell Shalders		Allan Zweck
	Dot Kennedy		

Local Clubs Benefit from Sports Grants

Local Member Terry Waldron said that local sporting clubs and their communities would benefit from the Community Sport & Recreation Facilities Fund (CSRFF) Small Grants Funding announced last week.

"These smaller grants up to a maximum of \$75,000 awarded across the state will deliver the real needs of many clubs and deliver real local benefits," Mr Waldron said.

"These grants which have a simpler and quicker application process are open twice a year in February and again in July," he said.

Grants across our region included:

- Narrogin – upgrade of disability facilities at Narrogin Recreation Centre-\$6,150
- Narrogin – lighting upgrade at 4 tennis courts - \$18,333
- Wandering – Upgrade Wandering oval - \$49,340
- Wagin – synthetic grass tee boxes - \$2,590
- Nyabing – resurface netball court - \$5,764
- Gnowangerup – relocation of cricket pitch - \$4,723
- Kulin – synthetic grass tee boxes - \$8,000
- Brookton – resurfacing swimming pool bowl - \$25,166

Mr Waldron said that due to the high number of applications not all clubs were successful with their applications.

However the clubs may apply in the next round that opens in July 2010.

For more information contact your local Sport and Recreation Office on the DSR website at www.dsr.wa.gov.au

Seniors workshops for Internet and Mobile Phones

Alana from the Newdegate Telecentre received a grant to conduct Telstra Connected Seniors® mobile phone and internet training workshops. If you are interested in taking part in these workshop give her a call on 9871 1791.

- Monday 14th June** 10am - 12noon; Taking Photos & Video with Your Mobile Part 1
- Tuesday 15th June** 10am - 12noon; Taking Photo & Video with Your Mobile Part 2
- Wednesday 16th June** 10am - 12noon; Information Searching on Your Mobile
- Monday 21st June** 10am - 12noon; Entertainment on your Mobile
- Tuesday 22nd June** 10am - 12noon; Sharing Photos Online
- Wednesday 23rd June** 10am - 12noon; Shopping & Banking Online
- Friday 25th June** 10am - 12noon; Facebook

Lake Grace Weather

- Terry Gladish



June Extremes

Highest maximum temperature	24.3	7/6/1998
Lowest maximum temperature	7.8	26/6/1956
Highest minimum temperature	15.4	7/6/1985
Lowest minimum temperature	-1.4	22/6/1981

Date	Min	Max	Rain
26/5	6.4	19.0	
27/5	10.5	15.4	3.0
28/5	5.4	17.2	
29/5	5.8	18.5	
30/5	5.1	20.5	
31/5	5.7	19.2	
1/6	9.8	16.9	
2/6	6.4	19.5	
3/6	4.0	20.0	
4/6	9.7	18.3	
5/6	12.2	16.2	
6/6	10.8	20.1	0.2
7/6	6.3	20.2	
8/6	4.5	14.2	0.4
9/6	8.0		



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For further information visit www.gsfuels.com.au

The Great Debate

The chatter of student's anticipation and nerves were heard at the Lake Grace Community Resource Centre while they waited for the Wagin debating team to arrive. Debating is an annual event at Lake Grace District High School. Wagin and Corrigin participated on Tuesday 25th May; it is an opportunity for students to learn public speaking, team work and researching skills. Debating has strict rules of conduct and quite sophisticated arguing techniques and you will often be in a position where you will have to argue the opposite of what you believe in. The Team line is the basic statement of "why the topic is true" (for the affirmative) and "why the topic is false" (for the negative). It should be introduced by the first speaker of each team and used by the other two speakers to enforce the idea of teamwork.

Two teams from each school participated; the first topic for debate was 'That we should envy our grandparents' Wagin was up first presenting the negative perspective. Lake Grace followed stating how lucky our grandparents were as children having the freedom to play anywhere and know they were safe.

The next subject that produced a feisty debate was "Good looks get you further than a good mind". Corrigin entertained us with some humorous reasoning. Wagin responded with thought-provoking arguments. The adjudicator was very impressed with both teams.

The final debate centred around a complex topic "The primary aim of many marketing producers for teen products is to make a product that is useful". This really challenged the thinking processes of the students in their preparation, and both teams presented resourceful ideas. On hearing the proposals put forward by Corrigin and Lake Grace speakers the audience would have liked to join in on the debate too!

The delicious assortment for morning tea was supplied by the year nine and ten students.



Above: Planning for the next speaker Ross Young, Michael Hardy and Briana McWhirter



Back: Jamiee Withnell, Jamie Bell, Bart Trevenen, Jack Carruthers, Ms Moira Wilson, Ross Young, Michael Hardy, Briana McWhirter and Gracie Kirk.

Front: Kaden Chesson, Lucy Trevenen, Maddy Walker, Ellanore McKenny, Caitlyn Trawinski, Stephanie Marsh, Cayson Earnshaw, Savannah Fletcher.

The Lakes Speech, Drama and Arts Festival

On Wednesday, Elizabeth Spencer, Holly King, Azella Trevenen and Emma Taylor went to Dumblyung for the Lakes Speech, Drama and Arts Festival in two separate cars. One of the cars was driven by Mrs King and the other by Mrs Jones. It started at 9:45 and we left from Dumblyung at 2:30.

There were eight sections. These included year 4/5 humorous poetry, Year 4/5 individual mimes, year 6/7 non humorous poetry in which Elizabeth was very brave and got up first and said her poem "Gate Gossip," followed by Azella and her poem "The Woodchoppers." Next was the Year 4/7 group mimes, and then the Year 4/5 non humorous poetry. Holly and Emma were next, in the Year 6/7 humorous poetry. Emma's poem was called "Emma Hackett's News Book" and Holly's was "Where Do All the Teachers Go?" We left the Festival when the Choral Speaking began as we had to get back to school.

Although none of us won anything, we all did very well. It was tough competition!

There were many poems and mimes that were good and some that were great!

We all thought it was good experience for when we get

older and we all did exceptionally well.

By Holly and Elizabeth



Emma Taylor



Elizabeth Spencer



Holly King



Azella Trevenen



Holly King, Elizabeth Spencer, Emma Taylor and Azella Trevenen



FARM MANAGEMENT DEPOSITS

A Rural Bank Farm Management Deposit (FMD) is an effective risk management tool that allows primary producers to set aside and earn interest on pre-tax income from profitable years and use it when needed most. You can have a choice of a variable or fixed rate FMD account, or a combination of both, depending on your investment requirements.

Please contact Debbie Regan at Elders Lake Grace branch on (08) 9865 1001 for more information.

Celebrate the Library Every Week

Over twenty five library lovers attended an afternoon tea to celebrate Library and Information week on Thursday 27th May. Library staff Lois Dickins and Linda Carruthers invited community development officer, Ms Michelle Slarke, to talk about Lake Grace's centenary and the progress that is being made for the 2011 celebrations.

Library Coordinator, Lois Dickins, welcomed everyone to the afternoon tea before introducing Michelle. Following the update on the centenary from Michelle, everyone was invited to enjoy a cuppa and a bite to eat from the sumptuous selection of food.

On display were the 28 new titles that the Library had recently purchased with money allocated by the Shire of Lake Grace. The selection of new books is a welcome addition to the shelves for adult readers.

The community library is a combination of resources by the Shire and the education department and has a fantastic array of

books and DVD's for all ages. Aside from what is on the shelves, library staff can also order in titles.

If you missed the afternoon tea you are always welcome to come in, become a member if you aren't already and browse through the selection.



Stephanie Clarke and Jo Morgan



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 Wednesday afternoons

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 for appointments**

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HARVEST 2010 OPPORTUNITIES

DOWN TO EARTH, UP FOR THE CHALLENGE.

Applications for casual work during the CBH 2010 Harvest Season are now open.

We need a variety of people to work at our country Receival Points for the harvest period, commencing in October. CBH can provide limited accommodation at most sites. Sites will open for different lengths of time and seasonal jobs will vary in duration.

Positions available include:

- Receival Point Operators
- Grain Samplers
- Weighbridge Officers

If you're prepared to work hard, earn good money and meet new people – **APPLY NOW!**

To find out more information and complete your application please visit our website today.

www.cbh.com.au



Blessing of the Replacement Cross at Peter the Fisherman Church, Hopetoun

A balmy, calm and peaceful day and an inviting ocean (yes, there were people swimming!) saw it turned on for visitors and locals in Hopetoun Sunday 30th May to re-dedicate the Cross at Peter the Fisherman Church.

The Spirit of the day was ecumenical with Reverend Harold Lee and Father Gayan leading the Ceremony.

The original cross, with the constant weathering effects of the salt air for 25 years had rusted dangerously, requiring removal.

Hopefully, the replacement cross - though of the new design - will be a land and sea focal point for the people of Hopetoun and those who visit, for many years to come.

Many thanks to:

- Kevin Hosking, Bill Pike, Bill Goddard, Mick Cunningham, and Bill Auburn for building and erecting the cross.
- The many behind the scenes volunteers

- Those who generously contributed financially to make this project a reality.



CCL HARDWARE

LAKE GRACE
PHONE 9865 1104



Thrifty-Link stock take sale finishes on Sunday 13th June

Fresh supply of seedling and garden plants

DVD Sale—purchase 5 of your own choice DVD's for
\$25.00

Please ask for a quote if needing building supplies, fencing,
bulk cement etc. **Shop Local**

See Mark, Allan, Rita, Chrystal and Robyn

What is Playgroup?

The term Playgroup refers to a group of parents and their pre-school children who meet together regularly for their mutual benefit in a secure, happy & relaxed atmosphere.

WHAT CAN IT DO FOR YOU?

Parents:

- New local friends
- Less isolation or loneliness
- New self confidence
- A feeling of belonging
- Real time with their children
- New ideas for extra fun at home
- A greater understanding of children and what being a parent is all about

Children:

- Great new fun
- New friends
- New experience
- New self confidence and self expression
- More ways to find out about the world, about them
- How to get along with other people

LAKE GRACE PLAYGROUP
THURSDAY 9.30 – 11.30am
Contact: Tineke Conlon 9865 1054 or
Melissa Clifford 9865 2324

Lake Grace Playgroup is holding a **CAR BOOT SALE**

SUNDAY 13th JUNE

10am at the Footy Oval

LATE REGISTRATIONS WELCOME

Please register your “car boot” with Missy Clifford, cost is \$15 per registry and you keep the rest!

There will be a \$2 sausage sizzle and cool drinks for sale.

So sort out your goods/trash/odds & sods and earn some pocket money for yourselves.

Come long for a look and support the Lake Grace Playgroup. You might even find a bargain.

Contact Missy on 9865 2324 / 0407 190 177

Red Nose Day - Friday 25th June 2010

Red Nose Day, held annually on the last Friday in June, is the major fundraiser for SIDS and Kids. Funds raised through Red Nose Day activities assist in providing vital services and programs.

SIDS and Kids is dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and to support bereaved families. With nine offices throughout Australia and a National office in Melbourne, SIDS and Kids areas of focus include bereavement support, education, research, national awareness campaigning, advocacy and fundraising. SIDS and Kids offer nation-wide free bereavement services to families who have experienced the death of a baby or child during pregnancy, birth, infancy and childhood regardless of the cause.

Ongoing professional support for families is available 24 hours a day through counselling sessions, after hours counselling, home visits and a range of support groups and events. SIDS and Kids programs are offered free of charge to all family members and friends who need support. For as long as they need them, SIDS and Kids are there!

In 1988, the Red Nose Day concept was adopted by SIDS and Kids organisations around Australia. This annual event captured the imagination of the Australia public and has since contributed a large portion of the funds raised by SIDS and Kids. With a 94 percent recognition rate in Australia (Quantum research, 2008) the concept of donning a red nose for a day to be silly for a serious cause has expanded to involved celebrities, businesses, vehicles and buildings. When Red Nose Day first started, 479 Australian babies died from SIDS. With Red Nose Day income, SIDS and Kids organisations funded research and produced the SIDS and Kids Safe Sleeping health promotion campaign, leading to a drop to 71 SIDS deaths in 2007.

SIDS and Kids Safe Sleeping

Current health promotion program, SIDS and Kids Safe Sleeping, is evidence based and provides families, infant carers and health professionals with information about how to reduce the risk of SIDS and fatal sleeping accidents and create a safe sleeping environment for babies. More information on this is available at www.sidsandkids.org. The SIDS and Kids Safe Sleeping program recommends:

- Sleep baby on back from birth, not tummy or side.
- Sleep baby with face and head uncovered and free from bedding, pillows and toys.
- Avoid exposing baby to tobacco smoke before birth and after.
- Provide a safe sleeping environment with safe furniture and bedding - no quilts, doonas, duvets, pillows in cot etc.
- Sleep baby in their own safe sleeping environment next to the parents bed for the first six to twelve

months of life.

- Although it's a special moment cuddling your child, babies and children are still at risk when they're asleep on their tummy whilst resting on an adult's chest, especially if the adult falls asleep in an unsafe sleeping environment (e.g. couch, sofa).

Further information can be found by visiting www.sidsandkids.org

Where do Red Nose Day funds go?

Proceeds from Red Nose Day assist SIDS and Kids in providing vital services and programs in your local community including:

- Free ongoing bereavement support and crisis outreach to families and the community following the sudden and unexpected death of a baby, infant or child. 24 hours a day, 365 days a year!
- Education to thousands of parents, carers and health professionals on how to reduce the risk of SIDS and fatal sleeping accidents through our world class, evidence based SIDS and Kids safe sleeping program
- Research into the causes and prevention of sudden and unexpected death of babies during pregnancy, birth, infancy and childhood.

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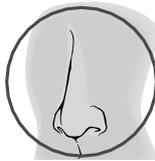


SCIENCE AND STUFF

Earliest Fossil bird held onto more than just its bones: It boasts more than just beautiful impressions of long-gone feathers. One of the world's most famous fossils-of the earliest known bird, *Archaeopteryx*-also contains remnants of the feathers soft tissue. "Its amazing that chemistry is preserved after 150 million years," says Roy Wogelius, a geochemist at the University of Manchester, UK. Wogelius and colleagues scanned the Thermopolis specimen using a powerful x-ray beam from a synchrotron at the Stanford Synchrotron Radiation Lightsource in California. The synchrotron excites atoms in target materials to emit x-rays at characteristic wavelengths. The scan reveals the distribution of elements throughout the fossil. The green glow of the bones shows that *Archaeopteryx*, like modern birds, concentrated zinc in its bones. The bird was found encased in red calcium limestone rock where it died (Proceedings of the National Academy of Sciences, DOI: 10.1073/pnas.1001569107). Copper and zinc are key nutrients for living birds, and their presence in the fossil bones shows the evolutionary link with dinosaurs. The study also revealed phosphorous along the main shafts of the feathers in the fossil: palaeontologists had long thought that only impressions remained. "There is soft-tissue chemistry preserved in places where people didn't expect it," says Wogelius.

Is nasal spray the answer to MRSA?

Harmless bacteria from people's noses could wipe out MRSA. The idea is to apply the friendly bugs in a nasal spray to mimic the immunity which allows most of us who aren't sick to fight off the superbug. Takayuki Iwase and colleagues at Jikei University in Tokyo, Japan say *Staphylococcus epidermidis* can wipe out colonies of methicillin-resistant *S. Epidermidis*, they also cleared out ordinary *S. aureus* in a bacterial "turf war" in the nose. The friendly bugs oust their rivals with the help of an enzyme called ESP (Nature, DOI: 10.1038/nature09074). It's possible either the enzyme, or live *S. epidermis*, could be used in hospitals.



Downer for Dads: Fathers get baby blues too, and more often than you might think. Between 10 and 30 percent of women get postpartum depression. Now a review of 43 studies carried out in 13 countries concludes that on average 10 percent of fathers get the blues in the year after a child is born (JAMA, vol303, p 1961).

Mantle has diamond superhighways: Earth's insides may move at a creep, but diamonds ride the fast track. Diamond-infused magma may zoom upwards from deep within the planet at a blistering 60 km's per hour. Rising magma in Earth's mantle is thought to ascend at just a few centimetres per year. It was known that kimberlite, which often contains diamonds, can rise more quickly near the surface, but its speed at great depths was unclear.



Now Masayuki Nishi and colleagues at Kyushu University in Fukuoka, Japan have used the mineral garnet as a speedometer. Garnet inclusions that form inside diamonds are stable at depths of between 400 and 700 kilometres, but partially

degrade at lower pressures and temperatures. Nishi's team synthesised garnet in heated, pressurised containers and measured how fast it degraded as the temperature and pressure were lowered, simulating ascent through Earth's mantle. The rate of decay suggested that for a garnet-infused diamond to reach the surface it must take between hours and days to travel from a depth of 400 km. "A rapid ascent mechanism may exist at greater depths than ever thought," says Nishi (Geophysical Research Letters, DOI:10.1029/2010GL042706).

Cleaning sewage with bug power:

You might think a constant supply of fresh air is essential for a sewage treatment plant, but some bacteria cannot stand the stuff. These bugs could be the key to cleaning waste water so efficiently that the process could generate power rather than consume it. In conventional sewage plants, bacteria convert solid waste into methane but produce liquid waste containing ammonium, which must be removed by other bacteria that require a constant supply of oxygen from electric pumps. The process can consume megawatts of power.



But now Gijs Kuenen at Delft University of Technology in the Netherlands and colleagues are developing a technique that cuts out the energy-consuming processes. The key is a recently discovered type of bacterium that converts ammonium directly into nitrogen gas (Science, DOI: 10.1126/science.1185941). The process also produces methane as a by-product, which Kuenen proposes to harvest and use as fuel. The team calculates that, far from consuming energy a treatment plant could generate significant amounts instead.

Ball lighting may be an illusion:

Seen a glowing orb floating in the midst of a thunderstorm? If it lasted for a few seconds or less, it might be all in your head. Fluctuating magnetic fields created by a nearby lightning bolt could trick the brain into "seeing" glowing objects, explaining at least some observations of mysterious "ball lightning".



The phenomenon is often described as an orb of light, smaller than a beach ball, that hovers for a few seconds or minutes. It is thought to occur when lightning strikes the ground, but its exact cause is not clear. Now it seems it may be an hallucination. Moving charges, such as lightning strikes, generate magnetic fields. Fluctuating fields trigger electric fields that can cause neurons to fire in the brain's visual cortex, conjuring luminous shapes. Pale ovals, bubbles, lines or patches are sometimes observed by patients undergoing transcranial magnetic stimulation in which a fluctuating magnetic field is induced. (Physics Letters A, in Press).

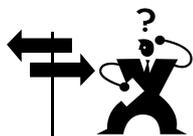
Blooming desert: Turning a desert into arable land sounds impossible, but that's what the Abu Dhabi Environmental Agency is suggesting. A survey found areas with underground water sources that could be used to convert over 200,000 hectares of land to agriculture, Reuters reported.

Maurice Gilson

LAKE GRACE HOSPITAL

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to Lake Grace and surrounding district

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New Floor Coverings for Hospital

The laying of new vinyl in the hospital is imminent, however the exact date is yet to be advised.

We do not anticipate any problems with providing all our usual outpatient and emergency services .

NB: Look out for signs which will be put up to direct you to an alternative entrance during the time that the main corridor is unable to be accessed.

We apologise for any inconvenience caused but know that the end result will prove very worthwhile for our hospital.

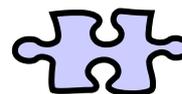
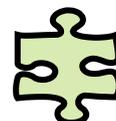


Triple P Program (Expressions of Interest)

Parents of 3 to 8 year olds are asked to register their interest in attending the **Positive Parenting Program (Triple P)**

This program looks at ways to help parents deal with lots of childhood issues:

- ◆ tantrums
- ◆ bedtimes
- ◆ mealtimes
- ◆ whingeing
- ◆ disobedience
- ◆ bullying
- ◆ sibling rivalry
- ◆ encouraging co-operation
- ◆ how to say no



Dates will be advised once there is sufficient interest in holding this program.

Phone Elizabeth Trevenen on 9890 2246.

Visiting Allied Health

Physiotherapist: Visiting Lake Grace every Thursday.

Occupational Therapist & Speech

Therapist: Visiting regularly (22 & 29 June)

Phone Narrogin Primary Health on 9881 0385 for appointments and further information about any of these visiting staff.



Well Womens Clinic

Tuesday 15th June 2010
At the Lake Grace Medical Centre
To make an appointment
please phone Jill Dykes on 9871 9024

HACC Happenings

4th Friday Activity Day:

Friday 25th June 2010

10.00 am—1.30 pm

Activities / games / trivia etc

Lakes Village Hall

Light lunch provided Cost: \$6.00

RSVP Tuesday 22nd June or a.s.a.p.

See HACC newsletter for more information.



Immunisation Clinics:

Lake Grace

Thursday 10th June

By appointment only

At LG Medical Centre

Call Elizabeth Trevenen on 9890 2246

Newdegate

Wednesday 23rd June

(earlier due to school holidays)

From 10 am

At Newdegate Surgery

Call Jill Dykes on 9871 9024





Shire of Lake Grace NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

From the CEO's Desk

Withdrawal of Gemini Medical Services

As most of you would be aware by now, Gemini Medical Services will cease to provide a doctor to the Lake Grace communities from 24 November 2010. The reason that Gemini is withdrawing its service to the Shire is that it has not been able to find a replacement for Dr Irekpolo. The source of overseas trained doctors has dried up and, in general, locally trained doctors will not come to the rural areas.

At this point in time I am developing a number of proposals for Council's consideration regarding the provision of a general medical service to the Shire. For the last two weeks I have met with, and spoken to, the main stakeholders regarding the development of a solution for not only the Shire's communities, but for all local government's throughout WA. In essence, the Shires can no longer keep carrying the can for services that should be provided by the Commonwealth and State governments.

Finding a solution regarding a replacement doctor will take every bit of the six months notice that Gemini has given. In the meantime should you need to discuss this matter concerning our medical services please contact me at the Shire Office.

Withdrawal of Year 11 and 12 from District High Schools

The Shire made a submission to the Parliamentary Inquiry into the Minister for Education's proposal to withdraw Year 11 and 12 from district high schools. This has not been a popular move by the State Government. Along the way I have also had the chance to speak to members of the Government explaining the impact that it would have on our local communities. In terms of Lake Grace itself, the National Party members of the Government are very aware of the positive impact that our Filipino families have had on the High School and the community in general. The focus of my submission has been that the district of Lake Grace is a key economic producer for the nation and the withdrawal of Year 11 and 12 courses will impact on those families that support this economic output.

Living Communities Program

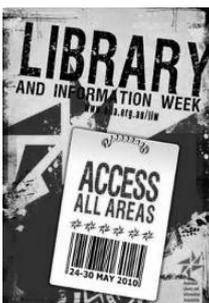
The Shire President, myself and Senior Staff met with representatives of Living Communities last Thursday. This organisation can develop a pilot program for the Shire's communities, businesses and other groups regarding their respective contribution to the local economy, social capacity and environmental impacts. Living communities is seeking four areas throughout the Wheatbelt where it can continue to roll out the Living Communities strategy under the Drought Pilot Program, scheduled to replace the Economic Circumstance system.

If our shire is selected, Living Communities will then seek out a group of locals from areas across the Shire to act on the outcomes of an economic, social and environmental analysis. This includes identifying where the dollars are leaking from each community and how exploring local business can gear up, expand or develop other businesses. This group will also look at opportunities to expand social and cultural projects, assist and develop the arts and culture program further and add value to our environmental impacts (e.g. flood, drought, pests).

Should you need to discuss any of the above please contact the Shire on 9890 2500.

Sean Fletcher

Library and Information Week across the Shire



Lake Grace, Newdegate and Lake King all celebrated Library and Information Week 2010 in style. Lake Grace enjoyed an afternoon tea, whilst Newdegate and Lake King held Book Club nights with wine and nibbles. Such events are a great way of recognizing the amazing collection of books (and other items) available from local libraries which are a great source of comfort, especially in the cold months ahead. For further details on Book Clubs in Newdegate and Lake King contact your local Library.

Right: Lake King Bookclub enjoy a read over a glass of wine.





Shire of Lake Grace NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

MAY COUNCIL MEETING AT NEWDEGATE

The May Council meeting was held at the Newdegate Library Resource Centre on the evening of 26 May 2010. All Councillors with the exception of Cr Farrelly were in attendance.

During the meeting the following items of business were dealt with:

- Public Question Time - a question from the public regarding an 'outside of the Shire grocery business' advertising its produce. The CEO advised permits are a requirement for such traders to operate and the matter is in hand.
- Main Roads WA - Wheatbelt South Regional Road Group Meeting Report - President and CEO recently attended a meeting in Wickiepin, items discussed included:
 - State Roads Fund to Local Government Agreement
 - Flood damage claims from various Shires
 - Grain freight review
 - Wheatbelt integrated service arrangements - i.e. approved contractors
 - Blackspot funding
 - Metro & Regional hierarchy tables - i.e. road classification criteria.
- The Planning Application for proposed motel additions at Lot 166 Critchley Avenue, Lake King was approved.
- The amended Local Government planning fees charges under the Planning and Development Act Regulations 2009 - i.e. for the recovery of costs associated with processing planning applications was approved.
- 2009/10 budget amendments to receive additional income and incur expenditure for the Newdegate Sports Pavilion Kitchen Facilities Upgrade and the Newdegate Research Station lease agreement was approved.
- Local Government Reform Update including the need to introduce Integrated Strategic Planning from 1/7/11.
- Lakes VROC Report - including discussion on varying synergies with neighbouring Shires.
- Adoption of the amended Shire of Lake Grace Record Keeping Plan.
- Approval for the construction of the Newdegate

Medical Centre on the basis of owner builder and project not exceeding \$760,000.

Minutes of the meeting can be accessed via the Shire's website, www.lakegrace.wa.gov.au or contacting the Shire Office.

The next meeting is scheduled to be held on Wednesday 23 June 2010 at Council Chambers, Lake Grace commencing at 1.00pm. The meeting will include a presentation by representatives from Department of Housing and the Great Southern Community Housing Association - members of the public are welcome and encouraged to attend.

Prior to the meeting Councillors will be attending a morning budget workshop followed by a Council development session on integrated strategic planning.

FOR RENT

169B Pickernell Way, Lake King—2 bedroom, 1 bathroom unit, air conditioned unit.

Queries for the above property contact Jo Morgan at the Shire of Lake Grace ☎ 9890 2500

Unit 2, 177 Hetherington Way, Lake King - 2 bedroom, 1 bathroom unit.

8 Pickernell Way, Lake King - 4 bedroom, 1 bathroom house.

Queries for the above properties please contact Anthony Bell, Manager of Housing, Katanning Homeswest ☎ 9891 1800.

STAFF PROFILE

Name: Robert Palmer

Job Title: Mechanic

Best part about job: The

variety of equipment to repair

Funniest person at the Shire: Danielle

Where were you 5 years ago?

Contracting to the Shire for the same job

Favourite Football team? Footscray

Favourite holiday destination? Broome

Best thing about living in the Shire of Lake Grace? Country life and the people.



Lake Grace Artist's Group



Hi everyone, another fortnight has gone and we have been busy with a number of things; first off cleaning up after the Apron and Teapot exhibition.

Then we had three days of the kids doing mosaics to go on the bollards up near the hospital. What a great turn out and some gorgeous work done.

And now we have been rearranging and cleaning out the space. Tania and Phyl have been putting wheels on any thing that looks like it could move, the stairs have been shifted and Annie has been rearranging and storing the drama club costumes just in case someone gets inspired and decides to resurrect the drama club and they are in need of costumes. Greg and Darren have been busy doing some structural changes to the space which is cleaning it up, its all coming along nicely.

Now I have bought some photo albums for the art group so that we can have a photographic record of all the exhibitions and workshops that we have had. So if you have any photos, film or digital (we will print the digital ones if necessary) that you are willing to give to us we would love them. We have a few but I would think that many of us have a few tucked away in boxes (I know I have). It would be wonderful to have a good record of our events. Copies of photos are also welcome.

Drawing don't forget drawing at 3.30 pm on Thursdays. Anyone is welcome to come along young, old, middle

aged, members and non-members just any one that wants to make time to draw. Just bring along your drawing stuff and join in.

Meeting we have decided to have our meeting at 4.30pm on the last Thursday of the month during winter as it gets too cold and dark any later.

We are looking at holding our major themed exhibition in October next year, at this stage the theme will be farming. This opens it up for a wonderful array of subject matter and materials, so hopefully we will see some fantastic ideas, images, interpretations and use of materials for this concept. It allows for some great 2D and 3D works so start drawing, documenting, collecting materials and getting those creative juices going.

We are also looking at having smaller window unmanned exhibitions during the year; if you have works you want to display or an idea and the motivation to do the works please let us know so we can start organising our calendar of events for 2011.

And last but not least have you started or been thinking for the wind festival event in September/October this year. It can be installed in your yard/front garden or in the streetscape. All it has to do is use the wind to make it move, or some of it move. Great chance for those budding sculpture's to have a go.

Kerrie Argent

Bank Fees Phone Scam

Scammers have latched onto the current consumer legal action against banks as a way to con Western Australians out of secure personal details over the phone.

The warning comes following a number of reports received recently by WA ScamNet at Consumer Protection.

The fraudsters call out-of-the-blue pretending to be from the Consumer Action Law Centre and offer to help you reclaim unfair account charges and fees through a group Court case.

The scammers falsely claim they have checked your bank account and calculated an overcharge of thousands of dollars. During the call they try to obtain sensitive personal information.

Commissioner for Consumer Protection Anne Driscoll said it isn't the first time a scam of this kind has been operating in WA.

"This is similar to a phone scam we warned consumers about toward the end of 2009, where the caller claimed to a Fair Trading official who could reimburse overcharged bank fees," she said.

"Even if an unsolicited caller tells you that they are from a trusted organisation double check their credentials by contacting the organisation via their publically listed telephone number. Don't rely on numbers supplied by the caller or given in an email.

"No legitimate organisation will randomly call members of the community to ask for banking details. If you get a call like this do not supply any information and hang up.

"Anyone who is tricked into giving out their bank details should immediately contact their financial institution to prevent their money being taken fraudulently."

For the latest on scams affecting consumers and businesses in WA or to subscribe to our WA ScamNet email alerts service log on to www.commerce.wa.gov.au/wascamnet

Scam alerts are also issued via Consumer Protection's Twitter account @ConsumerWA and the Consumer Protection WA Facebook page.

Victims of scams can call the Consumer Protection advice line on **1300 30 40 54** or report the matter to WA Police.

Mosaic Workshop for Budding Artists

Last week students from years 5 to 12 at Lake Grace District High School were invited to an after school workshop to have a go at mosaics. These mosaics are to go on the bollards up at the hospital to finish that project off.

This was a group of very enthusiastic students who were into it straight away; concentrating and working together very well. We had about 20 students attend which was an excellent number to work with.

They were to bring along a drawing or image of an Australian animal, insect, or creepy crawly and create a mosaic of this. When they had finished that one, they could make one to take home if they wanted, a big task to complete in three afternoons.

We have some very interesting designs and some great mosaics to go on the poles. There will be a follow up day next week so the students can grout their work and finish it off, this will be **Tuesday 15th June at 3.30 at the art space.**

First off I would like to say a big thank you to all the students who made time to come design and make some great mosaics last week. Thanks guys and gals for being such a great bunch to work with. And a huge thank you to Phyl and Margaret for coming along and helping the students; especially to help find colours in the millions of small pieces of tiles they had to search through to find just the right bits. Thanks also to the Mums that came along to help as well. See you all next week!

Kerrie Argent



Ellanore McKenny, Abby Trawinski and Savannah Fletcher



Tania and Elizabeth Spencer



Meagan Zweck



Adam Hunt and Luke Trawinski

A Welcome Knockdown for Community Crop

It's been a great start to the 2010 cropping season so far at the Lake Grace Community Crop. While the 84ml of rain falling on the Newdegate Research station on Friday 14th of May caused some damage to fences and dams around the farm it created ideal conditions for weeds to germinate. This has given the Lake Grace Community Cropping Group a great start to the season with the opportunity to get a good knockdown on the weeds before the planned start of seeding on Thursday 10th June and Friday 11th June. This years crop will have a head start as it will not have to compete with the same weed burden that the emerging crop has faced in previous years.



Nikki Anderton, Elders Agronomist and Steve Pelham, Spray Contractor with one of the three enviro drums of Roundup DST kindly donated to the Lake Grace Community Crop by Brad Johnson from Nufarm.

To help reduce costs involved in the knockdown for the Community Crop our local Nufarm representative Brad Johnson kindly donated three 110lt drums of Roundup DST to the Lake Grace Community Cropping Group. Roundup DST has dual salt technology (DST) which makes it a superior product to normal Roundup CT or Glyphosate 450. This new formulation 470g/L Roundup DST has a unique combination of potassium and mono ammonium salts in combination with a built in surfactant package which partners well with adjuvants like LI700. This means that Roundup DST has:

- faster brown out capacity for faster results and peace of mind
- improved performance on harder to kill weeds in difficult conditions
- enhanced compatibility for greater tank mixing flexibility
- improved ease of handling with lower foaming and easier pumping



Steve Pelham, Spray Contractor for Tom O'Neill spraying out a knockdown on a Lake Grace Community Crop paddock .

Roundup DST 110lt drums kindly donated to the Lake Grace Community Crop by Brad Johnson from Nufarm.



After speaking to Steve Pelham early on the morning that he first used the Roundup DST he said that the Roundup DST was noticeably easier to pump into the tank in the cold conditions, where Glyphosate 450 typically can get rather thick and difficult to pump. If you would like any further information on Roundup DST please don't hesitate to contact Nikki Anderton at Elders Lake Grace.

The Lake Grace Community Cropping Committee would like to thank Tom O'Neill and his team for making time in their busy schedules to spray out the knockdown on the Community Crop.

Print out your photos



At the Lake Grace Community Resource Centre.

6" x 4" - 30c*
standard size

6" x 8" - \$2.20*

*Plus \$3 for use of the photo booth.

Genealogy Workshop - Finding the Way Back

Nine attended the genealogy workshop hosted by the Lake Grace Community Resource Centre on Monday 31st May.

Helen Hiscock from Narrogin's Church of Jesus Christ of Latter Day Saints facilitated the workshop. Helen has been researching family trees for 25 years and is a font of knowledge on the where and how of going about it.

The church has an enormous database of information that has been scanned and uploaded by volunteers. Helen says the internet has made information so much more available and easier to access. Australia is such a young country so invariably we all have to go back somewhere, therefore the internet is invaluable in accessing the national archives in the UK and other countries.

Who Am I?

I started out calmly, tracing my tree
To see if I could find the makings of me
And all that I had was Great Grandfather's name
Not knowing his wife or from whence he came

I chased him across a long line of states
And came up with pages and pages of dates
When all put together, it made me forlorn
Poor old Great Grandpa had never been born.

One day I was sure the truth I had found
Determined to turn this whole thing upside down
I looked up the record of one Uncle John
But then found the old man to be younger than his son.

Then when my hopes were fast growing dim
I came across records that must have been him
The facts I collected made me quite sad
Dear old Great-Grandfather was never a Dad.

It seems that someone is pulling my leg
I'm not at all sure I wasn't hatched from an egg
After hundreds of dollars I've spent on my tree
I can't help but wonder if I'm really me.

(Author Unknown)

Photo Below: Workshop attendees hard at work



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Good News on Headwork Charges

Local Member for Wagin, Terry Waldron is delighted at the scrapping of the previous Labor Governments unfair Electricity Distribution Headworks Charge.

Mr Waldron said he and his Nationals Colleagues had been fighting for three years to have this charge ended. "The Energy Minister, Peter Collier has now announced the headworks charge will be totally subsidised for eligible customers requiring a new or expanded electricity supply from July 1." Mr Waldron said.

"Charges paid by customers since the scheme was introduced in 2007 will also be refunded via Royalties for Regions," he said.

Mr Waldron said there were many examples across the region where small businesses and householders were being hit with exorbitant charges for services they would have received free in the city.

"The headworks charge was a one off payment for customers to connect to the electricity network that applied only to those more than 25km from a sub-

station," Mr Waldron said.

"This decision to scrap this unfair charge removes an impost on businesses and householders, plus it removes the serious impediment it had on regional development," he said.

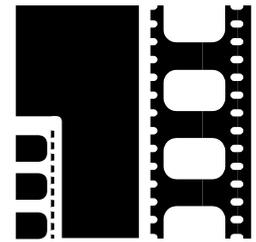
Want your negatives scanned & saved?

How about your slides?

The Lake Grace Community Resource Centre are able to scan your negatives, slides or photographs.

They can then be saved to disc for future use or printed.

Enquiries to the Lake Grace CRC on 9865 1470.



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For further information call Mario on 0447 412 777

New Child Car Restraint Laws to be introduced

The Barnett Government will introduce new laws on October 1 this year that will reduce the risk of injury to children caused by the use of unsuitable restraints in vehicles.

Every year in WA, about 14 child passengers aged between 0 and 16 years are killed on our roads, with a further 230 seriously injured. Just over 20 percent of deaths in this age group, and nine percent of those seriously injured, were not wearing a restraint at the time of the crash.

The current system of allowing young children over the age of 12 months to use a standard seat belt does not provide them with an adequate level of safety when travelling in vehicles.

The changes will ensure WA complies with the new Australian Road Rules and will require children:

- From birth to the age of six months be restrained in a rearward facing child restraint (such as an infant capsule);
- From six months up to the age of four years to be restrained in either a rearward or forward facing child restraint with built in harness;
- From four years up to the age of seven years to be restrained in either a forward facing child restraint or booster seat restrained by a correctly adjusted and fastened seat belt or child safety harness.

Children aged seven years and over can still be restrained in an adult seat belt as the law currently allows, however children aged between four and up to seven years will not be permitted to sit in the front seat

unless all other seating positions are already occupied by children under seven.

If there is only one row of seats in the vehicle (eg a utility), then children under 7 years are permitted to be seated in the front, however the vehicle must have the necessary anchor points to ensure that the child restraint is fitted correctly.

If there is a passenger airbag in the front seating position occupied by a child, it is recommended that the seat is moved as far back as possible while still allowing correct restraint and seatbelt fit.

The Government was introducing the new laws in October to give parents and carers enough time to purchase or arrange the hire of the restraints they needed, and to make any necessary modifications to their vehicle. However all parents and carers are urged to begin complying with the new laws as soon as possible.

Every parent, grandparent, relative, carer, guardian and driver needs to ensure that if they are transporting a child, that they comply with these new regulations immediately to help protect our children from injury or death while travelling in a vehicle.

A child that is properly secured in an approved child restraint is less likely to be injured or killed in a car crash than one who is not restrained or restrained in a seat that is inappropriate for their size.

Ensuring that your vehicle has the proper child restraint is a small price to pay for such a valuable cargo.

FREE Child Car Restraint Checking

By Appointment

Thursday 24th June 2010

Lake Grace Playgroup 9.30am - 12 midday

Newdegate Town Hall Car Park 1.30pm - 3pm

Make sure that your child's car restraint is installed correctly and is safe. Have it checked by a qualified Type 1 Fitter in your area.

Common problems:

Restraint not appropriate for the size and weight of the child;

Use of old or damaged restraints;

Incorrect installation (eg. twisted straps, seatbelt pathway error, anchor point error).



Contact Elizabeth Trevenen to make your appointment now. Ph: 9890 2246



NIGHT WATCH



Welcome to Night Watch for the period from midnight Friday June 11th to midnight Friday June 25th 2010. Night Watch is a guide to where you can find and view objects in the day and night sky with the naked eye (NE), binoculars (Bin) or telescope (Tele). Astronomy is looking up.

WINTER SOLSTICE: On Monday June 21st at 7pm when the Sun will be on the Tropic of Cancer it is the shortest day of the year in the Southern Hemisphere and where all places in the Antarctic Circle will have a "night" lasting 24 hours. This day is the real start to winter and the sun's journey back south.

Our Local star "THE SUN" shining at magnitude -26.72 from 152 million km's on Saturday June 12th will be in the Constellation of Taurus until it rises in the Constellation of Gemini on Wednesday 23rd. Never view the Sun with the naked eye or an optical instrument without a proper Solar Filter and read the instructions carefully if you must do so.

TWILIGHT on Saturday June 12th begins at 5:38am with evening twilight ending at 6:38pm. On Saturday June 19th morning twilight begins at 5:41am with evening twilight ending at 6:39pm. Morning twilight on Friday 25th begins at 5:42am and evening twilight ending at 6:40pm.

The 0% New Moon will occur at 7:07pm in the Constellation of Taurus at 375,000 km's from Earth. At 3pm on Tuesday 15th, the 9% Moon in Gemini will be 4° south of the planet Venus in Cancer and better viewed at end of twilight. The 9% Moon will also be at Perigee in Gemini closest to Earth at 365,932 km's. On Friday 18th the 37% Moon in the Constellation of Sextans will be 6° south of the planet Mars in Leo, during the evening at 368,000 km's from Earth (Ne, Bin or Tele). The 48% first quarter Moon will occur at 12:19pm in Leo on the east/north/east horizon at magnitude -6.0 and 370,000 km's from Earth on Saturday 19th and at 7pm will be 8° south of the ringed planet Saturn in the North.

MERCURY: at magnitude -2.2 in the Constellation of Taurus rises on Saturday June 12th on the East-north-east horizon rises at 40am and may be viewed at start of morning twilight. From then Mercury will be too close to the rising sun to view. On Friday 25th Mercury will be at Perihelion, nearest to the Sun at 45.9 million km's and 196 million km's from Earth.

VENUS: shining at a very bright magnitude of -4.1 in the Constellation of Gemini on Saturday June 12th is visible in the west/north/west at 6:30pm and sets at 7:48pm. On Sunday 13th Venus will be in the Constellation of Cancer. Venus on Tuesday 15th will be 4° north of the 9% Moon (Ne, Bin or Tele). On Saturday 19th Venus sets at 8:02pm. Venus on Sunday 20th will be just north of the star cluster M44 at 0.9°. On Friday 25th at magnitude -4.2 Venus sets at 8:14pm from 261 million km's from Earth. Venus is good viewing through a telescope and has three different colours that change brightness.

MARS: the red planet shining at magnitude +0.9 in the Constellation of Leo on Saturday June 12th sets at 10:40pm, but is visible in the north/north/west from 7pm. On Friday 18th Mars will be north of the 37% Moon and sets at 10:31pm. Mars on Friday 25th

sets at 10:24pm on the west/north/west horizon 261 million km's from Earth (Bin or Tele).

JUPITER: the giant gas planet shining at magnitude -2.4 in the Constellation of Pisces on Saturday June 12th rises at 12:49am on the east/north/east horizon and is visible in the north/north/east at 5am (NE, Bin or Tele). On Saturday 19th Jupiter rises at 12:27am. Jupiter on Friday 25th at magnitude -2.5 rises at 12:04am from 725 million km's from Earth and is very good viewing with a telescope to view the moons and giant red spot. You may find that one of the bands has disappeared.

SATURN: the ringed gas planet shines at magnitude +1.2 in the Constellation of Virgo on Saturday 12th is high in the north at 7pm and will set just after midnight Sunday morning in the west/north/west (Ne, Bin or Tele). On Saturday 19th Saturn will be 8° north of the 48% Moon setting just after midnight. Saturn on Friday 25th at magnitude +1.3 from 1.43 billion km's from Earth sets at 11:47pm. View with telescope to see the Moons and rings.

URANUS: the blue/green gas planet at magnitude +5.8 in Pisces rises on Saturday June 12th at 12:47am just ahead of Jupiter and this is the best way to find it (Tele). On Saturday 19th Uranus rises at 12:20am at magnitude +5.7 and at 11:57pm on Friday 25th at 3 billion km's from Earth.

NEPTUNE: the grey/green coloured gas planet at magnitude +8.2 in Aquarius on Saturday 12th rises at 10:17pm on the east/north/east horizon. On Saturday 19th Neptune rises at 9:47pm and on Friday 25th at 9:25pm from 4.40 billion km's from Earth.

On Saturday 12th at 7:45pm the Southern Cross (Crux) will be high and direct south with the pointers following. Just south of the cross is Musca the fly. To the north is Corvus the Crow which points the way to Leo and Virgo. The bright orange star Arcturus is in the East/north/east with a half ring of stars called Corona Borealis, the Northern Crown. Scorpius is in the east with Libra just ahead. Following the two bright pointer stars in the south/east you will find a triangle of stars called Triangulum Australi, the southern triangle. Between the last pointer alpha centauri and the triangle is the Constellation of Circinus the compasses. Which is two stars in the north and one in the south and also hosts the closest star to us besides the Sun, Proxima Centauri. On Saturday 26th there will be a partial eclipse of the Moon and there will be information in the next paper. Also the Emu will be more pronounced in the night sky.

Viewing through my 8 inch LX50 Schmidt telescope at my house is free of charge. Observations of the Sun during the day with the Moon day or night and at night the viewing of star clusters and nebula, also the pointing out of Constellations and the planets in view.

Maurice Gilson.
16 Clarke Avenue Lake Grace.
Phone: 9865 1516 or mobile 0458 538 388.
Working with children number 277357.
Email: mgi11687@bigpond.net.au



Lake Grace 100 Years Calendar

Local photographers are urged to start clicking for the Lake Grace Centenary. Lake Grace 100 Years committee invites you to submit your best photographs for a Centenary Calendar. The calendar will have the same themes as the 100 Years book and the Agri-Art Competition (see below). It will be printed later this year and available for 2011.



Submit your photographs to Michelle Slarke,
Development Officer, Shire of Lake Grace by post to PO Box 50 Lake Grace
or via email to michelle @lakegrace.wa.gov.au by **4pm Friday 16 July 2010**.

Get Clicking

THEMES - 100 Years Book, Calendar and Crop and Farm Art

- **Communication:** e.g. post, newspapers, telephone - party line to mobiles, internet, word of mouth/gossip
- **Farming & Biodiversity:** e.g. horsepower, machinery, technology, GPS, No Till, crops, stock, water management
- **Changing Townscape:** e.g. changing use of buildings, main street, old buildings, homes, AIM hospital
- **Natural Environment:** e.g. lakes, fauna – rare, unique, common
- **Lifestyle:** e.g. social activities, arts, sport, customs (hat & gloves, Monday wash day, Friday town day, funerals, boarding school), Ladies Christmas Concert, stock sales
- **Weather/Seasons:** e.g. seeding to harvest, climate change, bumper seasons, drought, floods, sunsets & sunrises, Albany Doctor
- **War:** e.g. conscription, national service, war safety, servicewomen, reserved occupations, Voluntary Defence Corp. prisoners-of-war
- **Transport:** e.g. rail, roads, changing vehicles, distances & times, freight, getting to school
- **Community Groups:** e.g. volunteerism, St John Ambulance, LG Development Association, P&C, Lions, community action, community leaders, citizenship awardees
- **Agencies:** e.g. education, police, health, Shire, Dept Agriculture, Telstra - PMG, electricity, RFDS, banks.

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
12/6	7:06am	5:06pm	6:47am	4:48pm	19/6	7:08am	5:06pm	11:51am	D.N.S
13/6	7:06am	5:06pm	7:46am	5:52pm	20/6	7:09am	5:06pm	12:24pm	12:42am
14/6	7:07am	5:06pm	8:40am	7:01pm	21/6	7:09am	5:07pm	12:58pm	1:47am
15/6	7:07am	5:06pm	9:27am	8:12pm	22/6	7:09am	5:07pm	1:37pm	2:52am
16/6	7:08am	5:06pm	10:08am	9:22pm	23/6	7:10am	5:07pm	2:19pm	3:57am
17/6	7:08am	5:06pm	10:45am	10:30pm	24/6	7:10am	5:07pm	3:07pm	4:59am
18/6	7:08am	5:06pm	11:18am	11:36pm	25/6	7:10am	5:08pm	4:10pm	5:58am



Visitor Centre

(Stationmaster's House)

The Lake Grace Shire Visitor Information Centre is looking for some people to volunteer to fill a Monday afternoon shift 1:00pm—4:30pm, and a Saturday morning shift—9:00— 12:00pm on a regular basis. If you are interested in volunteering with us, please call Stephanie on 0408 949 759 for further information.



Things are going well at the Centre, with the first of our new stock starting to arrive—and more to follow shortly. Make sure you pay us a visit, and have a look at our new products.

Of course, a huge thank you must go to our Volunteers for their continued support and enthusiasm. Our volunteers keep the Visitor Centre open and in many cases, are the first (and sometimes only) contact for visitors to our town.

Thank you for your efforts, they are greatly appreciated.

JUNE 2010						
Mon 7th * Bill Jenks *	Tues 8th * Jayne Argent *Betty Daly-King	Wed 9th * *	Thurs 10th * Henk Doelman * Elsie Bishop	Fri 11th * Cheryl Chappell * Annie Slarke	Sat 12th *	Sun
Mon 14th * Bill Jenks *	Tues 15th * Jayne Argent *Betty Daly-King	Wed 16th *Val Whiting *	Thurs 17th * Henk Doelman * Elsie Bishop	Fri 18th * Cheryl Chappell * Annie Slarke	Sat 19th *	Sun
Mon 21st * Bill Jenks *	Tues 22nd * Jayne Argent *Betty Daly-King	Wed 23rd *Val Whiting *	Thurs 24th * Henk Doelman * Elsie Bishop	Fri 25th * Cheryl Chappell * Annie Slarke	Sat 26th *	Sun

Lake Grace Pre-Primary/Kindy Footy Tipping Results

Round	Team	Margin	Winners
1 Orange	West Coast v Brisbane Fremantle v Adelaide	32 56	Faye and Geoff Paul Rawlings
2 Blue	West Coast v Port Adelaide Fremantle v Essendon	3 44	Cobi Stanton Terry Gladish
3 Red	West Coast v North Melbourne Fremantle v Geelong	25 7	Jodi Pearce Lea Murray
4 Yellow	West Coast v Essendon Fremantle v St Kilda	23 15	Natalie Gambuti Wendy O'Neill
5 Green	West Coast v Sydney Fremantle v Richmond	52 39	Paul Rawlings Tania Bray
6 Orange	West Coast v Fremantle	38	Faye and Geoff
7 Blue	West Coast v Hawthorn Fremantle v Brisbane	8 13	Ross and Lorna Murray Noel Giles
8 Red	West Coast v Melbourne Fremantle v Collingwood	29 36	Cobi Stanton Noel Giles



NEED A RUBBER STAMP??

TO PLACE AN ORDER OR OBTAIN A QUOTE CONTACT THE LAKE GRACE COMMUNITY RESOURCE CENTRE

Kick a Goal for Men's Health!

Men's Health Week (14th—20th June) is a chance to promote awareness for important male specific health issues, while acknowledging and celebrating the contribution men make at work, home and in the community. It's about encouraging men to make the right choices to improve their lifestyle, wellbeing and all areas of their physical, mental, emotional and sexual health.

Men's Health Week 2010 puts men in the driver's seat when it comes to their health, providing men and boys with access to health information and information about how to improve their day to day life for the better. It can be as easy as some daily exercise and a regular yearly check-up with a GP.

International Men's Health Week (IMHW) has been celebrated in Australia since 2003. Throughout the 1990s various Australian States and Territories set aside a week to highlight men's health issues. These weeks were celebrated at different times of the year and each had its own focus and priorities. The best thing that Australian men can do in 2010 about their health is to get proactive.

By taking preventative action you can reduce the danger of major health risks including depression, type 2 diabetes and even prostate cancer (now the most diagnosed cancer in Australia per year). Every positive change is a step towards better and longer lasting health and happiness. By starting an open discussion with friends and family and getting a yearly check up with your GP, you can safeguard your lifestyle and wellbeing for years to come. There are a few simple steps men can take to actively safeguard their health and protect themselves from disease and death.

- Visit a GP and know your family history
- Regular exercise Healthy eating
- Stop smoking – it's the only healthy option
- Maintain a healthy mind and a healthy body
- Maintaining healthy relationships with family, friends and mates

Men's Health Services are:

AUSTRALIAN MEN'S SHEDS ASSOCIATION

Tel 1300 550 009 1300 550 009

Website: www.mensshed.org

Mensheds is a uniquely Australian organisation specialising in the needs of men, their health and well being, their men's sheds and their communities.

BEYONDBLUE Tel 1300 22 4636 1300 22 4636

Website: www.beyondblue.org.au

beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia.

BOWEL CANCER AUSTRALIA

Tel 02 9926 5014 02 9926 5014

Website: www.bowelcanceraustralia.org

Founded in 2000 by generous benefactors, the *Bowel Cancer Australia* has become a leading national

charity in bowel cancer and digestive health education and research.

FOUNDATION 49

Foundation 49 are a Men's Health Week community supporter

Tel 03 9508 1567 03 9508 1567

Website: www.49.com.au

Health Advice for Australian Men

HEADSPACE

Tel 03 9027 0100 03 9027 0100

Website: www.headspace.org.au

headspace provides mental and health wellbeing support, information and services to young people and their families across Australia.

MENSLINE AUSTRALIA

Tel 1300 789 978 1300 789 978

Website: www.menslineaus.org.au

24 hours 7 days.

Support for men who are dealing with family and relationship difficulties, family break-down or separation. Crisis support.

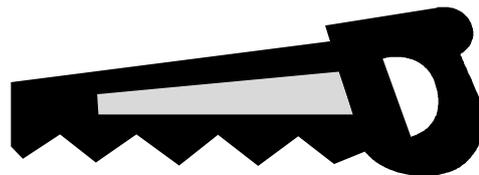
QUITLINE

Tel 13 7848 Website: www.quit.org.au

Quitline is a confidential telephone service providing information, support and advice for quitting.

HELGE SKERRIS CARPENTRY PINGRUP WA

- RENOVATIONS
- GYROCKING
- DOORS
- FLOORING
- ROOFS
- PATIOS



PH: 9820 1119

MOB: 0427 249 711

ABN: 83 801 233 573

EMAIL : helgeskerris@gmail.com



Shire of Lake Grace NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

SAVE THE DATE:
THURSDAY 29TH JULY 2010
 Men's Health Nights with
 Julian Kreig and Owen Catto
 @ Lake Grace

*Brought to you by the Shire of Lake Grace,
 Wheatbelt Men's Health and the Lake Grace
 and Lake King Football Clubs*



The Shire Office enjoyed a worthy cause for a great morning tea on Thursday 27 May 2010. We all have loved ones that have experienced some form of cancer in their lives which made donations easy to come by. We were able to raise \$52.40 towards the WA Cancer Foundation. Well done everyone! Looking forward to the next fundraiser.

Got an idea for something you would like to do next school holidays?

Email your ideas to Savannah - savannah@lakegrace.wa.gov.au to help us with our planning.



Great Job Opportunity COMMUNITY SERVICES OFFICER Temporary 12 Month Maternity Leave Position

***Are you looking for an interesting and rewarding job opportunity ?
 Would you like to work with the community ?***

Are you a self motivated and enthusiastic person? Do you enjoy working within a team environment? Do you have good people and communication skills? Are you familiar with computers and have word processing skills?

If you have answered 'Yes' to all of these questions, then the role as Assistant to the Manager of Community Services may be the right job for you.

Further information regarding the position can be obtained from Mrs Lee Trevenen at the Shire Office on 9890 2500 or by email lee@lakegrace.wa.gov.au

Applications to be marked 'Confidential' and addressed to

Chief Executive Officer
 Shire of Lake Grace
 PO Box 50

Lake Grace WA 6353

Applications for the position close 4.00pm Friday 11th June 2010.



Shire of Lake Grace NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

WYLD Experience Magazine Launch

The launch of the WYLD Experience magazine took place on Saturday afternoon, 29th May. The afternoon kicked off with a performance from the WYLD teams' own band Candy Factory, featuring Bryce, Kaden and our own Savannah Fletcher. They performed a song written by Savannah called 'If you didn't already know.'

Many speakers from the team shared how they felt about the project and how keen they all were to be members of the team throughout the afternoon. Project manager, Savannah Fletcher then tried to directly acknowledge every one who had contributed to the success of the magazine. Afterwards, Kerryn performed 'Passion' on the Piano from Kingdom Hearts 2. After the wonderful performance by Kerryn, every member of the team was presented with WYLD team Youth Awards which were presented by Regional Development Australia Wheatbelt Chairman, David White and Rebekah Burges.

RDA Wheatbelt Chairman David White was then welcomed to officially launch 'WYLD Experience.' Honourable Philip Gardiner, Member for Agriculture was also welcomed to cut the ribbon and launch the magazine. The afternoon was then concluded with afternoon tea and later in the afternoon, karaoke.

Pick up a free copy of the WYLD Magazine from the Shire office today!



Savannah and Linda Fletcher with the WYLD team celebrating the magazine launch.



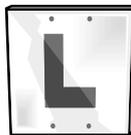
Candy Factory performing a song written by Savannah (centre with guitar).

Driving Assessor

The Driving Assessor will be at Lake Grace Shire Offices on Friday 2nd July 2010 to conduct Practical Driving Tests. Bookings are essential and limited.

When you are making your appointment, please have your driver's licence number, contact number and date of birth ready to make the booking process quicker.

You must give more than 48 hours notice of cancellation to avoid cancellation fee. Please call Jordie or Nicole on 9890 2500 to make an appointment.



Building Surveyor: Attendance at the Lake Grace Shire Office

- **Wednesday 16 June**
- **Wednesday 1 July**

Shire Building Surveyor, Mr Darryle Baxter will be available at the Shire Office on the above date. Should you wish to meet with Darryle we recommend you contact our office to make an appointment—9890 2500.



World War 1 Veterans

Lake Grace has 28 World War One Veterans. Information of their enlistment and medical history is available on the internet, from which stories have been compiled, as well as information passed on from family. These are some of the edited stories.

Allan Zweck

HILLS – HENRY EDWARD: Born at Midhurst, Sussex, England, at the age of 22 years he enlisted in the Australian Imperial Force on the 6th of November, 1916. (Previously, he had been rejected as unfit). A farmer at a height of 6 feet 1 inch (185 ½cms), he weighed 155 lbs (70 ½kgs), and had a fair complexion with blue eyes and fair hair. He gave his mother Marian Hills as next of kin, though during his service overseas he married Maud Willard in England, who then became his next of kin. His training was at Blackboy Hill, and he was appointed to the 18th Reinforcements / 27 Battalion on the 12th of December, 1916. On the 23rd of December, 1916, Private Hills embarked for active service aboard the *Berrima* at Fremantle, and disembarked at Devonport, marching in to the 7th Training Battalion, Rolleston. In June he was admitted to the Fargo Military Hospital with acute rheumatism and influenza, spending most of the month there, where his pay was debited 10 pence for the cost of one hand towel! On the 22nd of July he was detached from his unit for duty with AIF Headquarters in the United Kingdom.

On 10th of April 1918, Private Mills was married at Dorking, Surrey, to Maud Willard, in the Church of England. In July he transferred to the 11th Battalion, and proceeded overseas to France via Folkestone. Late in September, sickness and convalescence with pyrexia, (fever), kept him out of action for 2 months, till after the Armistice was signed. In December, he transferred to England where they marched in to No. 4 Commonwealth Depot, Hurdcott, and it was here he was accused of the crime of not attending Church Parade. For this demeanor he had to forfeit one day's pay! It was the 16th of January before he embarked the *Demosthenes* at Devonport for the return to Fremantle, arriving 22/2/1919. When discharged from the AIF on 16/5/1919, he was declared Medically Unfit, with a disability described as Effort Syndrome with Rapid Heart Debilitated. It was agreed his condition was a result of service during the War, from an infection, his disablement left him with only a 75% working capacity. He was awarded the British war Medal and the Victory Medal. His religion was Church of England denomination.

It would seem that Private Hills returned to his farm after his discharge, where he remained until 1925. In 1944 he applied for a new certificate of discharge, to enable him onto the permanent staff of the G.P.O. Perth. Hills Road, West of Lake Grace, leads north to the Hills farm.

HILLS – Herbert Francis; Born at Sussex England. At the age of almost 21 years, enlisted in the Australian Imperial Force on the 5th of April 1916. He was a farm hand, 5 feet 10 inches tall, (178cms), weighed 143 lbs (65kgs), and was of ruddy complexion with brown eyes and fair hair. He also had to have the consent of his parents to enlist, as he was under the age of 21 years. His mother, Marian Hills was next of kin. He had previously done 6 months service with the Cadets at Wagin in the 85th Unit and was still serving. He was subsequently cleared from that unit to commence his training at Blackboy Hill, and on 18/8/1916, he was appointed to the 20th Reinforcement of the 11th Battalion.

On the 18th of September 1916, he embarked on the *Clan MacGillivray* at Fremantle, and disembarked six weeks later at Plymouth. After a period of training, he proceeded to France, where he was taken on active service in the Field, with the 11th Battalion. A little over 2 months later he was wounded in action, on the 12th of April 1917, with a gunshot wound to the right forearm, and was returned to a Military Hospital in England. After recovery, he took 2 weeks furlough, before returning to the Field in France. A month later he was overcome with sickness again, seeming to be troubled by his former injury, and spent the first month of 1918 in hospital. He rejoined his unit, and after a lengthy period of service, on the 3rd of June, he was wounded in action for the second occasion, suffering a gunshot wound to the left arm. Experiencing a similar series of movements as before, he was invalided out of active service. On the 23rd of September, Private Hills began his homeward trip to Australia aboard the *Runic*, arriving 17/11/1918, requiring hospital treatment throughout the journey. His war wounds were troublesome for quite a time necessitating periods of hospitalization, his eventual discharge was 15/1/1921. Private Herbert Hills received the British War Medal and the Victory Medal. He was of the Church of England faith.

HORNER – Herbert H: Born at Riverton, South Australia, and at the age of 41 years and 5 months, he enlisted in the Australian Imperial Force on the 24th of February 1916. He was a farmer, at a height of 5 feet 4 ½ inches (164cms), and weighing 110 lbs (50kgs), he was of ruddy complexion, and had blue eyes and brown hair. His training was at Blackboy Hill, and was eventually appointed to the 3rd/4th Machine Gun Company. As his parents were deceased, he gave his brother Gilbert of Koorunga, South Australia as next of kin. He had previously served in the Military for five years in South Australia. He embarked on the *Seang Bee* at Fremantle on the 18th of July 1916 and in October proceeded overseas to France, and joined the 3rd Machine Gun Company on 18/12/1916. On the 15th of April 1917, he was reported "Missing in Action", and his brother Gilbert, was duly informed. In July he was reported as a Prisoner of War, in Germany, however it was December 19th before the Australian Red Cross

World War 1 Veterans (Cont).

were able to confirm his capture at Lagincourt, and was interned to Limbury.

In the mean time, his effects were returned to his brother. It was the 30th of December 1918, before Private Horner was repatriated to England from Ripon, Germany, and granted leave for one month, with an extension of a months leave without pay. Several months elapsed, before his eventual return to Australia, embarking on the *Marathon*, and disembarking on the 31st of May, his discharge becoming effective on 16/7/1919, reportedly with no injuries and in first class condition. He was awarded the British War Medal and the Victory medal. On enlistment he gave his religion as Salvation Army, though other documents quoted Methodist.

Before the war (Johnny), as he was known, farmed a property in the Ravensthorpe area, where he was a squatter, living "on the land and off the land". He came from the same district in South Australia as the Bennetts, and was in contact with them when they farmed at Ravensthorpe also. A carpenter by trade, in 1907- 8, he built a small dwelling on the "Rhynie" property at Lake Grace for the Bennetts, the first such building at Lake Grace, and in 1911 helped build a house for them, the first in the district. *He proudly said, "It would have graced a city," while the newly arriving settlers were "flabbergasted" when they saw Ernie Bennett's faith in this untried Lake Grace land**. Later for many years he made his home at the Bennetts, where he lived a very simple life choosing to live close to nature and survived very much on what nature provided, via bees and wildlife, in particular rabbits and kangaroo. He even discarded his clothes when practical, to enjoy the freedom of nature. It is said that he had a familiarity with the wild life and he was able to easily capture a "meal". He is also said to have once owned the land where the White Cliffs are.

Private Horner brought home items from the war; a metal basin used in the Gustrow Prisoner of War camp, where he was imprisoned, and two identity discs worn by allied prisoners in Germany. These items are held by the Australian War Memorial. He also brought home a helmet that was worn by a German soldier, which was left with his goods when he died. On his death it was written; *Mr Horner was a man of independent mind and a great lover of the West Australian bush, and he was noted for his ability to make his way to any place by the stars. He wrote a book, predominantly a diary of his years with the AIF and his experience as a prisoner of war.* ** His war medals remain with the Bennetts, and he is buried at Lake Grace Cemetery. **Across the Lake – John Bird.* ***Wagin Argus.*

HUGGINS – Cecil Murray: Born on 13/1/1888 at Tweed River, near Murwillumbah, New South Wales, at the age of 29 ½ years he enlisted in the Australian Imperial Force on the 19th of June, 1917. His address was given as "Kanowna" Lake Grace, and he was a

farmer, at 5 feet 5 inches, (165cms), and weighing 125 lbs (57kgs), and of fair complexion, with blue eyes and fair hair. He trained at Blackboy Hill where he was placed in several different regiments before being transferred to the 51st Battalion. He embarked the *Ormonde* at Fremantle on the 13th of March 1918, and disembarked at Suez, transferring to the *Ellenga*, before disembarking at Southampton two months later.

On the 8th of August they proceeded overseas to France via Folkestone, and marched into le Havre a few days later, before advancing into the Field. With the War drawing to its conclusion, little is recorded until it appears, after the Armistice, when Private Huggins was detached from duty in his unit to serve in various other units and actions in the Field. On the 22nd of March, 1919, he rejoined his unit to be evacuated for the return to Australia, however, Private Huggins returned to England on the 8th of July and was granted leave to 23rd of October to work on "Belgrave" farm for Wm. Parker of Leicester. On a certificate of 'Record of Non-Military Employment, his employer reported;

"Private Huggins gave every satisfaction while employed on his farm for experience. He was engaged on general farm work, and, the care of stock, in which he took a keen interest. His conduct was all that could be desired".

During this employment he was paid six shillings (6/-) per diem. Private Huggins was retransferred to the 51st Battalion on 12/9/1919, preparatory to his return to Australia on the *Mahana* two weeks later, disembarking at Fremantle on the 3rd of November. He received the British War Medal, and the Victory medal. He was of the Church of England faith. Private Huggins returned to his farm at Lake Grace, which Dewsons farmed some years later. He was very well educated, having attended school at St Mary's, and it is believed that he became a Rhodes Scholar. In 1946 the former Private Huggins applied for a new discharge certificate.

He wrote; "For 3 years after the war I lived in a hut on my farm before marriage and with the carelessness inherent in the male the certificate must have been mislaid. I did not report the loss because I was unaware it was so, never having had occasion to produce it until recently when I applied for a war service home". A new certificate was issued.

It is also of interest that Cecil Huggins authored a number of musicals, drama's, and literary works, the first being submitted for copyright in August 1936; *The Girl from the Argentine....* a dramatic work, August 1936. There were no less than 14 works, some titles were; *The Proposal Waltz....* a musical, April 1945, *The Popping the Question Waltz....* a musical, January 1946, *Westward Ho....* a literary work, October 1949, and *The Song of W.A....* a musical, December 1965.

Humour

Do you know what day this is?

Over breakfast one morning, a woman said to her husband, "I bet you don't know what day this is."
"Of course I do," he indignantly answered. "How could you think I would forget?" Whereupon he left for the office.

At 10am, the doorbell rang, and when the woman opened the door, she was handed a box containing a dozen long stemmed red roses. At 1pm, a foil wrapped, two pound box of her favourite chocolates arrived. Later, a boutique delivered a designer dress. The woman couldn't wait for her husband to come home. "First the flowers, then the chocolate and then the dress!" she exclaimed. "I've never had a more wonderful 'Arbor Day' in all my life!"

Debate

A mathematician, a biologist and a physicist are sitting in a street cafe watching people going in and coming out of the house on the other side of the street.

First they see two people going into the house. Time passes. After a while they notice three persons coming out of the house.

The physicist: "The measurement wasn't accurate."

The biologist: "They have reproduced".

The mathematician: "If now exactly one person enters the house then it will be empty again."

Nauseous Commuter

Robin came home from her first day commuting into the city. Noticing that Robin was looking a little peaked, her mother asked, "Honey, are you feeling all right?"

"Not really," Robin replied. "I'm nauseous from sitting backward on the train."

"Poor dear," Mum said. "Why didn't you ask the person sitting across from you to switch seats for a while?"
"I couldn't," Robin replied, "there was no one there."

Ungracious Lawyer

A lawyer had successfully handled a difficult law case for a wealthy friend. Following the happy outcome of the case, the friend and client called on the lawyer, expressed his appreciation of his work and handed him a handsome Moroccan leather wallet.

The lawyer looked at the wallet in astonishment and handed it back with a sharp reminder that a wallet could not possibly compensate him for his services. "My fee for that work," acidly snapped the attorney, "is five hundred dollars."

The client opened the wallet, removed a one-thousand dollar bill, replaced it with a five-hundred dollar bill and handed it back to the lawyer with a smile.

Waiting for the Bus

A person was visiting Washington, DC for the first time. Unable to locate the Capitol building, the person asked a police officer for directions, "Excuse me, officer, how do I get to the Capitol building?"

The officer replied, "Wait here at this bus stop for the number 54 bus. It'll take you right there."

Three hours later the police officer returned to the same

area and, sure enough, the person is still waiting at the same bus stop.

The officer got out of his car and said, "Excuse me, but to get to the Capitol building, I said to wait here for the number 54 bus and that was three hours ago! Why are you still waiting?"

The person replied, "Don't worry, officer, it won't be long now. The 45th bus just went by!"

Hiccups Cure

A man goes into a drugstore and asks the pharmacist if he can give him something for the hiccups. The pharmacist promptly reaches out and slaps the man's face.

"What did you do that for?" the man asks.

"Well, you don't have the hiccups anymore, do you?"

The man says, "No, but my wife out in the car still does!"

Losing His Mind

The man looked a little worried when the doctor came in to administer his annual physical, so the first thing the doctor did was to ask whether anything was troubling him.

"Well, to tell the truth, Doc, yes," answered the patient.

"You see, I seem to be getting forgetful. No, it's actually worse than that. I'm never sure I can remember where I put the car, or whether I answered a letter, or where I'm going, or what it is I'm going to do once I get there -- if I get there. So, I really need your help. What can I do?"

The doctor mused for a moment, then answered in his kindest tones, "Pay me in advance."

Used Heart

A man has a heart attack and is brought to the hospital ER. The doctor tells him that he will not live unless he has a heart transplant right away. Another doctor runs into the room and says, "You're in luck, two hearts just became available, so you will get to choose which one you want. One belongs to an attorney and the other to a social worker".

The man quickly responds, "The attorney's".

The doctor says, "Wait! Don't you want to know a little about them before you make your decision?"

The man says, "I already know enough. We all know that social workers are bleeding hearts and the attorney's probably never used his. So I'll take the attorney's!"

Robbery

Two accountants are in a bank, when armed robbers burst in. While several of the robbers take the money from the tellers, others line the customers, including the accountants, up against a wall, and proceed to take their wallets, watches, etc.

While this is going on accountant number one jams something in accountant number two's hand. Without looking down, accountant number two whispers, "What is this?"

To which accountant number one replies, "It's that \$50 I owe you."

Please bring a Plate of Afternoon Tea to share



LAKE GRACE BOWLING CLUB

SOCIAL BOWLS DAY

MIXED FOURS COMPETITION

Saturday 19th June
Names in by: 12:30pm
Start Time: 1:00pm Sharp

All New & Interested Players Welcome

Draw the Line on Soft Drink

Given the evidence that consumption of sugar-laden drinks is contributing to overweight and obesity, health experts are urging West Australians to reconsider their drink choices.

As part of the Draw the Line campaign, the Heart Foundation, Cancer Council, and Diabetes WA are alerting West Australians to the impact their drink choices may be having on their weight.

Steve Pratt, Dietitian and Manager of Nutrition and Physical Activity at the Cancer Council WA, said reducing soft drink consumption was one of a number of important behaviours that can prevent overweight and obesity.

"Sugar-sweetened soft drinks are particularly high in sugar and kilojoules so it's easy to drink in a lot of empty kilojoules without realising," Mr Pratt said.

He said that drinking soft drink with a meal or snack can sometimes double the energy consumed in one sitting.

"Australians consume a lot of soft drink and it's also become easier to drink a lot, as the size of drink containers has increased two to three fold in the last 50 years," Mr Pratt said.

"What people probably don't realise is that every can of regular soft drink contains about 10 teaspoons of sugar. Drinking one can a day for a year, you'd be pumping over 14 kilograms of sugar into your body.

"You wouldn't eat it, so why drink it?"

Figures show:

- Australia ranks among the top 10 countries for per capita consumption of soft drinks.
- The average volume of soft drink consumed annually by children and adults has increased from 47 litres per person in the 1970s to a current average of 113 litres per person per year in 2006.
- 2009 grocery sales of regular (non-diet) soft drinks amounted to over 450 million litres a year nationally which equates to nearly 50,000 tonnes of sugar consumed a year.

Mr Pratt recommended limiting consumption of sugar laden drinks, including soft drinks, energy drinks, fruit drinks and cordials in order to help draw the line on unhealthy weight gain.

"Water is the best choice," he said. "It hydrates your body, and contains no sugar and no kilojoules."

Tips for making healthier drink choices:

- Invest in a good quality water bottle so that you

can take your own water every where you go – it will also save you money.

- If you're eating out ask for water, it's free.
- If you do consume soft drink or other sugary drinks, cut back on the amount you drink.
- Grab a piece of fruit instead of fruit juice, or dilute your juice with water.
- Switch from full fat to reduced fat or skim milk.
- Try gradually reducing the sugar you add to tea and coffee.
- Keep chilled water in the fridge for when you are thirsty.
- Have a jug of water with a slice of lemon in it on the dinner table each night.

For more information visit www.drawthelinewa.com.au/drinks

The Draw the Line campaign, an initiative of the Heart Foundation, Cancer Council WA and Diabetes WA, with funding from the Department of Health, Western Australia, urges West Australian adults to 'draw the line' on further weight gain.

FYFE TRANSPORT

Your local transporters
for 23 years.

Transport is our living!

For your:

- Grain
- Wool
- Fertiliser
- Lime
- Bluemetal
- Livestock
- Water
- General Freight
- Bricks

Phone 9865 1129

Walking For Good *Physical* and *Mental* Health

Australians can reduce the risk of cardiovascular disease by as much as half, and lift their mood by simply walking for 30 minutes or more each day.

The National Heart Foundation of Australia and *beyondblue: the national depression initiative* say that being active on a regular basis is important for maintaining both good *physical* and *mental* health.

The Heart Foundation and *beyondblue* are encouraging people to stay active this winter or kick off regular walking by joining a free **Heart Foundation Walking group**.

Heart Foundation Walking is Australia's only network of free, community-based walking groups. Groups cater to different age groups from Mums with prams to older Australians. Because they cater to different abilities, they are especially helpful to people who aren't used to being active or haven't been active in a long time.

"Knowing your group is waiting is motivation enough for most people to pull on their comfy shoes and get walking. Once they're out and about they find the winter chill is actually refreshing and energising," Cardiovascular Health Director Trevor Shilton said.

"Walkers in our groups report that one of the biggest benefits they get from taking part is connecting with people in their local area or workplace."

Deputy CEO of *beyondblue*, Dr Nicole Highet, said as well as the obvious physical benefits, walking could also have a positive impact on lifting mood.

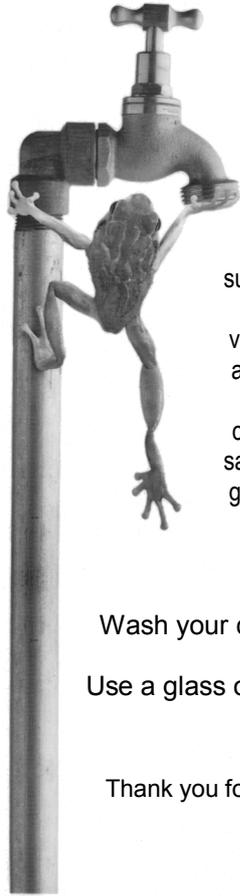
"When people are physically active, endorphins are released in the brain, which have a positive impact on lifting mood. In addition to improved mood, active people reap the overall physical benefits, a sense of achievement and potential social benefits from meeting others through sports or from being active with friends – all of which play an important role in preventing depression," she said.

Depression and anxiety are major health problems in Australia. Around one million Australian adults live with depression and more than two million have an anxiety disorder.

In WA, Heart Foundation Walking works with Act-Belong-Commit to encourage people to stay mentally healthy by joining a walking group.

There are more than 840 groups around Australia. Walkers registered with the Heart Foundation qualify for a free incentive scheme, which recognises regular milestones with certificates, discount vouchers and gifts.

To join the 11,500 people who have already discovered Heart Foundation Walking or to start a group, register online www.heartfoundation.org.au/walking or call 1300 36 27 87.



Save water in our town.

Our community's demand on our water supply has increased, this has resulted in a greater demand for the availability of this valuable natural resource, making us more aware of the importance of saving water in our day-to-day lives. By being water conscious in our everyday actions, we can safeguard the sustainability of our water for generations to come. Here are some easy ways to be water efficient at home.

- Take shorter showers.
- Wash your car, boat or caravan with a bucket.
- Use a half-flush where possible.
- Use a glass of water when brushing your teeth.
- Fix leaking taps.

Thank you for helping ensure water for all, forever.

water for all, forever 

Lake Grace Junior Golf Club

Another large field of juniors enjoyed ideal golfing conditions on Sunday.

After initial warm up procedures we split our juniors into 3 groups and it looks like the girls are in scintillating form carving up the boys with Jamie Bell, Caitlyn Trawinski, and Abbey Trawinski leading the way. Well done girls. Brendan Bell broke the drought by taking out the Rhynie award. There was no junior golf on the long weekend.

The Talent Identification Clinic (T.I.D.) is not far away now, you need to get your forms in to us as soon as you can, these are available from me or at the club.

The dates for this very popular event are the 15th and 16th July, looking forward to these days, see you there.

Your coaches Gary, Marcus and Steve.

Troll Tales



Results Round 7

win for the big game!

29 May 2010

Lake Grace v Kulin
C Grade 0-1
Coach's Award: Molly Owen

B Grade 1-0
Goal Scorer: Di Desmond
Awards: Di Desmond, Kristie Pinney, Lisa Chapman

A Grade 2-0
Goal Scorer: Fleur O'Neill (2)
Awards: Fleur O'Neill, Tahryn Gray, Jodi Pearce

Only one game for this paper as Roe Districts has a bye for the long weekend, so we can all go and watch the footy!

Congratulations to Di Desmond who played her 250th game for Lake Grace Hockey Club on 29th May. This is 250 games since 1992 when LGHC joined with the Roe Districts Hockey Association and started keeping records. Obviously she has played many more than that! Well done Di, good to see the B Grade give you a



Di Desmond with her 250 game certificate and medal.



Nicole Chappell is ready to intercept.



Kristie Pinney watches as Gracie Kirk goes for the ball



Caryn Kirk and Donna Hendry on the attack!



Lisa Chapman hits in for a short corner

Lake Grace Pingrup Football Club

May 29th 2010

League:

L-Grace/Pingrup 13 goals 15 (93) defeated Boxwood Hills 7 goals 11 (53)

A tight first half with Lake Grace / Pingrup gaining a slight advantage at the main break. The home team kicked away in the 3rd quarter to record a comfortable win.

Best: Luke Bairstow, Daniel Trevenen, Grant O'Neill.

Goal Scorers: Karl Fleay 4, Damon Pelham 2, Marcus Trevenen 2.

Jerramungup 27 goals 16 (178) defeated Kent 7 goals 6 (48).

Gnowangerup 18 goals 17 (125) defeated Newdegate 8 goals 6 (54).

Ongerup 18 goals 14 (122) defeated Borden 12 goals 8 (80).

Lake Grace/Pingrup is third on the ladder with 20 points (have won 5 out of 6 games)

Reserves:

Boxwood Hills 14 goals 5 (89) defeated L-Grace/Pingrup 9 goals 9 (63).

Jerramungup 17 goals 9 (111) defeated Kent 9 goals 6 (60).

Gnowangerup defeated Newdegate by forfeit.

Ongerup defeated Borden by forfeit.

Lake Grace/Pingrup is second on the ladder with 20 points (have won 5 out of 6 games)

Juniors:

L-Grace/Pingrup 11 goals 18 (84) defeated Boxwood Hills 3 goals 8 (26).

Jerramungup bye.

Gnowangerup 11 goals 15 (81) defeated Newdegate 3 goals 7 (25).

Borden 11 goals 14 (80) defeated Ongerup 7 goals 3 (45).

Lake Grace/Pingrup is second on the ladder with 18 points (have won 4 games ,drawn 1)

June 5th 2010

League:

Gnowangerup 14 goals 14 (98) defeated L-Grace/Pingrup 8 goals 12 (60)

Best : Luke Bairstow, Kelvin Holmes, Alex Duckworth.

Goal Scorers: Karl Fleay 3.

Jerramungup 21 goals 20 (146) defeated Newdegate 4 goals 5 (29).

Ongerup 15 goals 12 (102) defeated Kent 14 goals 5 (89).

Boxwood Hills 13 goals 9 (87) defeated Borden 6 goals 9 (45).

Lake Grace/Pingrup is third on the ladder with 20 points (have won 5 out of 7 games).

Reserves:

L-Grace/Pingrup 12 goals 6 (78) defeated Gnowangerup 3 goals 5 (23).

Jerramungup 18 goals 9 (117) defeated Newdegate 10 goals 5 (65).

Ongerup 10 goals 11 (71) defeated Kent 9 goals 7 (61).

Boxwood Hills defeated Borden by forfeit.

Lake Grace/Pingrup is top of the ladder with 24 points (have won 6 out of 7 games)

Juniors:

Gnowangerup 9 goals 10 (64) defeated L-Grace/Pingrup 6 goals 5 (41).

Boxwood Hills 9 goals 9 (63) defeated Borden 6 goals 5 (41).

Ongerup 0 goals 0 (0) drew with Kent 0 goals 0 (0).

Jerramungup 9 goals 18 (72) defeated Newdegate 4 goals 2 (26).

Lake Grace/Pingrup is second on the ladder with 18 points (have won 4 out of 6 games, drawn 1).

Auskick Super Clinic - WAGIN

DATE: SATURDAY 3rd JULY

TIME: 10.30am- 11.45am

WHERE: MATERA OVAL- WAGIN

WHO: 5-12 YEARS OLD

WITH: SOUTH FREMANTLE PLAYERS

The South Fremantle Bulldogs will be playing the Claremont Tigers in Wagin on Saturday 3rd July and the South Fremantle players will be in town early to run a football SUPERCLINIC. All kids from the ages of 5-12 are welcome to take part in the Clinic and should try to get to the oval by 10.15am.

Medicare

Lodge your claims via direct line
no phone queues, no forms to fill in
at the Lake Grace
Community Resource Centre



Have you got one of these strange looking magnetic keys at your place?

In the 11 years since the CRC has had 24 hour access a number of these keys have been lost, misplaced or possibly been forgotten about. They are of no use to anyone else (as they are switched off) but we would love to have them returned!

Lake Grace Pony Club

The long weekend was spent very productively by a keen group of riders at Pony Club. On Monday June 7 our day started with flatwork as usual, and it was terrific to see such a large group of advanced riders. After a well-earned morning tea the more advanced group did some ground work, and "riders" did very well giving their horses confidence with some scary obstacles that Jane had set up. It was good to see some of the more nervous horses quite unconcerned about them by the end of the session. The younger riders did a session with trot poles, and it was great to see them growing in confidence as the session wore on. Many thanks to Joe for helping with leading in this group.

After a nice hearty lunch, more advanced riders took their horses over the obstacles while mounted, and then went on to their jumping session. Younger riders played a couple of games with their ponies, with much fun had in the Egg and Spoon race (lucky they're not real eggs!). Results from this will go into the zone competition. Following this they did a bit of ground work with obstacles as well, and then ponies and riders retired for the day – exhausted! The advanced group performed their games with much rivalry, and results from the Egg and Spoon and the Bonfield Bounce will go into the zone competition – well done Marcia!

Many thanks to Jane and Chantelle for coaching, and a lovely day it was too! Thank you to all who came – it

was great to have some visitors, who are always welcome! Thanks also to Dierdre for lots of yummy food and helping out!

Our next rally will be in Wagin for the Prince Phillip Games weekend on June 19 and 20 – please contact Carmen Bairstow 0407 001 440 for details. Alternatively riders might like to join Newdegate's rally on June 27 – please contact Fanny McDonald 9871 2023 for details.

Happy riding – keep an eye on those ponies for colic!

Donna Hendry

CLEANER REQUIRED

Two day per week, 2 hours per day, after business hours.

Equipment provided.

Please contact Sally at Greenline Ag by phone on 9865 1100 or email lakegrace.admin@greenlineag.com.au

Lake Grace / Pingrup Junior Hockey

V's Gnowangerup – June 5th

With 6 regular players away this gave a great opportunity for the Yr 5's to step up. And step up they did. First half was very attacking with 5 goals scored. It was a great game to watch and the kids played as a team, there were some very effective passes.

A reshuffle at half time and new goalie may have unsettled the team. Or did Gnowangerup just come out firing scoring 2 quick goals. Fortunately Lake Grace settled once again and held Gnowangerup to just the 2 goals.

Well done to Liam 3 goals and was happy to play goalie in the 2nd half. Also Jordy and Brooke for scoring their first ever goals, Peter also scored a great goal. All the yr 5's, they all played well some playing in different positions for the first time. Final score 6-2

Awards:

Best on Ground: Peter Downey
Top Effort: Brooke Marsh

Ladder:

I don't have the updated ladder this is after round six. I suspect we'd be in the same position. So well done to the team your improving each game and that's great to see.

Janine Watson

Team	Points	For	Against	Percentage
Borden	16	18	2	1400
Pingrup	15	10	5	200
Jerramungup	8	10	3	333.3
Boxwood Hill	8	3	3	100
Newdegate	6	5	8	62.5
Ongerup	6	5	11	45.45
Gnowangerup	4	2	8	25
Nyabing	3	2	13	15.38



Aquatics and Recreation in the Community NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

It's Seeding Time



Please note some classes may be delayed or cancelled due to seeding commitments. Where possible participants will be notified. If you would like to know if a class is available contact the Shire on 9890 2500

To be kept updated with ARC then REGISTER your mobile phone number today with the Shire 9890 2500.

NEED SOME NEW IDEAS FOR YOUR WINTER SPORTS TRAINING SESSIONS?

Have a chat with one of your ARC instructors for some fresh ideas, a different point of view. With a range of new training tips and a will to succeed your team will be increasing fitness and endurance in no time.

ITS HARD BUT NOW IS THE TIME TO MAKE THE TIME

for your personal health and fitness. Set a good exercise routine for winter now and find yourself succeeding all through the cold months. Choose from a variety of ARC morning and evening classes, indoors and out.

For further information regarding ARC, programs and training contact Letisha at the Shire on 9890 2500 or email letisha@lakegrace.wa.gov.au

AT THE BEGINNING OF THE CLASS PLEASE INFORM YOUR INSTRUCTOR OF ANY HEALTH ISSUES YOU MAY HAVE



- Classes are designed to cater for all levels of fitness unless otherwise informed
- Please bring water bottles, a towel and correct footwear to all classes
- Please bring a hat, sunglasses and sunscreen to outdoor classes.
- Due to participant safety, please arrive at classes on time. Participants will not be permitted to join class if more than 5 minutes late.
- **For the comfort of all ARC participants please bring a towel to all classes**
- ***Classes may be cancelled due to unforeseen circumstances, where possible notice will be given.***

CHARGE INTO WINTER LAKE GRACE



DAY	AM	PM
Mon	6.00 - 7.00 MTT BOOTCAMP (Letisha)	5.45 - 6.45 FORCE 11 (Anna / Melissa / Letisha)
Tues	9.20 - 10.10 BASIX (Letisha)	5.40 - 6.40 HI LO FAT BURNER (Anna)
Wed	6.00 - 6.50 FORCE (Sharon)	
Thurs	9.30 - 10.10 FOREVER FIT (Sharon)	
Fri	6.00 - 7.00 MTT BOOTCAMP (Letisha)	

<u>ARC FEES</u>
\$3.00 casual class
\$30.00 - 3 month land class membership
\$100 - Land class membership
\$150 - Land & water classes plus pool membership

PLEASE NOTE;
'BASIX' at 9.20 on Tuesdays will return on Tuesday 22nd June 2010

CLASSIFIEDS

PUBLIC NOTICES

Shire Council Meetings 2010

The next council meeting is Wednesday 23rd June 2010, 1pm at the Council Chambers. Members of the public are welcome to attend meetings.

Margaret Cole

Clinical psychologist / counsellor for Southern AgCare comes to Lake Grace regularly. A free and confidential service. Contact direct: 0427 441 459 or margaretmcole@inet.net.au

Craft at CWA

Lake Grace Craft Group are now going to meet WEEKLY at the CWA from 11am until 5pm. Small fee of \$2, BYO Lunch
All Welcome:
Craft, cross stitch, quilting, card making, Scrap booking, any new craft welcome.

Lady Doctor

Dr Linda Haines will be in Lake Grace on
Thursday 17th & Friday 18th June;
Thursday 22nd & Friday 23rd July;
Thursday 2nd and Friday 3rd September;
Thursday 7th and Friday 8th October;
Thursday 11th and Friday 12th November &
Thursday 16th and Friday 17th December.
Appointments available.

Reconvened AGM

Lake Grace Basketball Association.
Monday 14th June
7:30pm at the Shed
Please attend otherwise basketball will not go ahead this coming season.

Recognising Women Farmers

A funding opportunity for farming women to tour Victoria's Wimmera Mallee region. To support women in their decision making within farming families, Wheatbelt NRM will fund a group of women to visit the Wimmera Mallee region of Victoria to talk to the Birchip Cropping Group's women's agronomy group, and the authors of "Critical Breaking Point" about how they have managed 10 years of drought.

Wheatbelt NRM will provide return flights to Victoria, car hire and arrange 4 night's accommodation (with meals) for the successful applicants. We want to hear from the women who are making important farming decisions around the kitchen table, without knowing it. This includes women who aren't from farming backgrounds, but now find themselves living on a farm. For further information or an application form please contact Natarsha Woods, Operations Manager on 9690 2234 or email: nwoods@wheatbeltnrm.org.au
Application forms must be in by June 18th 2010.

AVAILABLE

House for Rent

Phone 9865 4041.



Local Telephone Book

NEW phone book (yellow cover) is available from the Lake Grace Post Office and the Lake Grace Community Resource Centre. If you want a receipt / invoice then you must pick your copies up from the CRC. Cash only at the Post Office.

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Andrew Walker (<i>President</i>)	9865 1241	9865 1921
Ian Chamberlain (<i>Vice President</i>)	9871 6001	9871 6035
Amanda Milton	9865 1960 0429 654 011	
Ollie Farrelly	9865 1180 0427 651 180	9865 1188
Len Armstrong	9871 1334	9871 1317
Jeanette de Landgraft	9838 9062	9838 9041
Ross Chappell	9865 4058	9865 4051
Wally Newman	9871 1582	9871 1587
Dean Sinclair	9874 7045	9874 7005

Justices of the Peace

Neil Bishop - 9865 1632
 Colin Connolly - 9865 1010
 Ron Dewson - 9865 1224
 Geoff Sabourne - 9865 1171
 Amanda Milton - 0429 654 011



Anglican Church of Lake Grace

Sunday 13th June

Lake Grace 9am

Sunday 20th June

Newdegate 8am
 Lake Grace 10am

Enquiries: Father Dave 0427 545 560
 Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 13th June

Lake Grace 8am
 Kukerin 10am

Sunday 20th June

Ravensthorpe 8:30am
 Varley 11am
 Lake Grace 6pm

For inquiries and request for home visitation, please contact the parish office on 9865 1248.

CRISIS CARE NUMBERS

Doctor's Surgery - 9865 1208	Electricity Faults - 13 13 51
Hospital - 9890 2222	Water Faults - 13 13 75
Ambulance/Fire/Police - 000	Directory Assistance - 1223
Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Kids Helpline - 1800 55 1800 www.kidshelp.com.au
Margaret Cole - 0427 441 459 Southern AgCare Counselling	Family Helpline - 1800 643 000 / 9223 1111
Relationships Australia - Fair Programme 9336 2144 www.wa.relationships.com.au	Ngala - 9368 9368 www.ngala.com.au
55 Central Men's Refuge - 9272 1333	Poisons Information - 13 11 26
Lifeline Australia - 13 11 14 www.lifeline.org.au	Family Court of WA - 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au
Seniors Information Services - 9321 2133 www.cotawa.asn.au/	Citizens Advice Bureau - 9221 5711 www.cab.wa.com.au
Beyond Blue - 1300 22 4636 www.beyondblue.org.au	Youth Legal Service - 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au

COMMUNITY CALENDAR

June

Fri 11 Fish & Chip Night—LGS Club
 Sat 12 Steak Tea at the Sportsman's Club
 Winter Sports - LG/P v Borden
 Hockey - Lake Grace v Kondinin
 Craft at CWA
 Sun 13 Junior Golf
 Car Boot Sale
 Golf - Par
 Mon 14 Rubbish Collection
 Gym
 Basketball AGM
 Tue 15 HACC Chair Aerobics & Exercises
 SOYF Aerobics
 Pingrup Potters
 LG/P Junior Hockey training
 Weight Watchers - 6:30pm at CRC
 Well Women's Clinic
 Mosaic Workshop follow up (p.19)
 Wed 16 LG Hockey Club Training
 Building Surveyor in Lake Grace
 Shire Audit Committee Meeting
 Great Southern Chiropractic (p.9)
 Thur 17 Pizza night at Rosies
 LG/P Football Club training
 Drawing Group—3:30pm—5:30pm
 Physiotherapist
 Playgroup - 9:30-11:30am
 Dr Linda Haines in Lake Grace
 Roadwise Meeting
 Fri 18 Fish & Chip Night—LGS Club
 Dr Linda Haines in Lake Grace
 Sat 19 Steak Tea at the Sportsman's Club
 Craft at CWA
 Great Southern Colts Carnival
 Hockey - Country Weekend
 Sun 20 Junior Golf
 Great Southern Colts Carnival
 Golf - Stableford

Mon 21 Rubbish Collection
 Recycling Collection
 Gym
 Lakes Link News Deadline
 LGDHS P&C Meeting
 Tue 22 HACC Chair Aerobics & Exercises
 Pingrup Potters
 Weight Watchers 6:30pm at CRC
 SOYF Aerobics
 Occupational Therapist
 Speech Therapist
 Wed 23 LG Hockey Club Training
 Shire Meeting, Council Chambers Lake Grace
 Great Southern Chiropractic (p.9)
 Thur 24 Pizza night at Rosies
 LG/P Football training
 Child Restraints Workshop
 Drawing Group—3:30pm—5:30pm
 Physiotherapist
 LG Artists Group Meeting, 4:30pm
 Playgroup - 9:30-11:30am

Coming Events

June 25th - HACC Activity Day
 June 29th - Occupational Therapist
 June 29th - Speech Therapist
 June 30th - Immunisation Clinic-Newdegate
 July 1st - Building Assessor in Lake Grace
 July 2nd - Last day of school term
 July 2nd - Driving Assessor in Lake Grace
 July 3rd - Auskick Super Clinic—Wagin
 July 13th - CWA Meeting 1:30pm
 July 13th - Aussie Host Workshop
 July 29th - LG Library Resource & CRC Meeting
 July 29th - Men's Health Nights
 August 2nd & 3rd - Chemcert Workshop
 August - Governance Workshop

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

Sudoku

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

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