

LAKES LINK NEWS

Produced at the
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Members for Life



Life Members of the Lake Grace Volunteer Fire Brigade, Ray Bird and Alan Stubberfield.

On Saturday 3rd July the Lake Grace Volunteer Fire Brigade held its annual 'Captain's Dinner' at the Lake Grace Hotel. This is a somewhat formal affair where individual achievements are acknowledged and awards are presented.

The 2010 Captain's Dinner was to be an even more special event! This year the brigade decided to recognise the achievements and dedication to voluntary duty of two of their volunteer fire fighters, Alan Stubberfield and Ray Bird; by awarding them with Life Membership.

Stubby started his voluntary career way back in 1981; it is not hard to work out that in 2011 he will

have achieved 30 years of service. This is an outstanding commitment to a voluntary cause. Stubby was compared to an old Lister motor – ever reliable in a time of need.

Birdy's voluntary career began in 1986 in Mullewa, he too is not far off the 30 year mile stone. From Mullewa Ray moved to Lake Grace for a few years then on to Geraldton for a short time before returning to Lake Grace. Birdy held the position of Captain for the last 10 years, he recently moved to Perth to be closer to family.

Both Ray and Alan have been an inspiration to all of us at the brigade; we are all grateful for

Continued page 6

CONTENTS

Page 4 Volunteer's Bus Trip
 Page 5 About Town
 Page 6 Weather
 Page 7 Turning on the Tap at Dingo Rock
 Page 9 Community Day Care
 Page 10 Rising Star Returns to his Junior Club
 Page 11 Lake Grace Cemetery Restored
 Page 12-15 Shire Pages
 Page 16 New CCTV Cameras and Chairs
 Page 17 Recycling
 Page 18 Science & Stuff
 Page 19 Health Page
 Page 20 Hot Water Bottle Winter Warning
 Page 21 Visitor Centre Roster
 Page 22 Tax Office Scam Warning

Page 23 Junior Golf at School
 Page 24 Lake Grace Snappers
 Page 26, 27 Nightwatch
 Page 28, 29 WW1 Veterans
 Page 30 AGM's the big Issue
 Page 31 Shire Page
 Page 33 Golf, Junior Golf
 Page 34 Netball, Hockey
 Page 35 Junior Hockey
 Page 36 Humour
 Page 37 Football
 Page 39 Auskick, Darts
 Page 40, 41 ARC
 Page 42 Classifieds
 Page 44 Calendar

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 19th July

Next Edition

Thursday 22nd July

LAKES LINK NEWS

2010 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
<i>Conditions do apply.</i>		



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

Elsie Bishop
 Val Whiting
 Gwen Oliver
 Lorelle Houston
 Rebecca Reeves

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

- As some of you may remember the motion was put forward last year for the winding up of the Lake Grace Recreation Council, the Council was formally wound up on 19th January 2010 and I have passed all of the minutes and financial reports onto the Shire Council for safe keeping. If you have any queries please don't hesitate to contact me.
- The Resource Centre is looking at getting a trainer in to fine tune the three of us on the use of MYOB. This training will be catering for OUR needs, ie we won't be learning payroll; however the trainer is quite happy to take another two or three participants on for the day. I have a vague idea of costs but we have not set a day, definitely not this month. If you're interested please give me a ring to discuss.
- We keep hearing about all the weather records that are happening in Perth (blah! Blah!) so I think now is a good time to mention we have had 8 (yes that's eight) frosts in the last fortnight. So if you've been a bit slow and sluggish in the morning that's why.
- It's not too late to join us for our Aussie Host workshop next Tuesday (13th July) but I will need names by lunchtime Monday. This workshop is free for our volunteers but there will be a charge of \$200 for anyone else (sorry). If you are interested in yourself or any of your staff attending this all day accredited workshop then please call and register your interest. Julie, our trainer, is the coordinator of the Katanning Resource Centre and has been running these workshop for many years, she's VERY friendly and is bringing lollies.
- We are needing more numbers for the sports taping workshop that is being held on Monday 19th July, cost is \$65.
- Due to the purchase of 'new stuff' the Resource Centre has some 'old stuff' for sale. It's all functional and too good to throw out so we are hoping there's someone out there who would like these items. There's a list of items on the classifieds page (p.42). Just name your price.
- As part of our name change the Resource Centre also has a new email which is lake-grace@crc.net.au We also have a new website address, however this still needs a lot of tidying up...lots of Telecentre words in there still. Our new website is www.lakegrace.crc.net.au
- Coming up on Monday August 9th we are hosting a governance workshop. This will be geared around Resource Centres but would assist anyone in the running of their non profit organisation. Discussed are items such as membership, AGM's, roles and responsibilities of the committee and strategic planning. This is a fantastic workshop and if you are in any way involved in a non profit organisation then this workshop will answer all of your questions.

Suzanne Reeves

Thanks

To the Collators of the Last Edition

Terri Parker	Maurie Gilson
Allan Zweck	Christine Fyfe
Val Whiting	

COMING SOON

The fundraising event of the year...the Lake Grace Kindy & Pre-primary cake stall.

to be held on **THURSDAY 22 JULY 2010**

Outside the Plaza from 9.00AM

(Sat 24/7/10 is a home game for both our sporting groups so come and buy your afternoon tea from us and save yourself a job.)

Lots of freshly baked produce will be for sale, so come and support the future of our town.

Any donations gratefully accepted.

For all queries please call:

Shelley - 9865 1865

Vynka - 9865 1071

Aussie Host Workshop

How's your public relations?

Are you smiling at customers through your teeth?

Does your tone of voice need a tune-up?

The Lake Grace Community Resource Centre is hosting an Aussie Host Workshop (which deals with all of the above afflictions) on

Tuesday 13th July

9am—5pm

Lunch, morning and afternoon tea will be supplied. \$200 per head (free for CRC volunteers and staff), Small Business Training vouchers available.

If you have any questions or would like to book in then please phone the Lake Grace CRC on 9865 1470.

Visitors Centre Town Tour

Volunteers from the Lake Grace Shire Visitor Information Centre went on the first of their town tours, to learn more about the Lake Grace Shire and its surrounds on Friday the 25th of June 2010.

With our trusty bus driver Marcus Owen at the helm, we began our tour at the Lake Grace Railway Station. After a few quick facts, a couple of corrections to those quick facts, and a brief discussion about how comfortable the bus seats were....we then headed off to the road house, via the currently being constructed entry statements on the Lake Grace/Newdegate road.

Upon visiting the Road House, we had a look at some of the accommodation, and a bit of a walk around to establish what services and facilities are on offer; toilets, ATM facility, take away fast food and drinks, dine in meals, LPG, Eftpos facilities, outdoor picnic area, truck bay and motel accommodation. Then it was back on the bus, and off to Tom and Mabels. Along the way we stopped at the Lake Grace Lookout – and for the keen photographers in the group, it was an opportunity to do some ‘snapping’.

Tom & Mabel's cottage stay Bed and Breakfast is situated 12 minutes west of Lake Grace on O'Neill Road. A soldier settler cottage built in 1948, it has been renovated to contain all modern facilities combined with rural charm. It was a lovely treat for those of us who had not been there before. After a look around and a group photo we were back on the bus and off to the Lake Grace. Along the way we stopped in at the information bay (just near the golf course) and had a bit of a chat about the services and operations of the Night Truck that used to operate in Lake Grace. A very interesting and informative conversation....

On arrival at the Caravan Park we had a lovely tour with Adeline Medlen, and again were made aware of what facilities and accommodation were on offer. Peter and Adeline moved into the caravan park 2002/2003 and today manage the park with their family. The Caravan Park has powered sites, along with camping grounds, BBQ facilities, toilets, showers and laundry facilities. There is also donga style accommodation for backpackers. This year the Caravan Park purchased two self contained two bedroom donga rooms - ideal for families or longer stays in the area.

After another group photo.... it was back on the bus, and our last stop for the morning was at the SaltBush Inn with Ollie and Lucy Farrelly. Ollie and Lucy bought the Salt Bush Inn eight years ago, and have made many changes to the accommodation in that time. Lake Grace Saltbush Inn is a unique and cosy motel offering comfortable and affordable accommodation in quiet surroundings. The homely and immaculate rooms have television, private bathroom, and tea and coffee making facilities. Continental Breakfast and evening meals are available by arrangement. Single, double, family rooms and family self contained units are available. After exploring all the rooms and having a lovely chat to both Ollie and Lucy, we were back on the bus and returned to the Visitor Centre for some lunch.

It was a lovely morning with lots of contributions from all the Volunteers, and many thanks must go to Marcus Owen, for driving the bus, Elsie Bishop for organising the bus, Stephanie Clarke for her commentary and facts for each destination and the many accommodation providers who allowed us to visit their premises. Your generosity was greatly appreciated and we are looking forward to our next tour which will be in September.



From left: Henk Doelman, Betty Daly-King, Mary Naisbitt, Marcus Owen, Stephanie Clarke, Val Whiting, Annie Slarke, Phyllis Dunham, Elsie Bishop, Neil Bishop.



ABOUT TOWN

- Sincere sympathy to the family of Ted Wright who passed away on Sunday 4th July. Our thoughts are with Julie, Donna, Simon and Matthew and families at this sad time.
- On a flying visit to Lake Grace were Ray and Narelle Bird who came back for the Volunteer Fire Brigade's Captain's Dinner.
- Also back in town were June and Joe McEncroe who were helping Bruce and Lesley Duckworth celebrate their special birthdays.

HAPPY BIRTHDAY



9th July	Mark Seaman Kevin Pelham Monique Trevenen Lachlan Milton Brock Bowron	15th July	Benn Tomkins Wayne Milton Mabel Dines
10th July	Judy Fleay	16th July	Ben Argent Chad Stanton Sonia Carruthers
11th July	John Bennett	17th July	Helen McWhirter
12th July	Fleur O'Neill (21)	18th July	Rebecca Bushby (18) Shane Giles
13th July	Annie Slarke Isabell Seward	21st July	Phoebe Robertson
14th July	Jeff Lay	22nd July	Blair Watson
15th July	Peter Taylor		



HAPPY ANNIVERSARY

17th July - Helen & Clem Bennett

CWA Cultural Day

Lake Grace CWA are hosting a Cultural Day on Monday 16th August at the Shire Hall and everyone's invited! Not wanting to lose touch, all thirteen of the CWA branches from what was once called the Central Great Southern Division get together on an annual basis.

Members of the public are invited to enter an exhibition of work in the following displays:

1. Chocolate Cake, not iced approx 20cm (8') round tin
2. 6 Muffins Sweet (2 varieties) 3 of each, presented on a paper plate
3. Collection of Jams, 1 jar of each, 3 varieties
4. 1 Jar of Marmalade
5. Collection of 1 Sauce 1 Pickle, 1 chutney
6. Knitted Scarf Any medium, label attached
7. Crochet Rug Any medium, label attached up to 35x35cm
8. Candlewick Cushion (approx 35cm x 35cm)
9. Any craft not otherwise stated
10. Photography, Tree Study Mounted up to 24cm x 24cm
11. Floral Art "Green is Good " no restriction

Entries need to be in by 10:30am, there is a 50cent charge per item entered. The cultural day opens to the public at 2pm, \$5 entry which includes afternoon tea.

There will be many tables of crafts and "yesterdays memories" to browse amongst PLUS a very interesting guest speaker who will start her presentation at 2.30pm.

We would love to have the participation of the talented people of Lake Grace so do come along!!!!

Sports Taping Workshop



Monday 19th of July
5:30pm - 8:30pm

At the Lake Grace
Community Resource Centre

\$65 per head

Call the Lake Grace CRC on
9865 1470 to book in.

Lake Grace Weather

- Terry Gladish



July Extremes

Highest Maximum Temperature	23.4	17/07/1976
Lowest Maximum Temperature	9.4	08/07/1956
Highest Minimum Temperature	13.6	01/07/1985
Lowest Minimum Temperature	-1.4	27/07/2004

Date	Min	Max	Rain
23/6	10.6	15.3	5.2
24/6	2.5	11.8	
25/6	-0.5	13.4	
26/6	-0.6	13.8	
27/6	1.8	15.3	
28/6	6.4	14.5	
29/6	6.2	13.5	
30/6	5.1	14.0	
1/7	5.2	14.0	0.6
2/7	5.3	13.1	1.2
3/7	-0.5	12.5	
4/7	4.5	14.5	
5/7	-0.2	14.0	
6/7	0.8	14.4	
7/7	0.3		

Members for Life

everything they have done. Saturday night was a double celebration for Stubby as he also took out the 'Captain's Award', this award was presented to Stubby for his enormous contribution to the brigade not only on 'call outs' but also at 'busy bees' or whenever that little job needed doing. Congratulations to both of you.

Captain I would like to thank you all for 'being there'; keep up the good work.

Marcus Owen
Captain

Lake Grace Volunteer Fire & Rescue Service

Earlier on Saturday, under the watchful eye of District manager Mac Johnston, seven new and not so new recruits participated in the 'Introduction to Fire Fighting' course. This course gives the participants an insight into the basic role of a fire fighter, equipment and procedures and some hose work; laying out hoses and coupling up to the fire truck and standpipe. The course needs to be completed before the volunteer can move onto other courses such as Road Crash Rescue and Breathing Apparatus.

We currently have almost twenty volunteers at the brigade which I believe is outstanding, as the new



Volunteers taking part in the 'Introduction to Fire Fighting' Course

Tap Turned on at Dingo Rock

Open the tap and precious water escapes, water flowed down the gully over the rocks and into the trees. Greg Argent turned on the tap at Dingo Rock on Thursday 24th June at 9.40am, water gushed from the dam and for an hour and thirty minutes it followed the gully to Argent's dam. With the dam emptied out contractors were able to move in and begin the process of cleaning the mud from the dam, the first time it has been done in 38 years.

The water in Dingo Rock dam has been very low over the last few years; it is a water source for local farmers during seeding for spray and for stock in summer. With low rainfall and runoff having affected the agricultural region over many years the Department of Water recognised the importance of emergency off-farm water supplies and has introduced a plan to address and identify strategic community water supplies.

When the Department of Water first contacted local farmer Greg Argent, whose farm butts onto the Dingo Rock Reserve, about making the dam a strategic water supply point, he informed them that the dam only had 800mm of water and approximately 2m of mud. With the water levels so low, the Department saw this as an ideal time to clean the dam out.

Sixteen hundred cubic metres of mud has been removed from the dam, along with another 700 cubic metres from the back of the dam. There is still the slush on the bottom to be removed; once the job is finished the Department of Water will be able to pump the water back from Argent's dam into Dingo Rock.



Mr Greg Argent turning the tap after 38 years

NEED A SHED?

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Risk Management in Pesticide Use August 2 & 3 at Lake Grace Community Resource Centre

*Two day accreditation programme. Strategic training in all aspects of chemical use for those involved in selecting, handling and applying chemicals for control of weed and pests. Accreditation valid for 5 years.
Cost: \$425 each or \$415 each at group rate.*

Spray Application in Grain Production August 3 at Lake Grace CRC

*One day refresher programme for grain growers. Renew your ChemCert accreditation for a further 5 years.
Cost: \$299 each or \$289 each at group rate.*

Through the FarmReady Reimbursement Scheme eligible growers can claim up \$1,500 per financial year to reimburse the cost of these courses. Both courses have been approved for reimbursement.

Ring Suzanne at the Lake Grace CRC on 9865 1470 for more information.

LAKE GRACE SPORTSMAN 'S CLUB

PRESENTS

Quiz Night



SATURDAY 10th July 2010

Tables of 8

\$5 per head

8pm Start

Great Prizes

Local Knowledge Questions

Fun Night for all



Book Tables by 8th July

Call the Sportmans Club on 9865 1239

Fax your booking 9865 1214

Possible Daycare Solution for Lake Grace

An excellent turnout at a public meeting held on Wednesday 30th of June has reinforced local belief of the need for a purpose built daycare centre for Lake Grace. Local Mum's, Narelle Hutter and Alison Dines who had organised the public meeting, were overwhelmed with the support of 43 people attending and another 45 submitting their apologies.

Narelle Hutter welcomed everyone to the meeting before moving on to explain that the purpose of the evening was to determine the level of support from the community for a proposal to Council that the community move forward with the construction of the Lake Grace Daycare Facility. This would be a cost effective, locally built, community project in conjunction with the Shire; rather than have a transportable building delivered, at a greater expense.

The Wongan-Ballidu communities have built their \$400,000 daycare facility for \$220,000; Narelle believes that Lake Grace can emulate this. Sue Middleton who was influential in getting Wongan's project completed has already offered Lake Grace the use of their Shire and License approved building plans free of charge (already a project saving) and has offered Lake Grace any assistance required.

As the Shire has already established, the daycare is a much needed facility, and in turn have listed the project as priority number two on the Council's Strategic Plan. The Lake Grace Shire Staff have already secured \$200,000 Royalties for Regions grant funding, have \$8,000 grant monies received for fencing, a \$5,000 air conditioner has been pledged by the Gnowangerup Family Daycare, sand has been offered to be donated, barrier fencing has been offered to be donated by Elders Lake Grace and \$8,000 has been offered in pledges from the Lake Grace community, sporting clubs and business houses. Other businesses and community members have offered to help out by supplying materials at cost price or by donating labour hours. Pledges are still coming in.

Mrs Hutter has written to the Lake Grace Community Care Committee, who raised money by holding the Community Auction for the late Cadence Lindleys' medical expenses, asking if the monies remaining could be donated to the construction of the daycare facility. With \$7,000 of the \$14,000 fund already tagged for other projects, the committee will be holding a public meeting (that will involve key stakeholders from Dumbleyung and Wagin who were instrumental in this fundraising) to determine whether the committee would be willing to support the daycare cause with a financial donation.

Narelle believes that if the Shire is willing to construct the centre as an owner/builder project, and that the community gets involved in the way of working bees, supplying materials at cost price and helping out in any

way they can; then Lake Grace will be well on the way to having a new facility that the community could be proud of. She estimates that this project would be far cheaper than the transportable which was estimated to cost \$343,501.

With one hundred percent support for the proposal from everyone present it was elected that a working group be formed, two representatives from the Shire and three from the community. The working group is comprised of Nadene Owen, Wayne Trawinski, Gaillene Kennedy, Alison Dines and Narelle Hutter; they will now work toward having a proposal to put forward to Shire council at their July meeting.

If, or should I say when this project comes to fruition Lake Grace could form their own daycare committee to manage the centre, Gnowangerup Day Care could continue in their management role or it could be run jointly. Whichever way it's managed it will provide the Shire of Lake Grace with a more professional and extensive daycare premises.

If you have any questions or would like to offer your support then please contact Mrs Narelle Hutter by email on robandnarelle@westnet.com.au or by calling 0429 651 675.

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.

Gnowangerup Family Daycare

Monday: 8.30 - 2.30pm

Tuesday - Wednesday 8.30 – 3.00pm

Thursday 9.00 - 3.00pm

Gaillene Kennedy
0427 271 457



Rising Star Returns to his Junior Club

There has been a spike in the sale of Fremantle merchandise and that was evident amongst Lake Grace's budding young footballers last week when local lad, Nat Fyfe, returned to help with a coaching clinic. As NAB AFL Rising Star nominee for week 9, part of Nat's commitments to AFL is to return to his local club, present them with NAB giveaways and assist the local club with a coaching session for the Auskick and D Grade side.

The AFL Rising Star Award was instituted in 1993 to recognise and encourage talented young players in the AFL. The winner receives the Ron Evans Medal, in memory of the respected and loved former AFL Commission chairman. It has quickly become one of the League's most sought-after and respected medals, not least because of the notable careers enjoyed by the Rising Stars, starting with inaugural winner Nathan Buckley.

Fyfe made his debut in round five at Subiaco where he became the 150th player to represent Fremantle in the AFL. Oddly enough, his debut match was against Richmond, the club he barracked for until Fremantle read his name out at draft day last year. The 18-year-old admits he was surprised that he has slotted in to the senior team so early in his career and says he has been overwhelmed with how approachable he has found his new teammates. The exciting mid-sized forward earned the NAB Rising Star nomination for gathering 23 disposals in Fremantle's win over the Sydney Swans on Saturday.

It's not too many years since Nat was part of Lake Grace / Pingrup's junior side so it wasn't difficult for him to immerse himself in the excitement, though at over 6ft tall he couldn't hide. More than 50 star struck junior players along with their parents were on hand when Nat presented the club with the NAB giveaways which consisted of scratch match jumpers, water bottles, footballs and a coach's board. Following the presentation it was writer's cramp for Nat as he was mobbed by the children for autographs; one enterprising young player even brought his Eagles football in for a bemused Nat to sign.

Following the presentation Nat joined Auskick coaches, Darren Clifford and Mark Pearce where he demonstrated to the 20+ 5-9 year olds some kicking and handballing skills; plenty of the Dad's were showing a keen interest in improving their backyard footy skills also (or maybe they were brushing up in readiness for the father son match at the end of the season). The group was split into two and the new NAB football jumpers were

put to use for the scratch match with Nat getting on the other side of the whistle and umpiring.

Meanwhile the very determined and second on the ladder D Grade side had been very busy running through their normal training schedule with coach Ross Bowron further up the field. Nat joined them as they ran through their drills, moving from group to group offering advice and tips to all of the young footballers present. The two dozen 9 to 12 year olds lapped up the advice and were very enthusiastic to take part in the 'handball under pressure' drill that Nat instigated. "The afternoon was a great opportunity for the children to understand that you can rise through the junior ranks of country football to reach AFL level", said coach Ross Bowron.



Above: Liam Baker; Kendrick Harvey, Bradley O'Neill and Cent Amores with Nat Fyfe



Above: Brady Carruthers, Angus Hunt, Mitchell Shalders and Brock Bowron with Nat Fyfe

Lake Grace Cemetery Restored - and Improved

Lake Grace Cemetery has been transformed by a major restoration project. The graves, headstones and grounds damaged during the 2006 flood have been restored and drainage improved. New features at the cemetery include an outdoor chapel and a landscaped memorial garden.

Lake Grace Cemetery Group (Alan Duckworth, Ollie Farrelly, Mary Naisbitt, Devon Stubberfield and Jeanette Trevenen) worked with Shire staff Lee-Anne Trevenen and Michelle Slarke to plan the various improvements to the cemetery. Last Friday Shire staff, designer Judith McDougall and volunteers Elsie Bishop and Annie Slarke planted the gardens. With a gazebo and benches, the Memorial Garden will be a quiet place to sit and reflect. People can choose to inter ashes in designated plots or place a memorial in the garden. Designed by Judith McDougall of Pingrup with input from the Cemetery Group, the garden features water wise plants and ornamental rocks.

An outdoor chapel, located under a circle of trees in the southeast corner of the cemetery has a large window with views to the lake and bush. Built by local contractor Derek Stanton, the chapel will have permanent seating in front.

One hundred and five small headstones have been manufactured and placed at previously unmarked graves. Some of these graves, of people from all over the district, date back to the 1920s and required significant research by shire staff to ensure dates and names were correct. Cast aluminium plot markers were manufactured to number all gravesites in the cemetery. Other improvements include a water tank and reticulation, an eco toilet which will be open for funerals, and signage and a pedestrian gate at the west entry. The car park has been extended and kerbed. New software was purchased to update the digital records system for all cemeteries in the shire.

Local contractors were employed in the restoration project, a major part of the Lake Grace Flood Recovery project funded by Lotterywest. Simon Trevenen has been busy improving the drainage and cemetery

grounds, including earthworks for the chapel and memorial garden. Osborne Concrete made the pads for the buildings and Marcus Owen installed the grave markers, signage and seating. Ornamental rocks for the garden were donated by Kim and Michelle Slarke. The Shire works crew and gardeners played a big part in planning, and making the car park and gardens. A commemoration service is planned for the end of winter.



*Memorial Garden Team, L-R: Jason Franich, Simon Trevenen, Sam Gleeson, Garth Hoglin, Trevor Webb, Elsie Bishop, Judith McDougall and Annie Slarke.
Below: Annie Slarke and Elsie Bishop*



Shire Gardeners - Garth Hoglin and Sam Gleeson

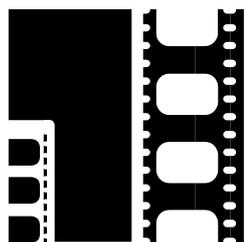
Want your negatives scanned & saved?

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.





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

GP (Doctor) Recruitment Update

Since my last update I have had a number of meetings and discussions with a number of people and organisations that may be able to assist with finding a new GP for the Shire. This has included a meeting with Southern Regional Medical Group which is based in Albany. This extensive medical practice has expressed an interest in providing a GP service to our respective communities and will now develop a business case for consideration.

Another possibility is a medical practice in Narrogin providing coverage in the Shire. Another option is whether the Ravensthorpe doctor will expand his practice to include the Shire of Lake Grace. I have also held discussions with former GPs based in Lake Grace to gauge their interest.

At this point in time there are 71 rural and remote GP vacancies throughout WA. Also, there is a demand for at least 35 locums throughout WA on any given week. Hence the problems that Gemini Medical Services has experienced to date in providing coverage to our communities.

A Local Government Forum is now being held on 4 August 2010 at the Perth Convention Centre to come up with a way forward regarding those communities outside Perth that need a GP.

At the end of the day, there will be an outcome for the Shire. Should you need to discuss this issue please contact me at the Shire Office on 9890 2500.

Captain's Dinner

My daughter (Savannah) and I had the privilege of attending the Lake Grace Town Brigade's Captain's Dinner last Saturday. It was a great night and congratulations to Stubby and Ray Bird who were made life members.

Sean Fletcher

Council Meeting Dates - 28th July 2010 Lake Grace 25th August 2010 Lake Grace



drumMUSTER dates & booking contacts

Lake Grace: Wednesday 21st July 2010,
Contact Marcus Owen ☎9890 2500

Lake King: Thursday 22nd July 2010
Contact Darcy Roberts ☎9874 4013

Newdegate: Thursday 22nd July 2010
Contact Trish Rintoul ☎9871 6045

Building Surveyor: Attendance at the Lake Grace Shire Office

- • Wednesday 14 July
- • Wednesday 5 August



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.



Shire of Lake Grace NEWS & NOTES

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

WELCOME



We would like to welcome Isabelle Draffehn aka Izzy into the Shire team as our new Community Services Assistant while Jo is on maternity leave. Here is a bit about Izzy: she was born and raised in Germany where she went to school and university and studied International Tourism. After graduating she worked in London for three years, then travelled and worked around Australia in 2003/04. Izzy came to Pingrup to experience “country pub barmaiding” ... and stayed. Together with her partner she has established a local mechanical business in Pingrup. Izzy worked at the Pingrup Telecentre for the past four years. She loves life in rural Australia and is looking forward to be part of this vibrant, friendly and challenging work environment.

STAFF PROFILE

Name: Jeanette Bennett

Job Title: Executive Assistant



Best part about job: Doing something different every day and the people I get to meet and work with.

Funniest person at the Shire: Conversations between Danielle, Jess and Pete are fun to listen to.

Where were you 5 years ago? Right here—but my desk was down the other end of the building.

Favourite Football team? No favourite—enjoy seeing the WA teams do well and our local boys achieving their dreams and playing AFL

Favourite holiday destination? Holland and the beach (doesn't matter where)

Best thing about living in the Shire of Lake Grace? Everything—my family, my home, the people, the place and the lifestyle.

JOB OPPORTUNITIES:

4WD VROC

AGE FRIENDLY COMMUNITIES PROJECT OFFICER

The 4WD VROC, made up of the Shires of West Arthur, Wagin, Williams, Woodanilling and Dumbleyung, in partnership with the Shire of Lake Grace are undertaking consultation to identify outcomes which will allow seniors to live in our communities longer, following the Department for Communities Age Friendly Communities framework.

Applications are invited from motivated and enthusiastic individuals seeking to carry out the role of project officer and facilitator for the proposed six workshops and preparation of reports. The role will include travel to all Shires involved. Remuneration including travel and accommodation allowance to be negotiated.

Written applications providing a summary on experience in facilitation, working with seniors and a Curriculum Vitae including the contact details of two recent referees, are to be submitted **by 4.00pm on Friday 23 July 2010**, and are to be addressed to:

Kym Harrington
Executive Officer
4WD VROC
31 Burrowes Street,
DARKAN WA 6392

Further information on the proposed workshops for prospective applicants is available by contacting Kym Harrington at the Shire of West Arthur office on (08) 97362222 or by email on kharrington@westarthur.wa.gov.au.

Driving Assessor

The Driving Assessor will be at Lake Grace Shire Offices on Friday 30th 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 remember to bring in identification on the test day as it is a requirement that is also written on the learners permits.** Please call Jordie or Nicole on 9890 2500 to make an appointment.



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Men's Health Nights

WHEATBELT MEN'S HEALTH—OWEN CATTO & JULIAN KRIEG

ALL BLOKES WELCOME

Where: **Newdegate** Rec Centre

When: Thursday, 29th July 2010

Time: 8.00 PM

Food: Sausage sizzle

Contact Clint Westlake, Newdegate Football Club
OR Nicole @ the Shire for more info.

Where: **Lake Grace** Footy Pavilion

When: Thursday, 29th July 2010

Time: 7.30pm +

Food: Sausage sizzle

Contact Royce Taylor, Lake Grace-Pingrup
Football Club OR Nicole @ the Shire for more info.

SUPPORTED BY:

NEWDEGATE & LAKE GRACE/PINGRUP FOOTBALL CLUB

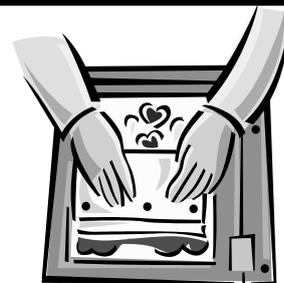
SHIRE OF LAKE GRACE

WHEATBELT MENS' HEALTH WA

It's in your hands

School Holiday Activities

Scrapbooking for Kids—Off the page clock and double page layout & cards
(6 years+)



Newdegate	Newdegate Library	10.00am-3.30pm Thursday 15th July
Lake Grace	Lake Grace CRC	10.00am-3.30pm Friday 16th July

RSVP: Bridget Michell by Friday 9th July for your kit and catering 0429 937 733

Night Golf (8-15yo)



Lake Grace	Lake Grace Golf Club	5.30pm - 8.45pm Wednesday 7th July
Lake King	Lake King Golf Club	5.30pm - 8.45pm Monday 5th July

***Sausage sizzle at 5.30pm and golf starts at 6.30pm ***

RSVP: Thursday 1st July 2010 by calling the Shire office 9890 2500
or email shire@lakegrace.wa.gov.au



Shire of Lake Grace NEWS & NOTES

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Overview of Council Meeting—23rd June 2010

Councillors started the day bright and early with a morning budget workshop session where they worked through the 2010/11 draft budget which is scheduled for formal adoption at the July 2010 Ordinary Meeting.

The Council Meeting proper commenced at 1.00pm with twenty four members of the public in attendance - most of whom were present to listen to the presentations to Council on community housing by the Department of Housing and Works and the Great Southern Community Housing Association.

The presentations were very informative and brought Council up to date on the current requirements for the management of the Shire's community housing stock - of which there are 26 spread over the four towns. The Shire has varying equity over the stock with all the houses built under Legal Agreement with the Department of Housing and Works i.e. Joint Venture and LOGCHOP. The next step is for the Department of Housing to come to the Shire and undertake a regulation compliance check which will determine how well we are managing the housing portfolio in line with requirements and how it needs to be managed in the future. Several members of the public asked questions about the Shire's community housing all of which required to be taken on notice until Council is aware of all of the facts.

Other matters considered included:

- Introduction of a waste collection levy - Council resolved to include the 2010/11 waste management costs in the General Rates. The item also covered the issue of manning of the Lake Grace Tip and the recovery of the costs for disposing of tyres - these issues were left in abeyance.
- Planning approval for Lot 218 Eggers Place Lake Grace.
- A Notice of Motion from Cr De Landgraft regarding funding for the construction of the Lake Grace Childcare Centre - this item was tabled until a Special Meeting of Council could be convened - the Special Meeting is being held on Thursday 8 July 2010.
- An Annual Fee for Trading Permits for Street Traders - this item was in response to a call from local businesses who have concerns about the competition being unfair in that their operational costs to provide the community with services are much higher than the street traders. Council voted to charge an annual fee of up to \$6,000.00 for a trading permit.
- The recruitment of a GP for the Shire - the CEO provided Council with a report updating them on events to date.
- A report on the Shire submission to the Legislative Council Standing Committee on the withdrawal of Year 11 & 12 Courses from District High Schools - Minister Waldron has since advised the Shire that the Lake Grace District High School will not be affected.
- WALGA Central Country Zone report which included information on the proposed new Mass Management Scheme for WA.
- Shire Strategic Plan 2010-2015, the Shire Workforce and Succession Plans and the Shire's Attraction and Retention Strategy.

In Memory

Ted Wright....

Much respected Shire Councillor over 14 years - a tireless community worker and ambassador for Lake Grace over countless years.

The Shire President, Councillors and Staff extend deepest sympathy to Julie, Donna, Simon, Matthew and families in their very sad loss.

Fondly remembered with a smile!



There's A Chair in There

Sitting at the computer has got a lot more comfortable at the Lake Grace Community Resource Centre with the purchase of new chairs in the public access area. The old chairs, which had arms, were sold off as the arms tended to bump into the benches; over time this had damaged the benches and scarred the arms of the chairs.

With the installation of new benches last year it was decided the old chairs had to go as the Resource Centre committee and staff wanted to minimise the risk of damage to their new fixtures. Unfortunately over the last six months the members and volunteers have had to endure sitting on fixed height seating, which in some cases was about 4 inches too low.

Royalties for Regions funding came to the rescue, and the Resource Centre has taken receipt of ten ergonomic (and armless) chairs, a very welcome addition to our facility. The Resource Centre has also purchased a new laptop and an extremely large TV; these will be used in concert with a data projector (yet to arrive) for video conferencing facilities. Aiding with the compilation of our Lakes Link News the Lake Grace CRC has purchased a new electric stapler. All of these items have been funded via Royalties for Regions.

The Community Resource Network has also provided

us with \$4,267.60 funding which has been put toward the installation of three CCTV cameras in the Resource Centre and the purchase of two licenses for Adobe Acrobat.

With 24 hour access the Centre has been very lucky in that it has never had any major problems with theft or damage; however there has been a recurring problem with a minority of members letting others in to use the facilities free of charge. The cameras will aid in the control of this problem.

Adobe Acrobat will primarily be used as a means of conserving the Lakes Link News in a more manageable digital format. With this programme the CRC hopes to be able to make Lake Grace's local paper available via the internet, therefore making it more accessible to overseas subscribers.

Medicare

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

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for 23 years.
Transport is our living!

For your:

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

Phone 9865 1129



Highly awarded photographer Mr Roger Clark, is riding his Harley around WA to raise awareness and funds for paediatric equipment for rural WA. Roger recently travelled through Lake Grace and together with the community, Westpac Lake Grace raised over \$400.

A HUGE **THANK YOU** to Lake Grace Plaza and Lake Grace Meat Supply for the very kind **DONATION** of sausages and bread for our sausage sizzle.

THANK YOU to all who supported the sausage sizzle, raffles, colouring competition or made donations.

Congratulations to the winners of the \$50 raffles Belinda Bowron and Sandra Richter.

Thanks to John Boyland and LGDHS for your involvement and support.

Winners of the colouring competition are:
Jaida Moore, Seaton Willcocks & Brad O'Neill
Highly Commended Ruby Stanton

Thank you once again to Lake Grace Plaza, Lake Grace Meat Supply, Lake Grace Lions, Lake Grace District High School and most importantly the community of Lake Grace.

Recycling Made Easy

The Shire of Lake Grace will become more waste wise and significantly reduce environmental impact with recycling stations installed in the four towns of the Shire. The service will recycle plastics, aluminium, cardboard, newspaper, glossy magazines, glass and steel cans.

“Council is committed about increasing the volume of materials we recycle,” said Shire of Lake Grace CEO, Sean Fletcher. “This new service will conserve valuable resources and reduce our impact on the natural environment”.

The recycling stations follow the success of fortnightly kerbside collections in Lake Grace and Newdegate. The yellow topped bins have been well utilised by residents and landfill in Lake Grace and Newdegate has reduced significantly since the introduction of the kerbside service. The Shire of Lake Grace will become one of few Wheatbelt shires to introduce the kerbside collection and transfer station system. When full, the large bins - converted shipping containers - will be removed and replaced with an empty bin. The contractor will then transport the recyclables to a materials recovery facility (MRF) where they will be sorted, bailed and sent to processing plants to be recycled into new products.

“This new service makes recycling easier than ever,” said Shire president Andrew Walker who called on

residents and businesses to make good use of the recycling stations. “Council is working with other shires in the region to plan for future waste management needs. We know that all landfill sites in the Shire of Lake Grace have a limited life span. Materials such as cardboard take up a lot of space in landfill. This material can be recycled, reducing the need to use more natural resources and dig more landfill sites so it makes sense not to put it into landfill in the first instance”.

The Recycling Stations are clearly signposted as to what materials can be recycled. There is no need for sorting, however it is important to flatten boxes and containers so they occupy less space and the bins will not need to be emptied as often.

Below Left: Shire President Andrew Walker making use of the new Recycling Station.

Below Right: Plastic bags are not recyclable. Clothing should be placed in charity bins.



What am I?

Does anyone know what the implement in the photo was used for? No we're not talking about the box of matches.

Although forced into retirement by technology it once helped get the job done!

Bag of minties for the first correct answer.

SCIENCE AND STUFF

Hearts heart height: Shorter people are 1.5 times as likely as their taller counterparts to develop heart disease, reveals an analysis of more than three million people. Short people were classified as under 160.5 centimetres high and tall people over 173.9 cm (European Heart Journal. DOI:10.1093/eurheartj/ehq.183).

Oldest leather shoe: A pit in Armenia has yielded the world's oldest leather shoe, a one-piece design with eyelets and leather laces. At 5500 years old, the shoe is between 300 and 400 years older than those found on Otzi the alpine "iceman", which only had soles of leather with grass uppers (PLoS ONE. DOI:10.1371/journal.pone.0010984).

Sea Snail venom provides potent pain relief: Sea snail venom could become the gold standard of nerve-related pain following the development of a pill that is 100 times as potent as leading treatments. Current treatments for neuropathic pain include morphine, which is highly addictive, and gabapentin, which both act on nerve receptors. Sea snail venom had been suggested as a good alternative because it consists of a cocktail of peptides, known as conotoxins. These act to immobilise the snails prey by blocking nerve-cell conduction, but in mammals the peptides are an effective analgesic. The only conotoxin-derived drug approved for human use is ziconotide. Unfortunately, it is susceptible to breakdown by enzymes in the saliva and gut, so it is administered by a pump surgically inserted into the abdominal wall, making it an invasive and expensive treatment. To solve this problem, David Craik and his team at the University of Queensland in Brisbane, have developed the first "orally active" conotoxin drug. They started with a synthetic version of conotoxin. Since the enzymes that break down the drug usually act at the ends of the conotoxin molecule, the team used a chain of amino acids to join up these ends to form a circular structure. They found this version to be resistant to enzymes in the body. Craik's team tested the conotoxin in rats with neuropathic pain. They found that a single oral dose significantly reduced pain using a standard test-how much pressure the rat could withstand before withdrawing its paw. Compared with gabapentin, conotoxin was judged to be 100 times as potent (Angewandte Chemie, DOI:10.1002/anie.201000620). Because conotoxin is so powerful, only very small doses are needed, reducing the risk of side effects, says Craik. His team has applied for approval for a trial on humans.



On-Off switch behind complex life: A simple on-off switch may have been the key to the evolution of complex life. How colonies of single cells evolved into multicellular organisms has long been a puzzle. The process requires single cells to band together and divide tasks of life. To do so, some cells must give up their ability to reproduce. To investigate, Sergey Gavrilets of the University of Knoxville created a mathematical model describing a colony of identical cells able to survive and reproduce. He assumed trade-offs between the tasks: being better at reproducing made cells worse at survival, and vice versa. In the simplest case, the colony evolved into organisms

made of cells that were mediocre at both tasks. But that changed when Gavrilets included genes that could suppress the activity of one trait or the other. A colony of cells could now improve both traits at the same time, by making some cells exclusively reproducers and others survivors. This led cells to completely specialise in less than a million generations-an evolutionary blink of an eye (PLoS Computational Biology, DOI: 10.1371/journal.pcbi.1000805).

Why Spiderweb glue never lets go: Spiderweb glue is not only sticky it is also elastic like chewing gum-making it difficult to escape from. Ali Dhinojwala of the University of Akron in Ohio used microscopic probes to test beads of glue on an orb spider's web and found that elasticity was key. He calculates that the combination of sticky and stretchy makes the glue 100 times stronger than previously thought (Nature Communications, DOI: 10.1038/ncomms1019). The glue was stickier when the probe was pulled away quickly, and more elastic when it was pulled slowly. Spiders capitalise on this: the web is stickiest when prey slams into it. As the trapped prey struggles to escape, the glue becomes more elastic to absorb its slowed movements.



Regrown liver could boost transplants: Livers stripped of their original tissue then re-coated with new cells have been successfully transplanted into rats for the first time. Korkut Uygun at the Massachusetts General Hospital in Boston and his colleagues stripped rat livers of their original tissue by exposing them to a powerful detergent. What remained were cell free "scaffolds" of collagen, but with the overall architecture of the liver intact, including channels for blood vessels, chambers and ducts. The team pumped around 50 million rat liver cells into each of five bare scaffolds, then included the organs in culture for two weeks. Finally, they plumbed the reconstituted organs into genetically similar rats, where they functioned normally (Nature Medicine. DOI: 10.1038/nm.2170). If the procedure works in humans, it would enable donated livers from humans and possibly even from pigs, to be re-coated with a patient's own cells, reducing the likelihood of organ rejection. It would also enable doctors to make use of donated livers that are otherwise rejected because they are too fatty or damaged in transport.

Death-defying drug: Around 100,000 lives could be saved each year if heavily bleeding trauma patients were given infusions of a cheap clotting agent called tranexamic acid (TXA). In a trial involving 20,000 patients in 40 countries, TXA reduced the risk of bleeding to death by about a sixth with no harmful side effects reported (The Lancet, DOI: 10.1016/S0140-6736(10)60835-5).

Sail away: Japans IKAROS solar sail has successfully unfurled in space, and its solar cells are generating power. In the next few weeks it will start to move using the momentum of photons, becoming the first spacecraft fully propelled by sunlight.

Maurice Gilson

LAKE GRACE HOSPITAL

providing **24 hour emergency health care services** and **community care services**
to Lake Grace and surrounding district

TEL: **9890 2222** FAX: **9890 2202**

Immunisation Clinics:

Lake Grace
Thursday 8th July
(next clinic on 12th August)
By appointment only
at the LG Medical Centre
Call Elizabeth Trevenen on 9890 2246



Newdegate
Wednesday 4th August
(next clinic will be 25th August
- earlier due to the Newdegate Field Days)
From 10 am—11.30 am
at the Newdegate Hall / Surgery
Call Jill Dykes on 9871 9024



**Ring 000
for an
ambulance!**



Please do not call the hospital first
if you are in need of an ambulance,
000 is the number you need to call.

The hospital staff are then made aware of the
call-out so will know there is a patient on the
way to hospital.

*Are you due for a Pap Smear?
Make your appointment today!*

Well Womens Clinic



Monday 16th August
Call Jill Dykes
on 9871 9024

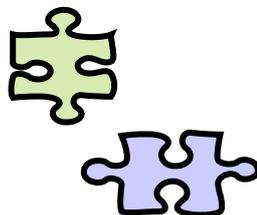


Triple P Program (Expressions of Interest)

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
- ◆ whinging
- ◆ disobedience
- ◆ bullying
- ◆ sibling rivalry
- ◆ encouraging co-operation
- ◆ how to say no



Firm dates will be advised once final numbers
are received for this program (expected to be
held on a Monday, starting early in Term 3)

Child care facilities will be available.

Phone Elizabeth Trevenen on 9890 2246 for
further details and to register.

HACC Happenings

4th Friday Activity Day:

Friday 23rd July 2010

“Christmas in July”

Catered for by the Catering Trio
11.00am—2.00pm

at the Lakes Village Hall

Cost for Christmas Dinner = \$25.00

RSVP essential by Friday 16th July
(definite numbers required by this date)

Further details are in the Home Care
Newsletter, or call the hospital.

Foot Clinic:

Tuesday 13th July

9.00 am—12 noon

Lakes Village Hall

All seniors welcome.



Hot Water Bottle Winter Warning

Splash out on a new hot water bottle this winter. That's the message we're promoting at Consumer Protection amid concerns older, perishing hot water bottles could split and scald users.

On average 200 Australians are hospitalised every year because of hot water bottle burns. With temperatures dropping as low as zero across WA recently we know many consumers are using this cost-effective and energy efficient way to keep warm. Our aim is to prevent accidents occurring during the cold nights.

In 2008 a product safety law came into force which means hot water bottles made or imported into Australia must comply with standards relating to thickness, durability and have warning labels. Our worry is that some WA households will have old and potentially dangerous hot water bottles.

Firstly check for seam splits and replace old or deteriorating products. When you do buy a new hot water bottle, if possible opt for PVC or synthetic material over rubber, which is less durable.

Never fill a hot water bottle with boiling water, don't overfill it, check the stopper is fitted properly and use a cover or put a towel around it. Also make sure you take the hot water bottle out of the bed before going to sleep, as lying or rolling onto it can cause it to burst. Consumer Protection's product safety officers carry out

routine checks of hot water bottles on sale in WA. So far this winter there have been hot water bottle inspections at 37 stores. Eight hot water bottles were removed from shop shelves – seven (the same product line) did not meet labelling standards while another failed on a technicality because the label had been removed.

There's an interesting safety video showing the dangers of hot water bottles, a burn victim's story and further advice on the Australian Competition and Consumer Commission website: www.productsafety.gov.au

Photo ID's

Do you need a photo for an ID pass, passport, library card or license?

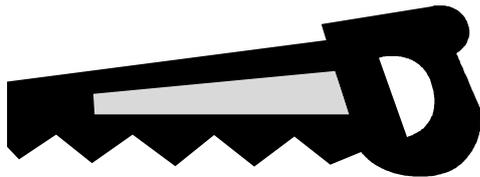


The Lake Grace CRC is able to take and print your photos.

\$12 for a set of four (4)

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Visitor Centre

(Stationmaster's House)

On Friday 25th June, the Volunteers of the Lake Grace Shire Visitor Information Centre went on a tour of the town and it's surrounds, stopping off to look at some of Lake Grace's visitor attractions and services.

It was a great morning and many thanks must go to Marcus Owen for the terrific job he did driving the bus, and thanks to Elsie Bishop for organising the bus. Also many



thanks to the service providers who took the time to speak to us and show us through their premises. It was greatly appreciated. After a great morning, we had a lovely lunch at the Visitor Information Centre and then headed home.

Many, many thanks to the wonderful Volunteers of the Visitor Centre for your enthusiasm, participation and support of this training. July continues to be busy for our volunteers from a training perspective, and we are all very much looking forward to the Aussie Host workshop in the coming week.

JULY 2010

Mon 5th * *Bill Jenks	Tues 6th * Jayne Argent * Betty Daly-King	Wed 7th *Val Whiting *	Thurs 8th * Henk Doelman * Elsie Bishop	Fri 9th * Cheryl Chappell * Annie Slarke	Sat 10th	Sun
Mon 12th * *Bill Jenks	Tues 13th * Jayne Argent * Betty Daly-King	Wed 14th *Stephanie Clarke * Stephanie Clarke	Thurs 15th * Henk Doelman * Elsie Bishop	Fri 16th * Cheryl Chappell * Annie Slarke	Sat 17th	Sun
Mon 19th * *Bill Jenks	Tues 20th * Jayne Argent * Betty Daly-King	Wed 21st *Stephanie Clarke * Stephanie Clarke	Thurs 22nd * Henk Doelman * Elsie Bishop	Fri 23rd * Cheryl Chappell * Annie Slarke	Sat 24th	Sun



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Contact Brett Biglin 0427 896 023 - 9889 6023

brettbiglin@bigpond.com

Tax Office Scam Warning

At Consumer Protection's Kalgoorlie office we've been receiving a number of reports about scam phone calls where the caller pretends to be from the Australian Taxation Office. This trend has been echoed across other parts of WA.

During the unsolicited calls people are told they are entitled to a refund for GST charges and to transfer a deposit to confirm their bank details and identity before the money they are owed is put into their account.

Our WA ScamNet branch has confirmed it's an advance fee fraud scam and nothing to do with the Australian Tax Office. Unfortunately some consumers have already fallen foul, with the amount of dollars lost in WA in the thousands. We want to prevent that number from increasing further.

The scammers appear to be calling from an untraceable number believed to be in India. They are very bold despite their illegitimate activity. Even if challenged about their location they may confidently re-identify themselves as from 'Federal Government in Canberra', when they are most likely overseas.

On occasions where consumers have raised concerns of previous advance fee frauds using the Australian Tax

Office name, they have been verbally abused or threatened by the person on the other end of the line.

The scammers prey on vulnerable consumers, who may be more susceptible to intimidation. One woman was warned that her single parent allowance and pension would be stopped if she did not cooperate. Do not fear these sorts of claims as there is nothing official about these calls. They are simply a way to defraud innocent people and if you transfer money you will never see it again.

Jodie Pollard Rural Service Officer

Centrelink's Jodie Pollard is available to discuss your individual circumstances and provide confidential

information about rural payments and services.

If you would like to make an appointment with Jodie, please call 13 2316.



The Vegie Shop

Free Deliveries to your area

Quality fresh fruit and veg

Great Service, Great Price - Supporting local produce



We also stock;
Dairy
Frozen produce
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Eggs
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Local gourmet produce
AND MUCH MORE!



For orders and delivery times check us out on
thevegieshop.com.au

Or phone/fax orders to ph: 9841 6007 or fax: 9841 6009

Call in to see us at 92 Chester Pass Road Albany

For further information call Mario on 0447 412 777

Teeing Up With the Year 3's

Lake Grace District High School's year 3 students have been learning the finer points of golf with Lake Grace's Junior Golf Coordinator Gary Frost, ably assisted by Marcus Owen.

Run over five weeks, the lessons showed the students how to tee the ball up, how to hold the stick, stance and the transference of their weight as they hit the ball.

As all good athletes do, the very energetic year 3's got into doing their warm-up exercises before going through some drills. The fun part was getting into teams and seeing who could hit the most goals.

Lake Grace Junior Golf have been able to purchase some more coaching aids to help in the kids development. Along with some putting and chipping aids, seven freestanding pencil golf bags which contain

a starter kit of two woods, two irons and a putter were also purchased.

These kits are a handy addition to Junior Golf's range of equipment. Juniors who would like to have a go but don't have their own golf equipment now have the opportunity to try the sport before harassing Mum and Dad for their own set.

All of the new equipment has been funded from raffles and money raised from the Cummins Golf day earlier in the year. Local golfers have also contributed equipment to the juniors and Little Grove Golf Club in Albany still donates second hand golf balls to the club for use by the juniors.

Below: Marcus Owen leads the students by example while Gary Frost gives instruction.



DOWN TO EARTH, UP FOR THE CHALLENGE.

Let's build strong relationships with the community.

At CBH, we help to get grain from the farm to dinner tables across the world. Linking our growers to customers through grain handling, storage and marketing, we're focused on constant improvement and transforming our industry. So if, like us, you thrive on challenge, it's time to join a diverse billion dollar organisation that puts its people first.

Regional Manager Ref: 76077

• Lake Grace

An exciting opportunity exists for an achievement-driven individual to become part of a high performing Accumulation team within the CBH Group.

You will be responsible for establishing, building and maintaining key customer relationships in grain production areas in the region. A focus of the role will be on grain marketing and accumulation, communication/education of the Group's products/services, driving business development initiatives and increasing the Group's exposure in the market.

To be successful you will have experience/understanding of farming systems, strong communication, influencing and interpersonal skills, a proven ability to build strong business relationships, and an ability to understand/market products and meet targets.

A competitive remuneration package, including a fully maintained vehicle, will be negotiated commensurate with experience.

For further information please contact Jacinta Falconer on (08) 9237 9759. Please go to our website at to apply online before close of business Monday 19 July 2010.

www.cbh.com.au



Lake Grace Snappers

Click! Clicking cameras were very busy on the weekend of the 3rd and 4th of July with the Lake Grace Camera Club participating in a photography workshop with Bill Shaylor.

On the evening of Friday the 2nd of July a group of enthusiastic Camera Club members gathered at the Lake Grace Community Resource Centre to meet the fabulous Bill Shaylor. The photography workshop weekend was kindly sponsored by FORM (an organisation dedicated to the Arts in Western Australia) and arranged by Stephanie Clarke, the Coordinator of the Lake Grace Visitors Centre. The delectable supper, morning and afternoon teas were supplied for the weekend by Stephanie.

Saturday 3rd July with point and shoot digital cameras in hand, participants stepped onto the iced lawn at the Recourse Centre for a 9am start. Photographer's rights was the first topic of the day. The point and shoot day was about taking a good photo, using the natural light, positioning people so they don't squint into the sun and using the flash outside when there are shadows.

The thirteen people who attended the day ventured to

the sports oval in the afternoon, getting out of their comfort zone. With the help of Bill's boot in their back, photographers asked spectators permission to take their photo, the shots taken were great. Thank you to all those who allowed us to use them as subjects.

To finish off the day the group went to 'Rhynie' to take photos of the sun setting over the lake, with the assistance of models Jordy and Shaylah Medlen. It was bitterly cold but tripods did the job of holding the camera steady. We have seen what magnificent photos can come out of point and shoot cameras. Thank you to Jeanette Bennett and family for the use of the beautiful backdrop.

Sunday morning saw not only the SLR cameras but the point and shoot cameras return as they had gained so much from the Saturday session. Bill has set up a web site for us on Flickr called 'Lake Grace Snappers', so we can now share our photos with the world or if you choose just with the Camera Club.

A stroll down the main street taking photos gave everyone an opportunity to share knowledge and learn from Bill more about taking good shots and how to use

their camera creatively. Heading back to the Community Resource Centre to warm up, we learnt about the 'Adobe Lightroom' programme which organises, stores and edits RAW photos while keeping them in their original format.

At the end of the day, well rugged up with beanies and gloves, we returned to 'Rhynie' to take shots of the machinery and sheds. Before watching the sun set over the lake the group all got into a line and took five shots of the horizon. We will now attempt to stitch the photos together to make a panoramic view. The weekend concluded on a high.



Saturdays group above: Jeanette Bennett, Cheryl Chappell, Michelle Dunham, Bill Shaylor, Stephanie Clarke, Jordy Medlen, Shaylah Medlen, Trish Medlen, Grant Medlen, Mary Naisbitt, Stephanie Lay, Val Whiting, Jayne-Maree Argent and Jeff Lay. Bambi Lay absent from photo.



Sundays Group: Grant Medlen, Mary Naisbitt, Jeff Lay, Stephanie Lay, Bill Shaylor, Jeanette Bennett, Cheryl Chappell, Michelle Dunham, Kay Mumme, Tamara Davis, Trish Medlen



Picturing 100 Years We are the History of the Future



Get involved in the Lake Grace 100 years Project.

The Lake Grace Camera Club need your help to make a photographic historical book recording the people living in Lake Grace and surrounding farms.

When all family members are home, could you please take a photo of your family in front of your house or your favourite place on your farm. Display the house with the family closer to the camera.

We would also like to have photographs of all businesses with owners and staff outside their premises. If it is not possible for you to take the photograph, please contact Michelle or Cheryl



to arrange a time to have a member of the Camera Club take the photograph for you.

This is really important for the future history of Lake Grace.

Michelle Dunham: 9865 3054

Cheryl Chappell: 9865 4058



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Welcome to Night Watch for the period from midnight Friday July 10th to midnight Friday July 23rd 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.

Our Local star "THE SUN" shining at magnitude -26.72 from 152.7 million km's on Saturday July 10th will be in the Constellation of Gemini until Thursday 22nd when it will rise in the Constellation of Cancer in the East/north/east and sets in the West/north/west. 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 July 10th begins at 5:42am with evening twilight ending at 6:46pm on Saturday July 17th morning twilight begins at 5:41am with evening twilight ending at 6:49pm. Morning twilight on Friday July 23rd begins at 5:41am and evening twilight ending at 6:49pm.

The New Moon will occur at 3:32am in the Constellation of Gemini on Monday 12th. On Tuesday 13th at 11am the 2% Moon will be at Perigee closest to Earth at 361,115 km's from Earth at 11am in the Constellation of Cancer and also close to the planet Mercury but not in view. The 14% Moon on Thursday 15th in the Constellation of Leo will be 6° south of the bright planet Venus. On Saturday 17th in Virgo, the 34% Moon will be 8° south of the ringed planet Saturn. The 45% 1st quarter Moon will occur in Virgo at 6:03pm in the North/north/west at magnitude -6.0 on Sunday 18th (ne, Bin or Tele).

MERCURY: in the Constellation of Cancer at magnitude -0.5 on Saturday 17th sets in the West-north-west at 6:52pm at end of twilight. ON Friday 23rd Mercury sets at 7:15pm shining at magnitude -0.1 and from 166 million km's from Earth and will be good viewing next fortnight when the Moon rises later.

VENUS: shining brightly in the evening sky at magnitude -4.2 in the North/west at 6:46pm in Leo sets at 8:36pm next to the bright blue star Regulas. On Thursday 15th Venus will be 6° north of the 14% Moon. Venus on Saturday 17th sets at 8:46pm and on Friday 23rd at 8:54pm from 136 million km's from Earth and is very good viewing with a telescope.

MARS: the red planet shining at magnitude +1.4 in the Constellation of Leo on Saturday July 10th sets at 8:03pm in the West/north/west but may be viewed in the North/north/west at 6:55pm. On Friday 16th Mars will be 6° south of the 24% Moon and sets at 9:54pm. On Tuesday 20th Mars will be in Virgo. On Friday 23rd Mars sets at 9:46pm at 290 million km's from Earth and can be viewed by telescope.

JUPITER: the giant gas planet shining at magnitude -2.5 in the Constellation of Pisces on Saturday July 10th at 10:51pm in the East/north/east and is visible in the north at 5am. On Saturday July 17th Jupiter rises at 10:37pm at magnitude -2.6. Jupiter on Friday 23rd rises at 10:16pm at magnitude -1.7 at 663 million km's from Earth and may be found in the early morning sky south of the four bright stars of The Great Square of the Constellation of Pegasus the flying horse (Ne, Bin or Tele).

SATURN: the ringed gas planet shines at magnitude +1.3 in the Constellation of Virgo can be viewed in the North/north/west at 6:45pm before setting in the West/north/west at 10:52pm Saturday 10th. On Saturday 17th Saturn will be 8° north of the 34% Moon and sets at 10:29pm. Saturn on Friday 23rd sets at 10:06pm, 1.5 billion km's from Earth. The rings of Saturn are still nearly edge on, but are slowly opening up and by the end of 2010 they will have increased to 10°.

URANUS: the blue/green gas planet at magnitude +5.7 in Pisces rises on Saturday July 10th at 10:54pm just ahead of Jupiter in the East/north/east. On Saturday 17th Uranus rises at 10:27pm and on Friday 23rd at 10:03pm, 2.93 billion km's from Earth. Binoculars may find Uranus but a telescope is best.

NEPTUNE: the grey/green coloured gas planet at magnitude +8.2 in Aquarius on Saturday 10th rises at 8:23pm in the East/north/east. On Saturday 17th Neptune rises at 7:25pm and on Friday 23rd at 7:31pm, 4.36 billion km's from Earth. A telescope is best to find Neptune by using the finder-scope and it will be in the sky all night.

Stars and Constellations in the night sky to view by eye. On Saturday 10th the Constellation of Libra will be high in the north sky led by the double bright stars of Alpha. The head of the scorpion will be high in the north sky at 8:45pm and is 4 stars in almost a straight line. High in the south behind the 2 bright stars of Alpha and Beta Centauri is the Constellation of Triangulum Australis. South of the scorpions stinger is the Constellation of Ara the Altar which has 3 stars in a line with four stars opposite. North of the scorpion is the Constellation of Ophiuchus the serpent carrier which is recognised by 2 lines of stars running north and south but a fair way apart. On the North/north/east horizon is the bright blue star Vega, the main star in the Constellation of Lyra the harp which is the home of the famous ring nebula. The shape of the EMU should now be very recognisable by following the dark lanes from the Southern Cross to Sagittarius following the scorpion. Sagittarius which is shaped like a teapot has a spoon as well. To the North/north/east is the bright orange star Arcturus the main star of Bootes the Herdsman. In the far north you will find the half circle of Baronia Borealis the northern crown which is the home of the famous "Sooty Star" which over time gets brighter and then disappears behind a dark cloud of gas. North of Ophiuchus is the Constellation of Hercules the hero. You will notice that the three planets Venus, Saturn and Mars are now starting to form a line in the sky in the north east.

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

Super Starters – A Kindy Readiness Program

In Term 3, Primary Health will be running Super Starters, a Kindy Readiness program for children and parents. The program is designed to encourage development of the skills young children starting Kindy next year will need in the classroom, such as attention, language and social skills as well as fine and gross motor skills. The program aims to teach parents strategies and activities they can use at home to prepare their children for starting school.

The group has been organised by Speech Pathology, Occupational Therapy and Physiotherapy and will be run during Term 3 of this year. Parents along with children who are due to start Kindy in 2011 are invited to attend. The program was successfully run last year in Narrogin with a group of enthusiastic 3 – 4 year olds and received positive feedback from parents. One parent commented that they enjoyed “watching the children become more confident each week”, while another parent most enjoyed “the different activities” which “gave me great ideas for activities at home”. The parents helped their children practice the skills required in Kindy, and therefore made the transition more relaxing and fun for both parents and children.

Angela Studer, Speech Pathologist, reports “Starting Kindy can be a big transition for some children and parents often worry about how their children are going to cope in a classroom environment. Working on some of the skills children will need for Kindy before they are due to start can really help to ease the transition and start them off on the best foot possible.”

Each week of the program children will have the chance to practice some of the skills required for Kindy, such as following instructions in a group, attending to activities and sitting on the mat, as well as drawing and cutting skills. Parents will then be provided with strategies and activities that they can then use at home to promote development of specific skills. A Speech Pathologist and Physiotherapist will be available throughout the course of the program to answer any specific questions parents may have.

Wendy Thomson, Occupational Therapist explains “Often children will start Kindy and struggle as they

have not had many opportunities at home to practice the skills they are required to have, such as drawing simple pictures, cutting with scissors, attending to stories and playing and sharing with other children. Sometimes parents are unsure about what their children will be expected to know in the classroom and therefore don't know what to work on at home.”

The group aims to be a fun and interactive experience for both parents and children with lots of opportunity for questions and play. Children learn best when parents show an interest and practice school skills with them, so be prepared to get involved and help your child learn! It is also an opportunity to meet other families with children due to start school at the same time as yours.

Parents are invited to contact Angela Studer at Southern Wheatbelt Primary Health Service on 9881 0385 for more details if they are interested in attending the program with their children. Please be aware that numbers are limited so register early if you are keen to attend.

Nicole Dawson
Health Promotion Officer
Southern Wheatbelt Primary Health
Ph: 9881 0385 Fax: 9881 0457

E-mail: nicole.dawson@health.wa.gov.au

Need a Rubber Stamp?



To place an order or obtain a quote contact the Lake Grace Community Resource Centre. Self inking, range of sizes and some colours available.

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
10/7	7:09am	5:14pm	5:30am	3:32pm	17/7	7:07am	5:18pm	10:25am	11:39pm
11/7	7:09am	5:15pm	6:27am	4:40pm	18/7	7:06am	5:19pm	11am	D.N.S
12/7	7:08am	5:15pm	7:18am	5:52pm	19/7	7:06am	5:19pm	11:37am	12:45am
13/7	7:08am	5:16pm	8:03am	7:04pm	20/7	7:05am	5:20pm	12:18pm	1:50am
14/7	7:08am	5:16pm	8:42am	8:16pm	21/7	7:05am	5:21pm	1:04pm	2:53am
15/7	7:07am	5:17pm	9:18am	9:25pm	22/7	7:04am	5:21pm	1:55pm	3:53am
16/7	7:07am	5:18pm	9:52am	10:33pm	23/7	7:04am	5:22pm	2:49pm	4:47am

World War One 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 their edited stories.

Allan Zweck

OLIVER – WILLIAM GEORGE RALPH; Born at Brim, Victoria, he enlisted in the Australian Imperial Force, on the 9th of December, 1916 at the age of 24 years. A farmer, from Lyndhurst Farm, Lake Grace, he was 5 feet 9.5 inches tall, (176.5cm) and weighed 140 lbs, (63.6kgs.) and had a fresh complexion with blue eyes and fair hair. *(He had been rejected with an earlier application due to fitness as he had been operated on for a hernia).* His training was at Blackboy Hill, and Private Oliver was assigned to the 19th Reinforcement of the 28th Battalion on the 23rd of January 1917. He embarked on the *Miltiades* at Fremantle on 29th of January, 1917 and disembarked at Devonport, England on the 27th of March, and marched in to the 7th Training Battalion, Rolleston the following day. After a period of sickness during training Private Oliver proceeded overseas from Southampton arriving at Le Havre, and proceeded to join his unit of the 28th Battalion, being taken on strength on the 3rd of October 1917, then taking up duties in the Field two days later where he performed duties mainly as a stretcher bearer.

After a long period of service in the Field of some 8 months, on May 6th he was taken sick, being admitted to hospital in France. It was a period of almost seven weeks Private Oliver was confined to medical attention, and on proceeding to rejoin his 28th Battalion on the 29th of June 1918, sickness overtook Private Oliver in the Field again. And once again he was admitted through a series of "medical stations", before finally being hospitalized with a debility. By the end of July he was able to rejoin his unit of the 28th Battalion. Once again it was only a little while before he was again admitted to hospital, with a nerve debility at the end of August. Though it is not stated, it is known that he suffered from being gassed after giving his gas mask to a wounded soldier while he was executing his rescue, and it is strange this matter was not brought to account in relation to his ongoing sickness. It would seem that his debility remained with him until the end of the War, which came a little over two months later.

On the 30th of November Private Oliver marched out from the Australian Infantry Base Depot for the return to England from France. Almost five weeks later he boarded the *Morvada* for the return to Australia disembarking at Fremantle. His discharge came on 28/3/1919, and a bracketed note, "Effort Syndrome", possibly relates to his debility. Private Oliver received the British War Medal and the Victory Medal. He gave his religion as Church of England.

After the War, Will returned to Lyndhurst Farm, Jarring,

to help his parents for a while before taking up land in Tarin Rock.

Ever since the War ended he had been corresponding with a little Welsh girl he had met in France. Her name was Annie Cottle.

Annie arrived at Fremantle on the last day of March 1921. She travelled to Wagin by train and worked as a maid at the Federal Hotel until their marriage. They were married in St Georges Anglican Church Wagin, in July 1921. After their marriage they lived at Jarring for three months while their house was being built at Tarin Rock.

Life was very hard with very little money and a lot of work. As they had the same names, Will had given his Army entitlements to his father so had no help in that respect. Like so many others at that time the banks foreclosed on him, but they were offered the lease of another farm by the bank. They moved to Bathurst Farm in May 1935, and it is still in the family now. Will never recovered from the effects of the War and was in poor health for a long time. He died in the Royal Perth Hospital on 23rd of November 1945 at 53 years of age, leaving Annie and their seven children.

After the three Oliver brothers went away to the war, a local farmer in a patriotic gesture planted three trees at the Jarring railway siding, west of Lake Grace in memory of them. It may be symbolic of their destiny, one tree died, as did one brother, one tree grew to a huge size, perhaps representing the brother who has many descendants, and the third tree thrived, though was well outgrown by the other, perhaps relates to the brother who had no family.

ROSE - ISAAC BERTRAM: Born at St. Helens, Lancashire, England he enlisted in the Australian Imperial Force, on the 19th of September 1916, at the age of 27 years. He was 5 feet 7 inches tall, (170cms) and weighed 160lbs (73kgs), had a fresh complexion, blue eyes and dark brown hair and gave his occupation as farmer. As his father was deceased he gave his mother, Mary Elizabeth Rose as next of kin, of St. Helens, England.

His training was at Blackboy Hill, which it appears was interrupted while he took "harvest leave," however on his return came a promotion to Gunner in Artillery, on the 16th of March 1917. He was then to join with the Field Artillery in Maribynong, Victoria, as part of the 31st Reinforcements, W.A., and on the 9th of November he embarked on His Majesty's Australian Transport, *Port Sydney*, at Melbourne, and disembarked at Suez on the 12th of December 1917.

On the 5th of January, it is recorded that the troops disembarked at Southampton, and marched in to Hytesbury with the Reserve Brigade Australian Artillery. Later in February Gunner Rose was charged with

World War One Veterans (Cont.)

obtaining leave under false pretences, and overstaying leave from 6am to 8.20am, for which he was awarded 7 days forfeiture of pay, and he again committed an offence, by "failing to arrange his kit as per diagram on the wall". On the 25th of July he proceeded overseas to France via Southampton with the Reserve Brigade Australian Artillery, and marched in to Rouelles on the 26th of July, 1918, to the Australian General Base Depot. From there he marched out from Rouelles and was taken on strength with the 14th Field Artillery Brigade on 21/8/1918.

With the war coming to an end, there were no further reports of activity until the 22nd of February 1919, when he went to the United Kingdom, ex France, for early repatriation, whilst on leave. They reported to the 1st Training Brigade Concern Depot, and ten days later embarked on the horse transport, HT *Kildonian Castle* for the return to Australia, disembarking at Fremantle on 5/5/1919. Gunner Rose received the British War Medal and Victory Medal, and gave his religion as Methodist.

*Bert Rose, as he became known, returned to his farm, "Clifton", which was a 1910 allocation, to the west of Lake Grace. He was active in community affairs, as secretary of the Progress Association, a member of the first Road Board, and was involved with the Lake Grace Co-operative. He sold his farm in 1926.
* "Across the Lake," John Bird

WALMSLEY – THOMAS: Born at Towcester, England, he enlisted in the, Australian Imperial Force on the 17th of June 1916, at the age of 23 years. His father was deceased so gave his mother Ellen Walmsley as next of kin, living in Towcester, England. Thomas was a labourer, a fairly short person, at 5 feet 3 ½ inches (161cms), and weighed 113 lbs (51kgs), had a fresh complexion with blue eyes and brown hair. Trained at Blackboy Hill, on 22nd of July, he was appointed to 4th Reinforcements/44th Battalion. He had received the inoculations and vaccinations necessary for travel to the War Zone and nearing the end of his training, he took sick, and on the 19th of September 1916, Private Walmsley was admitted to hospital suffering Tubercular of the lungs in the chest & Pneumonia. Almost two weeks later at 8.20pm in the evening of the 2nd of October, he died of the above mentioned diseases, at 24 years of age. Private Walmsley gave his religion as Church of England.

A newspaper article from the "West Australian" of 6/10/1916 tells of his funeral with Military Honours; Military funeral – the late Private Thomas Walmsley, of the 4th reinforcements of the 44th Battalion, AIF Blackboy Hill, passed away at the No. 8 Australian General Hospital Fremantle, on the 2nd inst., in his 25th year. The funeral took place on Wednesday last, with military honours. The military cortege, headed by the firing party, moved from Messrs Arthur E Davies and Co's private mortuary, Market-street Fremantle to the strains of the Dead March in "Saul", played by the

Blackboy Camp Band, in the charge of Bandmaster J Flesfader. The remains were interred in the soldiers section of the Church of England portion of the cemetery. At the conclusion of the service, which was conducted by Chaplain the Rev E S Clairs, three volleys were fired, and the "Last Post" was sounded. The chief mourners were Mr and Mrs W. Elliott and Miss F. Armstrong, and the pall-bearers Privates Stalker, Massey, Morris, J Lawson, Urquhart and Grigson. The escort was drawn from the 4th reinforcements of the 44th Battalion, under Sergeant Stooke. Wreaths were placed on the grave by his comrades of the 4th reinforcements of the 44th Battalion, the South Fremantle Red Cross Society and friends.

A little over a week after his funeral, on 13/10/1916, his comrades embarked at Fremantle for the War zone. There was some confusion over the correct address of Mrs Walmsley, however, eventually the mother received a Memorial Plaque and a Memorial Scroll. It is interesting that Private Walmsley was not entitled to be buried "Where the Australians Rest", however, his name is located at **panel 138** in the Commemorative Area at the Australian War Memorial.

Thomas Walmsley came to live and work in the Lake Grace area some time after the Slarke family settled here from Towcester, in 1911. He had been employed by Mr Slarke in England, who nominated him for emigration to Australia, and it is believed that he followed soon after them. The Slarke family now resident on the "Easton Neston" farm, is familiar with a paddock on the property that Thomas Walmsley started clearing, and his name comes up in old record books as being paid wages while working there. It is also an interesting observation that Private James Lawson, most likely a former colleague from Lake Grace, and who enlisted on the same day, was one of the Pall Bearers at his funeral, and about eight months later, Private James Lawson also lost his life, being killed in action in the battle field in Belgium.

Photo ID's

Do you need a photo for an ID pass,
passport, library card or license?



The Lake Grace
Community Resource
Centre are able to
take and print
your photos.
\$12 for a set
of four (4)

AGM's! The Big Issue

Holding an Annual General Meetings (AGMs) in accordance with the legislation still seems to be an area of concern for many associations.

Results of recent Consumer Protection questionnaire show that nearly 60 per cent of noncompliance with the legislation related to the AGM.

The end of the financial year is looming for many associations. We remind you that the *Associations Incorporation Act 1987* requires all incorporated associations to hold an **AGM within four months after the end of the association's financial year**. However, the first AGM may be held at any time within 18 months of incorporation.

If your association is unable to hold the AGM within the four month timeframe, you should obtain an extension from Consumer Protection. An 'Application for Extension of Time' form is available from the Forms and publications area of the Associations website www.commerce.wa.gov.au/associations

Please note that the application form accompanied by a prescribed fee of \$37.75 must be received by Consumer Protection prior to the expiry of the four month period.

The second most common area of concern highlighted by the questionnaire indicated that 36 per cent of associations potentially in breach of the legislation had **not lodged all the amendments to their rules (or constitution)** with Consumer Protection.

You are reminded that it is a requirement of the Act that you lodge all amendments to your rules with Consumer Protection. Don't forget to supply a complete copy of the amended rules.

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Lake Grace Artists' Group

Lake Grace Multi- Artspace
Lot 353 Stubbs St
Lake Grace WA 6353

Membership Form

Name

Address

Email Address – our communication is by email or in the notes in the Lakes Link

We meet on the last Thursday of each month (except January) at the Lake Grace Multi - Artspace at 4.30pm.

Membership Category

Full	\$25.00
Social	\$10.00

Please make cheques payable to Lake Grace Artists' Group PO Box 61 Lake Grace 6353.

How to build a strong, resilient Lake Grace....

Learn how the Shire of Lake Grace could become a 'Living Community', more resilient to external shocks like economic downturns, centralised government policy decisions and environmental changes beyond our control.

Learn More... **What:** Information Seminar:: Living Communities Lake Grace pilot
When: 7pm, Friday July 9 2010
Where : Lake Grace Sportsman's Club. Dinner provided
Who is this : Residents, business owners, community groups, local government & people who have a vision for their town.

Contact and RSVP Jeanette Bennett - Phone 9890 2500
 jeanettebennett@lakegrace.wa.gov.au



Can you fill a bath with the taps turned on full blast and the plug pulled out?

Of course not.

Yet, this is what rural towns attempt to do every time they spend time, money and effort increasing the amount of money coming into their economy while ignoring the money that's going out.

Keep the taps on, for sure, but why not simply put the plug in the bathtub and watch it fill up?

Rural towns no longer produce their own food - food is imported from centralised warehouses and money lost from the local economy. Dollars leave the community for the city the moment a power bill, mortgage or telephone bill is paid and there is a huge list of many other products and services that are produced and acquired outside rural communities, causing vital capital to leak out of the local economy.

However, simply by increasing local ownership and production, rural communities can keep millions in their local economies and provide opportunities for people to start businesses and for the community in general, to thrive rather than just survive.

For example, based on ABS statistics Lake Grace Shire households alone, spend roughly \$26 million every year(1). Some of this is already spent in town, but much of it isn't. Imagine if 10% more of this money remained in the Shire of Lake Grace. An extra \$2.6 million circulating in the local economy and that's just from households!

Living Communities is a community driven program that has been developed specifically as a road map for citizens to use in developing their local economy. The Shire of Lake Grace is prospectively one of

several districts where the program will be piloted in WA.

Join Greg Winning, Executive Director of Living Communities™ on July 9th, 7pm at the Lake Grace Sportsman's Club to learn more about the pilot program.

Please RSVP before July 7 as spaces are limited to 30.

(1)Source: Australian Bureau of Statistics National Regional Profile: Lake Grace (S) (Local Government Area) Census 2006. Household Expenditure Survey, Australia: Detailed Expenditure Items, 2003-04

NETBALL WA 2010/2011 STATE ACADEMY PHASE 1 TRIALS

Netball WA members are age eligible if they are turning 16 years old or younger as of the 31 December 2010.

- **DATE: THURSDAY 15 JULY 2010**
- **TIME: 9.00am – 4.00pm**
- **VENUE: RAY OWEN SPORTS CENTRE**

To be considered for selection in the 2010/11 State Academy and 2011 17/U State Team, attendance on Thursday 15 July is compulsory.

Successful athletes will be required to attend Phase 2 trials which will be held on Sunday 22 August 2010. At the completion of Phase 2 trials the 2010/11 State Academy will be announced and successful athletes will receive their training schedules from September through to January.

For further information please call Suzanne Lennon at Netball WA on 08 9380 3711 or email Suzanne at suzanne.lennon@netballwa.com.au or visit www.netballwa.com.au.

*Please bring a Plate of
Afternoon Tea to share*



Lake Grace Bowling Club SOCIAL BOWLS DAY

MIXED FOURS COMPETITION

Saturday 10th July
Names in by: 12:30pm
Start Time: 1:00pm Sharp

All New & Interested Players Welcome

Lake Grace Golf Club

Sunday 27th June was a stroke event, sponsored by CCL Thrifty Link Hardware; thank you Allan and Rita for your ongoing support. Twenty men and four ladies hit off with some very slow finishers coming in long after the sun had set.

Winner of the day was late finisher Matt Spurr with 97-33-64 while Gary Frost was runner-up with 77-11-66; Frost was also winner of the gross. Third placed was Craig Reeves, who is letting his handicap drift out in time for Turkey Day, with 83-16-67. Ladies winner was Helen Hunt with a nett 72, runner-up was Michelle Lay with a nett 78.

Nearest the pins were Chad Stanton with no.4 and no.6 and Frosty took home no.15 and no.18...not much sharing happening there! Longest putt on no.9 was Murray Stanton while the placement shot on no.12 was won by Nick Maalouf.

Sunday 4th July was a stableford sponsored by Greenline Ag, good to see John O'Neill and Garry Leo out flying the flag in chilly conditions.

Winner for the men was Chris Carruthers with a standout 43 points. Capping off his weekend was Alan Stubberfield who came in runner-up with 38 points. Hardest trier was Paul Rawlings, good to see you out on the fairway. Great scores from the Greenline boys with Johnno's 40 and Garry's 39.

Ladies winner was Terri Parker with 32, while runner-up was Michelle Lay with 29. Nearest the pins were Russell Comminchelli (no.4), Terri Parker (no.6), Craig Reeves (no.15) and Corey Lee (no.18). Longest putt on no.9 was Marcus Owen and placement shot on no.12 went to Rex Walker.

This Saturday there will be a contingent heading to Hyden for their Men's Open Day, limbering themselves

up for Turkey Day on Sunday 11th. There will be a steak tea following Turkey Day so could members please bring a salad to share.

Don't forget kids and parents the Talent Identification Clinic is being held on Thursday 15th and Friday 16th July; this is a fantastic opportunity for junior golfers and needs to be supported. Sunday 18th July is a stroke round; count your putts, sponsored by Rex and Karel Walker. Pizzas will be on the menu for tea.

Farewell to our Vice Captain Corey Lee and Cara Thompson who are leaving Lake Grace; thank you for your contribution to our club.

Lake Grace Junior Golf Talent Identification Clinic

Thursday 15th & Friday 16th July

Registration from 11am—11:30am

\$33 per child

Golfers from 8 years to 17 years welcome!

States coaches Rob Farley and Andrew Thomas will be in attendance.

Lunch supplied both days.

Nomination forms available from Gary Frost at Farmers Centre or by ringing 0429 651 094.

If you have any queries please call Gary.

Nomination forms or names need to be in by Monday 12th July.

Lake Grace Junior Golf Club

Lake Grace Junior Golf had a good field again on the 27th June; this allowed us to split our juniors into three separate groups concentrating more on the short game.

Playing within himself to win the front nine again was Adam Hunt with a very good score of 24 shots.

The one to keep an eye on is the much improving Emily Parker who won the second group while the little maestro Keirnan (bossy) Harvey was our winner of the third group.

Well done to all these players, persistence does pay off. This weeks Rhynie winner was young Josh Pearce who has been going along very well also.

Last weekend was a quieter day but we welcomed a Perth visitor in David Downey. David took to the game like it was his own and came away with the chocolates, an amazing golf swing for someone so new to the game. Tell Dad to get you a decent set of clubs David.

Emily Parker just keeps on keeping on with another polished display to take out the other group competition.

Lets not forget the TID clinic coming up next week 15/16 July if we could get names in by Monday 12th that will help us immensely with catering.

Gary Frost

Lake Grace Pingrup Netball Club

A Grade

3 July – Once again Newdegate were far too strong, beating us in all areas of the game LGP 28; Newdegate 51. Congratulations to Kristie Stanton, awarded LG/P best player, Coach's award went to Alysha Hardy who did a top job in GK.

Sun 4 July – Cara Thomson coached the A grade side for the last time on Sunday and we were able to send her off on a high with an 18 goal win over Gnowangerup. It was a great physical match, we had a strong lead at half time and were able to hold this for the remainder of the game. Best player was awarded to Gabby Trevenen for her sensational shooting, Coach's award went to Shannon Morton for her efforts in defence.

A big thank you to Cara for coaching the A grade team, we wish you all the best for the future and hope to see you back for a visit soon.

B Grade

After a looong time without a game B Grade travelled to Nyabing for a very one sided (for Nyabing) game.

Our team was down to five but we managed to scrape together the sick and sidelined to put up a team. Huge thanks to Kaden Chesson for throwing on the uniform and to Carrie Taylor who opted out of playing hockey to play her first game of B grade. So much for just being a reserve Carrie played the whole game and did a fantastic job as Goal shooter and defense! Thank you also to Jenny Curtin who rearranged her junior hockey team just to help us out.

Final score: 58 - 15, but we improved from the last time we played Nyabing

Best Player: Amanda Poots

CCL Coaches award: Carrie Taylor

Last weekend found us playing two games one on Saturday and the other on Sunday. Saturday's game was well fought against the second team on the ladder. It is always interesting playing Newdegate, you can learn a lot from a top team. The team played well, and attempted to put into

practice some new strategies. The score was high, but not high enough and Newdegate took away the win.

Best Player: Sarah Graves

CCL Coaches Award: Misha Clarke

Sundays game, believe it or not, was the best game we have played all season, its always the way when there is no crowd to watch!

In a very physical game the girls held Gnowangerup goal for goal in the first half until Gnowangerup stepped it up a notch with 5 quick goals at the start of the third quarter. We scored our highest ever goal count in three years, in our eyes we are winners - final score 62 - 34.

Best player: Steph Marsh

CCL Coaches Award: Misha Clarke (for putting the team first). Special mention to Tineke Conlon on an outstanding game.

Thank you to all players and mums who continue to provide and support afternoon tea on the home games and a Big thank you to the Junior Mums who last weekend supplied Saturday night tea raising a massive \$800 for the club!

Please continue to check the roster for your duties, especially on home games.

17th July vs Jerry

B Grd Ump Michelle

B Grd Timing Maggie

A Grd Timing Trudi

Junior Ump Briana

24th July vs Ongerup

No B Grade

Junior Ump Lucy

Canteen (1.30- 2.30) Amanda P Amanda T

Canteen (2.30-3.30) Briana Penny

Arvo Tea Sarah, Shannon

Thank you to CCL Hardware for sponsoring the Lake Grace/Pingrup netball club in 2010.

Jemma Swarbrick

Lake Grace/Pingrup Womens Hockey

June 26th vs Kent

Kent scoring the 1st goal in 5 minutes got us to pull our finger out, and our girls went onto score 5 goals. We had 5 different goal scorers which shows how good we play as a team.

Awards - Lisa Leonhardt, Jackie McGlenn and Tameka Roukens

3 July vs Newdegate

Congratulations to Michelle Lynch on playing 100 games for our club. Also a big thank you to Lyn Carruthers for taking our training last Thursday, we learnt heaps. We knew this was going to be a tough

game against Newdegate, our team got a goal in the first 5 minutes, what an awesome start. 2nd half we got another goal with Vanessa Stone getting both. What a champ.

So we won the game 2 nil, first time we have beaten them in 10 years.

Awards - Naomi Duckworth and Vanessa Stone.

Thanks to Maggie Trevenen and Vicky Nolan for filling in.

Karissa Pelham

Lake Grace / Pingrup Junior Hockey

Firstly I would like to apologise for my irregularity with the notes and hope to be a little more consistent for the remainder of the season. I am not too sure on climate change but I do believe our clocks are being tampered with causing the days to be shortened or time to move quicker. Perhaps somebody should research time change.

V's Borden – June 19th

I have to mention this game. All the kids really stepped up and played a great game against Borden. It really was the game to watch so far this year. The team work was tremendous with their passes strong and direct. Lake Grace won 4-0 however it was a hard fought game. Goal scorers Liam Baker 3, Jordy Medlen 1. Best on Ground – Liam Baker

V's Nyabing – June 26th

On Saturday we had another great opportunity to give the Grade 5's and sole grade 6 player Azella Trevenen longer game time. With no one on the bench they all got the full game. Although at one point Emma Naisbitt was off injured so a sub would have been handy. Genni positioned the yr 5 girls in the forward line with Emma and Imogen inners and Anna Hunt - center forward.

These girls really must be commended, they kept their positions well and played really well. Azella began as a half back; she really is beginning to get a handle on this game, well done Azella. Brad O'Neill and Ben Watson started off as full backs with few touches, though at half time break moved forward to join Angus Hunt in the half back line where they got more of a work out. They too played a great second half.

With our wings moving inwards, the center got a little congested, still an area that needs to be worked on. Despite the congestion the ball was still worked forward and goals scored. Well done to our goal scorers. Jordy who not so long ago didn't have a goal to her name grabbed two on Saturday. Beth Curtin did a fine job in the goals, a little quiet in the first half but in the second

she got to show us her stuff, preventing a couple of goals.

Final score 3-0 Goal Scorers: Jordy Medlen 2, Kathleen Naisbitt 1.

Awards: Best on Ground: Angus Hunt

Top Effort: Azella Trevenen

V's Newdegate – July 3rd

As I was busy eating not so great cake and watching our young stars at Subiaco Oval on Saturday I missed this game. From the brief reports I have received the kids again played well. The score at half time 4-0 in our favour. With Newdegate coming out to fight a little harder in the second half and a change of positions on our side the game changed a little with the final score at 5-3.

As most of our team have gone off to play in the State Championships this week and Genni on holidays I will have to wait and will mention those deserving award winners and goal scorers in the next edition. We wish all the kids well in the Champs, it's a great experience for them. Enjoy the break.

Janine Watson

COMING SOON

The fundraising event of the year...the Lake Grace Kindy & Pre-primary cake stall.

to be held on THURSDAY 22 JULY 2010

Outside the Plaza from 9.00AM

(Sat 24/7/10 is a home game for both our sporting groups so come and buy your afternoon tea from us and save yourself a job.)

Lots of freshly baked produce will be for sale, so come and support the future of our town.

Any donations gratefully accepted.

For all queries please call:

Shelley - 9865 1865

Vynka - 9865 1071

lake Grace Hockey Club

AIDING & ABREASTING

Join us in the fight against breast cancer.

Saturday 24th July. at the hockey oval.

This event has been made possible through the generous sponsorship of the following:

Lake Grace Plaza, Neu-Tech Auto Electrics,
Elders, K & C Kirk, P & M Cameron and
M & A Cameron



Humour

Wife wanted

A man inserted an ad in the classified: "Wife wanted." Next day he received a hundred letters. They all said the same thing: "You can have mine."

Application

An applicant was filling out a job application. When he came to the question, "Have you ever been arrested?" He answered, "No."

The next question, intended for people who had answered in the affirmative to the last one, was "Why?" The applicant answered it anyway: "Never got caught."

Born Salesman

I learned a lesson in marketing from a man who bought an old boat, a trailer and a motor from me. "Thanks," he said as he loaded them up. "I'm planning to resell them."

Good luck, I thought. I had been trying to get rid of them for months. But when I ran into him a few weeks later, he'd sold everything.

"How did you manage that?" I marvelled. "I took out an ad: 'Heavy-duty boat trailer with free boat.' When the buyer came to get it, I asked if he had a motor. He said no. I told him I happened to have one in my garage. Bought that, too."

Dead Last

Last year I entered the New York City Marathon. The race started and immediately I was the last of the runners. It was embarrassing.

The guy who was in front of me, second to last, was making fun of me. He said, "Hey buddy, how does it feel to be last?"

I replied: "You really want to know?"

Then I dropped out of the race.

Great Loss

One of the presidential candidates was visiting an elementary school, and the 4th grade class he sat through began a discussion related to words and their meanings.

The teacher asked the candidate if he would like to lead the class in a discussion of the word "tragedy." So, the candidate asked the class for an example of a tragedy.

One boy stood up and said, "If my best friend who lives next door is playing in the street and a car comes along and runs him over, that would be a tragedy."

"No," said the candidate, "that would be an accident."

A girl raised her hand and said, "If a school bus carrying 50 children drove off a cliff, killing everyone on board, that would be a tragedy."

"I'm afraid not," the candidate said. "That's what we would call a Great Loss."

The room went silent. No other children volunteered. The candidate searched the room and asked, "Isn't there someone here who can give me an example of a tragedy?"

Finally, way in the back of the room, Johnny raised his hand, and in a quiet voice, he said, "If your campaign plane, carrying yourself and your running mate, was struck by a missile and blown to smithereens, THAT would be a tragedy."

"That's right! And can you tell me WHY that would be a tragedy?" asked the candidate.

"Well," Johnny said, "because it wouldn't be an accident and it sure as heck wouldn't be a great loss..."

3rd Grade

On little Larry's first day of first grade, he raised his hand as soon as the teacher came into the room and said, 'I don't belong here, I should be in third grade!' The teacher looked at little Larry's records and told him to please take his seat.

Not five minutes passed when little Larry stood up again and said, 'I don't belong here; I should be in the third grade!'

Larry did this a few more times before the principal came along and the teacher explained Larry's problem. The principal and the first grade teacher told little Larry that if he could answer some questions then they could decide in which grade he belonged. Well, they soon discovered that Larry knew all the state capitals and country capitals that the principal could think of. The teacher suggested they try some biology questions. 'What does a cow have 4 of but a woman has only 2?' asked the teacher.

'Legs!' Larry immediately replied.

'What does a man have in his pants that a woman doesn't?' asked the teacher.

'Pockets!' said Larry.

The teacher looked at the principal, who said, "Maybe he should be in third grade, I missed those last two questions!"

Bombing the Plane

Aunt Bessie loved to visit her nieces and nephews. However, she had relatives all over the country. The problem was that no matter how much she enjoyed seeing them, she hated flying. No matter how safe people told her it was, she was always worried that someone would have a bomb on the plane. She read books about how safe it was and listened to the stewardess demonstrate all the safety features. But she still worried herself silly every time a visit was coming up.

Finally, the family decided that maybe if she saw the statistics she'd be convinced. So they sent her to a friend of the family who was an actuary.

"Tell me," she said suspiciously, "what are the chances that someone will have a bomb on a plane?" The actuary looked through his tables and said, "A very small chance. Maybe one in five hundred thousand." She nodded, then thought for a moment. "So what are the odds of two people having a bomb on the same plane?"

Again he went through his tables.

"Extremely remote," he said. "About one in a billion." Aunt Bessie nodded and left his office.

And from that day on, every time she flew, she took a bomb with her.

Charity

Fred collected lots of money from trick-or-treating and he went to the candy store to buy some chocolate. "You should give that money to charity," said the sales girl.

Fred thought for a moment and said, "No, I'll buy the chocolate. You give the money to charity."

Lake Grace Pingrup Football Club

June 26 2010

League

L-Grace/Pingrup 16 goals 18 (114) defeated Kent 8 goals 15 (63)

Kent stayed with Lake Grace/Pingrup until the last quarter.

Best: Peter Burbridge, Marcus Argent, Luke Bairstow.

Goal Scorers: Peter Burbridge 4, Damon Pelham 3.

Jerramungup 20 goals 21 (141) defeated Ongerup 9 goals 9 (63).

Newdegate 10 goals 8 (68) defeated Boxwood Hills 5 goals 10 (40).

Gnowangerup 22 goals 21 (153) defeated Borden 10 goals 7 (67).

Lake Grace/Pingrup is third on the ladder with 28 points (have won 7 out of 9 games).

Reserves

L-Grace/Pingrup defeated Kent by forfeit.

Jerramungup defeated Ongerup by forfeit.

Boxwood Hills 10 goals 7 (67) defeated Newdegate 1 goals 6 (12).

Gnowangerup defeated Borden by forfeit.

Lake Grace Pingrup is first on the ladder with 32 points (have won 8 out of 9 games).

Juniors

L-Grace/Pingrup bye.

Jerramungup 8 goals 9 (57) defeated Ongerup 4 goals 4 (28).

Newdegate 12 goals 6 (78) defeated Boxwood Hills 4 goals 2 (26).

Gnowangerup 11 goals 20 (86) defeated Borden 2 goals 3 (15).

Lake Grace/Pingrup is second on the ladder with 22 points (have won 5 games, drawn 1 out of 7).

(94) defeated Boxwood Hills 6 goals 4 (40).

Kent 15 goals 15 (105) defeated Borden 15 goals 12 (102).

Ongerup 16 goals 13 (109) defeated Gnowangerup 13 goals 18 (96).

Lake Grace/Pingrup is third on the ladder with 28 points (have won 7 out of 10 games).

Reserves

L-Grace/Pingrup 18 goals 11 (119) defeated Newdegate 2 goals 2 (14).

Boxwood Hills 12 goals 16 (88) defeated Jerramungup 6 goals 4 (40).

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

Gnowangerup defeated Ongerup by forfeit.

Lake Grace/Pingrup is first on the ladder with 36 points (have won 9 out of 10 games).

Juniors

Newdegate 7 goals 4 (46) defeated L-Grace/Pingrup 6 goals 9 (45).

Jerramungup 9 goals 4 (58) defeated Boxwood Hills 8 goals 7 (55).

Borden bye.

Gnowangerup 9 goals 11 (65) defeated Ongerup 5 goals 6 (36).

Lake Grace/Pingrup is fifth on the ladder with 22 points (have won 5 games, drawn 1 out of 9).

July 3 2010

League

Newdegate 17 goals 10 (112) defeated L-Grace/Pingrup 7 goals 4 (46)

In cold conditions, a hard running Newdegate led from start to finish and were never challenged by a disappointing home side.

Best: Grant O'Neill, Gary Leo, Kelvin Holmes.

Goal Scorers: James Eaton 2, Karl Fleay 2.

Jerramungup 13 goals 16



Lake Grace / Pingrup Auskick participants at NAB Rising Star Coaching Clinic
First row: Josh Giles, Troy Murray, Brady McGlenn, Jackson Callope, Jacob Strevett, Ben Hawley and Josh Pearce.

Second row: Liam Bjelland-Crow, Drew Willcocks, Alex Clifford, Jack Downey, Cody Files, Poch Amores, Rory Murray, Kyal Harradine and Brock Argent.

Third row: Jai Holmes (front), Konnah Holmes (back), Isaac Wessling, Jai Clifford, Walker Zweck, Seaton Willcocks, Blair Watson, Fletcher Taylor and Harry Strevett.

Back: Darren Clifford, Nat Fyfe and Mark Pearce.



Put Your Community Group in the Lake Grace 100 Years Book

We want to include community groups and organizations in the Lake Grace 100 Years Book. **We cannot do this without your input.** The book will cover Lake Grace history from 1911 until the present – we want to know about your group's achievements during this time. Please complete the form below and forward to Michelle Slarke at the Shire office ASAP. Please attach a page if necessary. Thank you.

Debbie Clarke, Chairperson, Lake Grace 100 Years Committee

Official Name of Group:	
Former name of group (if relevant):	
Date group established:	Current number of members:

Awards, award winners, champions, achievers (e.g. regional, state, national representation, AFL)
Please give correct title and date.

Significant milestones (e.g. anniversary, amalgamation with other club/group, fund raised)

Life Members (name and date):

Why is your group important to the Lake Grace Community?

Please take any relevant PHOTOS and DOCUMENTS to Lake Grace Community Resource Centre to be scanned. Email, post, fax or give your FORM and DIGITAL PHOTOS to Michelle Slarke, Development Officer, Shire of Lake Grace: Fax 9890 2599; PO Box 50 Lake Grace; michelle@lakegrace.wa.gov.au

Auskick Allstars

On Saturday 3rd July Lake Grace / Pingrup's little Auskick Allstars travelled with parents to Subiaco to represent Ongerup Association on the big oval at half time. Mark Zweck and Mark Pearce were also on the field performing umpiring duties. At the 23 minute mark, the boys went down and were fitted up with their outfits before running onto the ground.

Fremantle members got a great view of our boys on the fields but unfortunately this was at the opposite end to the parents. Some great skills were shown—good kicks. Some out of bounds on the full.

There was no tug of war at the end but the kids were able to run around the ground 'high fiving' the audience instead. What a great experience.

Special thanks go to Yvette Downey for all the organising she does for Auskick. Attending were Blair Watson, Fletcher Taylor, Jack Downey, Josh Pearce, Seaton Willcocks, Liam Bjelland-Crow, Walker Zweck, Brock Argent, Rory Murray and Isaac Wessling. They all had a day to remember.

Ongerup Association Auskick Allstars (in black) defending their goal. At the back from left Jack Downey, Mark Zweck, Blair Watson and Seaton Willcocks. Isaac Wessling and Josh Pearce in front.



Lake Grace Dart Club

12-5-2010

Highest Average: K. Stewart -40.53
Highest Peg: V. Nayda - 94
Highest Score: K. Stewart -135

19-5-2010

Highest Ave: M. Warburton - 34.06
Highest Peg: M. Lay - 37
Highest Score: M. Lay - 110

26-5-2010

Highest Ave: K. Stewart - 47.17
Highest Peg: Delys Giles - 40
Highest Score: Kim Chesson - 124

2-6-2010

Highest Ave: F. Komene - 49.71
Highest Peg: Delys Giles and Kim Chesson - 63
Highest Score: V. Nayda - 164

9-6-2010

Highest Ave: Delys Giles - 38.09
Highest Peg: F. Komene - 40
Highest Score: Delys Giles - 121

16-6-2010

Highest Ave: K. Stewart - 38.37
Highest Peg: Kim Chesson - 66
Highest Score: K. Stewart - 125

23-6-2010

Highest Ave: R. Taplin - 34.28
Highest Peg: V. Nayda - 32
Highest Score: Kelys Giles - 174

30-6-2010

Singles
Runner up: Deb Giles
Winner: F. Komene



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!



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

KEEPING MOTIVATED WITH ARC TERM 3 FITNESS: Starting Monday 19th



TRAINING AT HOME? TRY THIS

Pick 4-5 body weight exercises and set yourself a maximum of reps to achieve BUT set a timeframe to achieve in.

For example;

Squats	x 100 in 5 minutes
Push ups	x 100 in 5 minutes
Abdominal Crunches	x 100 in 5 minutes
Alternating Lunges	x 100 in 5 minutes
Tricep Dips	x 100 in 5 minutes

THIS IS CALLED CENTURION.

Choose exercises, repetitions and time frames that will suit you.

Please see your doctor before partaking in any exercise if you don't regularly exercise, are unsure of your health or are injured.

DAY	AM	PM
Mon	6.00 - 7.00 FORCE (Sharon)	5.45 - 6.45 FORCE 11 (Anna / Melissa)
Tues	9.20 - 10.10 BASIX (Letisha)	5.35 - 6.25 HI LO FAT BURNER (Anna) 6.30 - 7.30 MENEZES PILATES - BEGINNERS (Tahryn) 7.30 - 8.30 MENEZES PILATES (Tahryn)
Wed	6.00 - 7.00 MTT BOOTCAMP (Letisha)	
Thurs	9.30 - 10.10 FOREVER FIT (Sharon)	7.00 - 8.00 MENEZES PILATES (Tahryn)
Fri	6.00 - 7.00 FORCE (Sharon)	

ARC PARTICIPANTS PLEASE NOTE

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.***

ARC FEES

\$3.00 casual class
\$30.00 - 3 month land class membership
\$100 - Land class membership
\$150 - Land & water classes plus pool membership

JUST STARTED ATTENDING ARC CLASSES & WANT TO BE KEPT UPDATED WITH CLASS CHANGES AND NEWS?

Register your mobile number with Letisha at the Shire 9890 2500 or email letisha@lakegrace.wa.gov.au





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

MENEZES PILATES RETURNS

ARC and Tahryn would like to invite you to join us on Tuesday and/or Thursday evenings for the Menezes Beginners and Menezes classes.

In a relaxing atmosphere Tahryn will teach you the fundamentals of the Menezes technique focusing on your range of movement and encouraging you to work to your own pace and ability.

The 'Beginners' class is exactly that, any fitness ability, age or gender is welcome. There is no time frame for improvement, and you can attend this class for as long as you like.

With regular attendance the benefits you can expect are endless, including improved posture and flexibility, improved muscle strength and tone, firmer and flatter abdominals and an increase in general fitness, body toning and strengthening.

Menezes pilates is a unique body conditioning program aimed at balancing the body as a whole, working from the inside out, using the breath to connect mind and body while improving postural alignment.

If you would like to know more about Menezes or to discuss your attendance, please do not hesitate to contact Tahryn via the Shire on 9890 2500 or email tahryn9@westnet.com.au

We look forward to seeing you in class.

Tuesday

6.30 - 7.30pm Beginners Menezes
7.30 - 8.30pm Menezes

Thursday

7.00 - 8.00pm Menezes

Casual class fee \$6.00



COMPULSIVE EXERCISE ADDICTION OR HABIT?

Part 1

Good physical fitness doesn't just happen - it requires a commitment to healthy eating and regular exercise. But when does it go too far? Sometimes that commitment to exercise can turn into an addiction.

Addictions are marked by some standard signs, a few of which can be extended to exercise:

- Withdrawal symptoms, such as unusual irritability, when you cannot engage in the activity
- Tolerance, meaning you need increasing amounts of substance or behaviour over time
- Significant conflicts in your life, such as missing work or avoiding other responsibilities, caused by the compulsion to engage in the addictive behaviour.

So how do we measure excessive exercise or exercise addiction. Appropriate exercise levels vary from one person to the next. However, exercising at a far greater frequency, duration or intensity than what is considered good for health could be described as compulsive exercise. For example, several workouts a day, every day, is overdoing it for almost anyone.

Other names for compulsive or excessive exercise are 'obligatory exercise' and 'anorexia athletica' and is best defined by the persons mindset; the person feels compelled to exercise and struggles with guilt and stress if they miss even one session. In a sense, life revolves around the exercise for these individuals.

Committed, non addicted fitness enthusiasts view exercise as an important element of their lives - but not the central or most important part. Someone with an addiction to exercise is likely to experience physical, financial, and social problems as a result of their behaviour, whereas a committed exerciser will not exercise to the point where it interferes with other aspects of his or her life.

Part 2 - Is Exercise a Positive Addiction & How to determine a compulsive exerciser.

References; Everyday Health 06/2010, Addiction Center

Fitnation Pty Ltd, Children's Fitness and Nutrition

CLASSIFIEDS

PUBLIC NOTICES

Shire Council Meetings 2010

The next council meeting is Wednesday 28th July 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@iinet.net.au

Lady Doctor

Dr Linda Haines will be in Lake Grace on 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.*

FOR SALE

White Gum Strainers

27 of - \$55.00 EACH.
Phone Michael on 9844 9244 or 0428 712 041.

1995 Ford Trader

D509 4ltr Diesel. 4.2m traytop.
\$9,000 inc (negotiable)
Phone 0428 651 339.

2007 MY08 Mitsubishi Lancer CJ ES

Auto, rear parking sensors. 80,000km. Great condition. Fully logbook serviced at dealer, \$16,500 ono.
Call Simone on 0428 846 773.

HACC Activity Day

Seniors ran a raffle which was drawn at the HACC activity day, thank you to everyone for their support.
Winner of the raffle was Mary Giles.

Craft at CWA

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

FOR TENDER

Clearing the Decks

The Lake Grace Community Resource Centre is needing to clean out a few cupboards and has some items they need to get rid of. Please come in, take a look and make an offer.

- 2.1m x 1.2m whiteboard (fixed to the wall style)
- NEC TV 64cm
- Sony video player
- Blue Curtains. 3.8m long with 2.2m drop. We have three of these and we welcome anyone to tender for them individually.
- 2.2m curtain tracks. We have two of these. Can also be tendered for individually.
- Notebook Laptop. Wouldn't be much good for the kids with their games but would be perfect for anyone to type their letters or do their homework on.

All of these items are quite old but are still in working/functional order. If you have any queries please don't hesitate to call the Community Resource Centre on 9865 1470.

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 11th July
 Lake Grace 9am

Sunday 18th July
 Newdegate 8am
 Lake Grace 9am

Enquiries: Father Dave 0427 545 560
 Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 11th July
 Lake Grace 8am
 Kukerin 10am

Sunday 18th July
 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

July

Fri 9	Fish & Chip Night—LGS Club	Mon 19	Recycling Collection
Sat 10	Steak Tea at the Sportsman's Club		Gym
	Craft at CWA		Lakes Link News Deadline
	Quiz night at Sportsman's Club		Sports Taping Workshop
	Golf - Hyden Men's Open Day	Tue 20	HACC Chair Aerobics & Exercises
	Social bowls day		Pingrup Potters
Sun 11	Junior Golf		Weight Watchers 6:30pm at CRC
	Golf - Turkey Day		SOYF Aerobics
Mon 12	Rubbish Collection	Wed 21	LG Hockey Club Training
	Gym		Dr Bryan Fleming in Lake Grace
	CWA Meeting		Drum Muster in Lake Grace
Tue 13	HACC Chair Aerobics & Exercises	Thur 22	Pizza night at Rosies
	SOYF Aerobics		LG/P Football training
	Pingrup Potters		Drawing Group—3:30pm—5:30pm
	Aussie Host workshop at CRC		Kindy & Preprimary cake stall
	LG/P Junior Hockey training		Dr Linda Haines in Lake Grace
	Weight Watchers - 6:30pm at CRC		Playgroup - 9:30-11:30am
	Foot Clinic		Drum Muster in Lake King
Wed 14	LG Hockey Club Training		Drum Muster in Newdegate
	Dr Bryan Fleming in Lake Grace		
	Building assessor in Lake Grace		
Thur 15	Pizza night at Rosies		
	LG/P Football Club training		
	Drawing Group—3:30pm—5:30pm		
	Playgroup - 9:30-11:30am		
	Junior Golf Talent ID Clinic		
Fri 16	Fish & Chip Night—LGS Club		
	Junior Golf Talent ID Clinic		
	Kulin Recreation & Community Conference		
	School Holiday Activities (p.14)		
Sat 17	Steak Tea at the Sportsman's Club		
	Craft at CWA		
	Kulin Recreation & Community Conference		
	Winter Sports - Jerramungup vs LG/P		
	Hockey - Lake Grace v Naremben		
Sun 18	Junior Golf		
	Golf - Stroke/Count your putts		
Mon 19	Rubbish Collection		

Coming Events

- July 23rd - Dr Linda Haines in Lake Grace
- July 24th - Aiding & Abreasting
- July 28th - Shire Council Meeting
- July 29th - LG Library Resource & CRC Meeting
- July 29th - Men's Health Nights (p.30)
- July 30th - Driving Assessor in Lake Grace
- August 2nd & 3rd - Chemcert Workshop
- August 5th - Building Assessor in Lake Grace
- August 5th - Senior Citizens Luncheon
- August 9th - Governance Workshop
- August 16th - LGDHS P&C Meeting
- August 16th - CWA Cultural Day
- August 25th - Shire Council Meeting
- November 17th - Shire Audit Committee Meeting

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

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