

LAKE LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
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14th July, 2005

\$1.10 inc GST

Vol 11 Issue 12

Keeping the Aged Safe



Lions Club members: Chris Harvey, Henk Doelman, Joe McEncroe and Arthur Slarke



Arthur Slarke, Joe McEncroe, John de Vree (behind), Henk Doelman and Chris Harvey.

Left: *Is that Straight?* - Arthur Slarke and Joe McEncroe

Right: *Hmmm* - Joe McEncroe and Chris Harvey.



Local volunteers and Lake Grace District Health Service are collaborating so that the aged can live in their community longer. A new fence around Lake Grace Hospital gardens will now provide a safe area for dementia clients thanks to Lake Grace Lions Club.

Following their motto 'We Serve', the Lions Club erected the fence after an approach from Director of Nursing, June McEncroe. Materials were purchased through the Lake Grace District Hospital Bequest and Donations Trust Account and freighted by Gary Guelfi of Newdegate General Transport.

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Telecentre Opening Hours

Monday - Friday 9:00 am - 12:30 pm ; 1:30 pm - 5:00 pm

Library Opening Hours

Monday, Tuesday, Thursday, Friday 9 - 5 pm



Advertising Charges

All prices inclusive of GST

1/8 page	\$ 8.80
1/4 page	\$13.20
1/2 page	\$22.00
Full Page	\$41.25
Classifieds	85c /line

We would appreciate your advertisements and articles on disk or emailed if possible.

Please email all material to:
lakelink@treko.net.au.

Deadlines & Editions

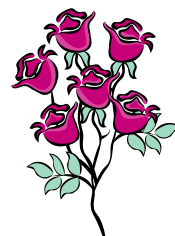
All articles, news & advertisements should be submitted to the Telecentre by close of business on Monday of paper week.

Next Deadline: Monday 25th July
Next Edition: Thursday 28th July

A very BIG thank you

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

*Dot Kennedy
Lyn Whaley
John Whaley
Allan Zweck*



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.

WorkSafe Accredited Forklift Course



**Saturday 30th July
\$140 per participant**

***Please contact the Lake Grace Telecentre (9865 1470)
if you would like to register your interest.***

Aloha. It's a Luau!!

Our heartfelt thanks to Danielle Robertson for all her volunteer work producing the Lakes Link News.

*Lake Grace Telecentre Committee,
staff and volunteers*

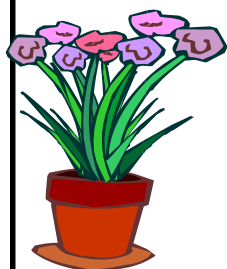


The Sharpening Man will be in Lake Grace on....

**Tuesday 19th July
from 1pm - 2pm**

*Will be parked in Stubbs St Lake Grace
Mob 0429 986 234*

Thanks to Collators
of the Last Edition



Kristie Pinney
Alex Reeves
Rebecca Reeves

LIBRARY REDUCED HOURS

During the school holidays the library hours will be:

Monday: 9:00-12:00

Tuesday: 9:00-1:00

Wednesday: Closed

Thursday: 9:00-1:00

Friday: 9:00-1:00



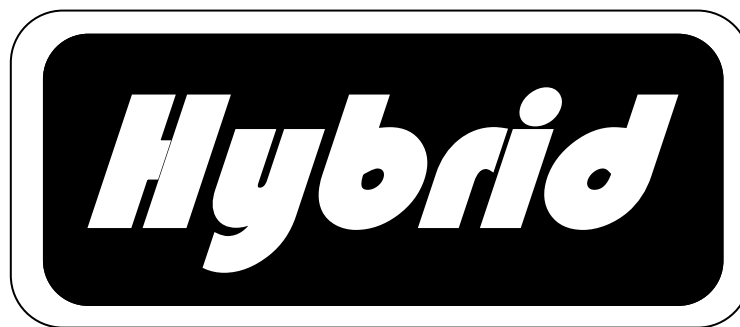
The Lakes Link News is.....

lotterywest
supported

Lake Grace Pingrup Netball Club

Presents

Live band



Dance music for all ages

Saturday

23rd July, 2005

at the Lake Grace Shire Hall

8pm till Late

Full bar facilities available

Happy hour – cheap drinks 8 – 9pm

Tickets \$15 each available from

SBM Tyres 9865 1301

or \$25 at door



ABOUT TOWN

- Congratulations to Michelle Exelby and Brayden Reynolds who have announced their engagement.
- Best wishes also to Merredith Gladish and Paul Curley (formerly of Wagin) who became engaged on July 2nd.
- A fond farewell to Keith and Joan Fleming who have moved to Kalgoorlie.
- Hello to former resident Jordan Slarke who has been visiting from Byfield, Queensland.
- Welcome home to all those students on holiday from boarding school.

HAPPY BIRTHDAY



July 15	Peter Taylor Benn Tomkins Wayne Milton	July 21	Phoebe Robertson
		July 22	Blair Watson
July 16	Ben Argent Chad Stanton Sonia Carruthers	July 24	Charmaine Morton
		July 25	Ross Bowron Brad Hudson
July 18	Rebecca Bushby Shane Giles	July 26	Stephen Chappell Kate Zweck
		July 27	Bradley Watson



HAPPY ANNIVERSARY

July 7 - Helen and Clem Bennett

Fax, email or bring your *About Town* news into the Telecentre. If you would like to share your birthday or anniversary celebrations with us then please fill in the Celebrations book. Alternatively just drop your details into the box at the Post Office.

Reynolds- Exelby

Shane and Vicki with Clair and Kevin would like
to announce the engagement of
Brayden and Michelle in Bali on the 20th June.
We wish them happiness for the future.



Keeping the Aged Safe *continued*

The fence, which runs the length of the ward and gardens on the southeast side of the hospital, incorporates the birdcage, a past Lions Club project. "The Lions Club did a fantastic job and John de Vree's expertise was especially invaluable," said Mrs McEncroe. "The fenced garden will give clients with dementia an area where they can wander freely and safely."

"The erection of the fence is a response to the Wheatbelt Health review of aged care services," said Mrs McEncroe "and addresses a need so that clients with dementia can stay in their own community."

Michelle Slarke

Lions Club Help Out

It has been a busy year for Lake Grace Lions Club with a considerable number of community projects (see page 8). The volunteer group, with its 22 members, raises funds through the sale of Christmas Cakes and mints, aluminium can collection and advertising revenue from the local business calendar.

The group perform numerous community services including disaster relief such as donating a fridge, washing machine and microwave to the Baker family of Kukerin who lost everything in a house fire last month. Pictured (L-R) are Greg Joyce who delivered the items with Maurice Nolan and Alex Burt who supplied the goods.



Aerial Spraying

Lindsay & Ann Joyce

P O Box 1318
Albany WA 6331

Phone: 9842 5678

Mob: 0427 206 210

Fax: 9844 4322

Email: naway@wn.com.au

Country Kitchen

Church Square
(Next to the library)
Fortune Street
Narrogin 6312

tel/fax: 9881

Café open from 6.30am to 4pm
Monday to Friday
for

breakfast, lunch,
morning and afternoon tea

Delicious coffee, cakes
and cookies
Homemade pies and sausage rolls

Why not drop in the next time
you visit Narrogin

SAND'N'SALT

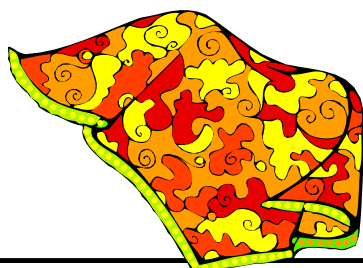


FASHION FOR THE SALT OF THE EARTH

Shop 5, Lakeway Shopping Centre,
22/23 Stubbs Street, LAKE GRACE
Telephone 9865 1465

*Have a look at our great range of
Jewellery and Accessories*

*Earrings, Necklaces and Brooches
for those special occasions.*



*We also have a
terrific range of scarves*

From a loving son about his mother.

Mother's Hands

Softness, nimble, hard working. Mum's hands were all these names. So very soft when she cupped my face to make it all better when I hurt myself, to nimble when shuffling cards or playing Chinese Checkers with Mrs MacDonald from next door. So very hardworking with four children and an alcoholic husband.

No microwaves, no cars, a wood stove and an old boiler to wash the clothes in. Busy with making sandwiches to take to school, clinically spreading butter right to the edge of the bread. So hard when she had to discipline, fortunately not so often. Occasionally gripped around a piece of kindling when wildness got out of control.

Gentle hands that really were a miracle, considering what they had to do.



Patricia Nostrini

FOR HIRE

Boys suits sizes 1 – 12, suitable for all special occasions
Also dolls, teddies and ribbons for the car, elbow length hooded capes

FOR SALE

- * Ring cushions
- * Dilly bags
- * Garters
- * Horseshoes
- * Porcelain hanging tassel dolls (makes a great gift)
- * Several other items for weddings

Also for sale are various sized heat bags and small gift ideas

If you want something different, I will do my best to make it.

For further information please contact me on 9841 2620 or email: nostrini@omninet.net.au



LAKE GRACE LIONS CLUB



President's Report for 1 July 2004 to 30 June 2005

To begin this report I would like to take the opportunity to first of all thank my fellow Club members for their support and fellowship during the last twelve months. Your guidance and counsel has been greatly appreciated so that together we have reached the end of another rewarding year in Lion's.

At the beginning of my term, I presented a wish list that I hoped would be achievable during this period. Due to the efforts of all members of the Lions Club of Lake Grace and their partners, I am proud to report we have achieved most of the goals that were set.

We got off to a bad start with the loss of three members due to job transfers. But we have welcomed three new members into the Club in Alan Zweck, Derek McCartney and Chris Jackson keeping our membership base at a healthy level.

Highlights/Achievements.

- Completion of fencing project at the cemetery.
- Organizing and staffing the bar for the Hospital Spring Ball. This was a good fundraiser!
- Hosting the Curtin Volunteers for a weekend in October.
- Sponsorship for two students from the High School to continue their education.
- Lions Ladies again arranged the Christmas Luncheon for the senior citizens.
- Sponsorship of the Christmas Light Competition. Special thanks to the Lions Ladies from Pingrup who carried out the judging for us again.
- Working with the Shire to co-ordinate the Australia Day Breakfast, including the announcements of Citizenships and Events of the year within the Shire.
- Donating our time at the Irish Night to help raise funds for The Royal Flying Doctor.

Thank you and congratulations to all involved in making these projects so successful.

At a club level, in October we had a very successful outing to The Lily for a luncheon. The Christmas Barbecue in December held at 5 Clarke Avenue was well attended.

A partners' dinner meeting, held jointly with Pingrup, to mark our visit from the W2 District Governor Bruce Hearman and Robyn was conducted in February.

The signage and plaques are in place on the wall at the Lions Park to honor deceased members and partners of the Lake Grace Lions Club.



*Former District Governor Bruce Hearman with
Incoming President of Lake Grace Neville Moulden*

The club hosted a Zone meeting in April and also traveled to Kulin in December to attend the meeting held there. Thanks to all who participated in these. We have also had several guest speakers who attended our meetings throughout the year.

These included new teachers in town Attila and Janet Sebestyn. Rysha Bird spoke of her experiences in South Africa with the Narrogin netball team. Simone Mahoney informed us about her participation as a Lions Youth of the Year Quest entrant where she reached the State finals. Great effort! Terry Cockram shared with us a brief overview of a trip to N.S.W. as a member of The Anglican Church Army. It should also be mentioned that Terry also helped out on the cemetery fence and at the Kukerin Bushfire barbecue.

The Thiels and Mouldens travelled to Adelaide in May to represent the Club at the Multiple District 201 Convention.

Apart from our usual commitment to Lions International and local projects, we have been challenged by a number of natural disasters that have required a response. These were the Kukerin bushfire, the Eyre Peninsular [S.A.] fire and of course the Boxing Day Tsunami.

As I conclude this report, I realize what a busy year it has been and once again thank all my fellow Lions for giving me the opportunity to experience the satisfaction of being President of such a wonderful group of people that is the Lions Club of Lake Grace.

I trust that together we can look forward to the challenges of the next year and hope that the season can be kind to us all.

Neville Moulden

Ease of Access

The construction of new footpaths in the west end of town will mean an easy walk for those using Absolon and Bishop Streets. Lakes Village residents in particular will have easy access to the shopping area, church and the telecentre/library, and students can now walk directly from the school to the town centre.

The footpaths stretch from the east side of Maria Regina Catholic Church along Carruthers Street, along Absolon and Bishop Streets to the Lakes Village entrance. Construction work includes a path through the Absolon Street/School Place traffic island so that seniors, in particular, do not have to negotiate kerbing when walking to the library and Telecentre.

Requested by Lake Grace Shire Council in the 2004/2005 budget, the footpaths were constructed by local contractor Grant Osborne of Lake Grace Building (*pictured right*), in conjunction with Shire of Lake Grace. Dual-purpose and therefore suitable for pedestrians, cyclists, wheelchair users and gopher drivers, the paths are 370 metres long in total and 2 metres wide, and finished with a non-slip surface.

The footpaths link concrete paths installed by the Shire from the village to the hospital and medical centre, and those along Bennett Street to the east end of town.



"The footpath construction is part of the Shire's ongoing program to remove the square concrete paving slabs around town and upgrade the town's footpaths," said Shire of Lake Grace Manager of Works Ian Bartlett. Future work will include new footpaths in Stubbs Street when underground power is installed in November 2006.
Michelle Starke

Pingaring Sheep Updates

Thursday 4th August 2005

1pm – 5pm with a sundowner following

Pingaring Hall

Topics Include:

- Getting high marking percentages in WA
- Finishing lambs in a feedlot – is it profitable?
- How to improve sheep performance on stubbles
- Worm control – what's the best practice?
- Bioclip® wool harvesting – process, costs & management
- *Plus* information on saltland pastures, what's happening with mulesing, NLIS sheep, lice control and sheep biosecurity!

Plus a SUNDOWNER to conclude the day!

Don't miss this free event!



Department of Agriculture
Government of Western Australia



another innovation

For more information call the Department of Agriculture Lake Grace on 9865 1205

Emu Beach Holiday Park

We are having a

Winter Special

on our accommodation

stay 4 nights and pay for 3
OR

stay 7 nights and pay for 5!

Villa Chalets and Cabins available



...of the year to come to
...actions such as the whales,
...Whale World, Deer-O-



COMMUNITY SUPPORT FOR NEW AMBULANCE

The St John Ambulance Lake Grace Sub Centre has completed a 16 day display and trial run period with one of the new Mercedes Mark V ambulances

The officers put the Mercedes through almost 1,000km of test driving including gravel driving, higher speed and high cross-wind driving. Officers and others put the ambulance through its paces as drivers, attendants and patients to compare old and new technology.

Over the period the sub centre put both ambulances on display to the public for a combined period of 12 hours on 4 separate occasions. During the display times nearly 40 individuals inspected the new and old ambulance (*pictured right*) and discussed the positive and negative aspects of the technology.

The two key questions that were being asked of the community were:

1. Do you think that it is time for our community to commit to upgrading the technology of our ambulance?
2. If Lake Grace were to upgrade the ambulance, would you support buying a new or used vehicle?

The general consensus on the first question is that it is time to change. Many people could see the value of the added safety features i.e. ABS and airbag technology, improved access and layout, and improved ambulance attendant and patient safety.

On the second question the community was less decisive. Many could see the benefits of purchasing a new ambulance i.e. we know exactly what the ambulance has done in its lifetime of work and servicing. However the cost to the community for this option is \$100,000 of which we have raised \$70,000.

St John Ambulance has recently brought in a new policy, which will see twenty ambulances being decommissioned in Perth and these are for sale to Sub Centres.



There are sixteen Mercedes 312 ambulances (4 cylinder, 4 stroke engine with sprint shift gearbox (manual/automatic)) and four Mercedes 316 ambulances (5 cylinder, 4 stroke, automatic gearbox) ambulances due for decommissioning in Perth. These second hand ambulances will have travelled between 150,000km and 200,000km and will be 3 to 4 years old at the point of decommissioning. (The display ambulance was a Mercedes 316)

The incentive for a sub centre to take on these second hand ambulances is that they will be made available to communities at the sale price of their current ambulance. To illustrate, if Lake Grace makes an application for a second hand ambulance, we will be put on a prioritized list. When our turn comes around we get the right to accept or reject the second hand ambulance that is available. If we choose to accept the second hand ambulance, the price we have to pay is the value we sell our old ambulance for i.e. if we sell the Ford for \$10,000 then that is all we pay for the second hand ambulance.

The second hand ambulance will not come with any warranty or guarantees. The usual rules of buying a second hand vehicle apply.

At a sub centre meeting on Thursday night the 14th July commencing at 7.30pm the sub centre will make a decision on whether to change technology, and if we will apply for a second hand ambulance. We encourage anyone interested to attend the meeting.

Amanda Miller, Chairperson

SCIENCE AND STUFF

THERMOMETERS BANNED

Mercury thermometers are to be banned from Europe's homes under European Union Legislation. The law is intended to prevent 26 tonnes of the toxic metal entering the environment every year when old thermometers are dumped. Instruments used by doctors and other professionals are not covered by the ban.

WASHED AWAY

Bangladesh may have escaped the 26th December tsunami largely unscathed, but the sea is attacking it in a way that is just as devastating. In the last 40 years, the country's largest island, which is home to 1.6 million people, has lost almost half its land. Bhola island at the mouth of the Ganges' delta has shrunk from 6400 square kilometres to less than 4000 square kilometres. Three years ago, 25,000 people were marooned when floods removed a chunk of land. The erosion started in the 1960's.

TIDY ANTARCTICA

Signed in Stockholm, Sweden, on 15th June by all 45 signatory nations of the Antarctic Treaty, the Stockholm annex, as it is now known, allows offenders to be fined if a clean-up is delayed and causes irreparable damage. This money will help finance future clean-ups in which the guilty party is not known. In 5 years the treaty will be reviewed and extended to cover other types of damage.

SMALL KILLER

Telltale grooves in the fangs of a 60-million-year-old fossilised mammal suggests that it injected venom to paralyse its prey. It is the only extinct mammal known to have delivered poison.

Bisonalveus browni was a 10 to 15-centimetre-long predator with pointed teeth. But its bite had something extra - two long upper canines with grooves that seemingly allowed it to deliver poisonous saliva into the flesh of its prey. (Nature, vol 435, p 1091). Other venomous mammals are the duck-billed platypus. The Haitian Solenodon, the North American short-tailed shrew, the European water shrew and the Mediterranean shrew.

WHAT'S HAPPENING UNDER THE ICE

For the first time, satellites have peered down through a few kilometres of Antarctic ice to measure the heat radiating up from the Earth's crust under the icy continent.

This heat map will help us understand how ice sheets and glaciers move as the ice melts at their base. It may even uncover subglacial lakes and volcanoes. From the Centre for Planetary Science in Copenhagen, Denmark, scientists have created the map of magnetic field measurements taken by the Oersted and CHAMP satellites. Above a certain temperature most rocks undergo a change from non-magnetic to paramagnetic.

So the magnetic state of the rocks below the ice reveals how temperature varies with depth.

The heat map covers all Antarctica at a resolution of about 300 kilometres. Michael Purucker of NASA's Goddard Flight Center, says that hotspots on the map suggest the presence of a previously unknown active volcanic region under the ice, just inland from the Ronne ice shelf, one of Antarctica's many ice sheets. If the volcanoes were to erupt they could cause cataclysmic failure of part of the ice sheet.

LIFE THRIVES ON OCEANS FAINT GLOW

Light-harvesting bacteria have been discovered deep in the ocean where no sunlight penetrates. They use the dim red glow of a hot hydrothermal vent to photosynthesise. The finding points to new possibilities for life in the dark places of other worlds. A team collected water expelled by a vent called the TY black smoker off the coast of Central America. The vent, which spews water at 350°C, is nearly 2.5 kilometres deep on the East Pacific rise, a submerged mountain range that runs from the Gulf of California. Photosynthetic green sulphur bacteria was grown from one of the samples. These bizarre organisms convert carbon dioxide into organic compounds by oxidising sulphur compounds. They thrive in oxygen-free environments such as hot springs and can photosynthesise at extremely low light levels, but they have never been found in sunlight-free environments before. The finding suggests that photosynthetic bacteria could exist under the surface of other planets, such as in the underground ocean of Europa, one of Jupiter's moons. (from the proceedings of the National Academy of Sciences,

DOI:10.1073/pnas.0503674102). COLOURS

The gardening column of the London Daily Mail may not be the first place to look for breakthroughs in physics, but just occasionally that's where you will find them-as, for example, on 28th May, when it wondered why certain colours appear more dominant than others. Why, it asked, do "reds, oranges and yellows seem to grab our attention while blues, indigos and violets are more reserved"? The answer will come as a surprise to many: "this is due to the speed at which each colour travels towards the eye. Reds, being produced by short-wave light, travel very quickly while blues are long waves which proceed more slowly." Presumably, speculates Angela Cotton who spotted this, infrared has an even faster pace to make us hot, while ultraviolet is longer and slower, giving it more time to interact and cause skin and eye damage.

Hoping you enjoy and learn something from these stories from science extracts.

Maurice Gilson

LAKES DISTRICT WELL WOMEN'S CLINIC

The next clinic will be held on

Tuesday 26TH July
at the

**Lake Grace
Medical Centre.**

To make an appointment, please
phone

Jill Dykes on 9871 9024
or
Anna Taylor on 9865 1507.

Lake Grace & Newdegate General Practice

Please note:

There will be **NO DOCTOR** in Lake
Grace

**From Friday 15th July at 8.00am till
Monday 18th July at 9.00am**

Surgery will be open
Friday 15th July from 9.00am to
1.00pm for ordered medication
only.

Sorry for the inconvenience

In the case of an emergency
please telephone the Lake
Grace Hospital on 9865 1206

Farmers - Do You Need Finance for Housing Renovations or Repairs

The Country Housing Authority is a State Government Agency supporting rural and remote communities by providing access to housing finance.

We provide housing finance to farmers, retired farmers, rural employers, the self employed and local governments to provide flexible home loans that suit the needs of local communities.

You can use your Country Housing Authority loan to build, buy, add or modernise your home. Our loans have no application or loan management fees and competitive interest rates. Repayments can be made on a monthly, quarterly, or half-yearly basis or tailored to your cash flow. The loan terms are usually 15 years and can be extended to 20 years.

For further information phone 1800 158 200 (free call) visit our web site www.dhw.wa.gov.au , email us at cha@dhw.wa.gov.au or pick up a brochure from local Shire Office, Telecentre or Business Enterprise Centre.



Department of Housing and Works
Government of Western Australia





**24 HOUR EMERGENCY
SERVICE PH: 98651206**

LAKE GRACE & DISTRICTS HEALTH SERVICE

The LG 'Living Great' Shire Challenge

Session	Date	Time	Venue
Supermarket Tour (day) & Pseudo-supermarket / label reading (evening)	Tuesday 19th July	1:00—2:00 pm	Lake Grace Plaza (meet in the Lakeway centre)
		7:00—8:00 pm	Lake Grace Telecentre
Cook & Share Healthy cooking information @Lake Grace & Newdegate	Tuesday 26th July	7:00—8:00pm	Lakes Village Hall—a selection of dishes will be available to try
	Thursday 28th July	11:45 am	Newdegate Golf Club—Judy Walker will coordinate



For the Cook & Share we would like you to also bring along your favourite healthy recipe (recipes will be collected and distributed). If you would also like to prepare your recipe for people to try, feel free to do so!

Only 4 more sessions to go.

Don't forget the final weigh-in at Lake Grace on 9th August!

If you have changed your lifestyle habits and lost some weight we need you on record for our final total. For those of you who have been finding it hard to keep on track, **don't give up!** You should make the effort to come along for the last few weeks and maybe you can lose a few kilo's before the final weigh-in.

The Spring Walk for Spring Chickens

is running again throughout the months of August, September and October this year. Individuals and groups (who are over the age of 50) are encouraged to join.

Participants will record their daily walking distances, and these will be added together and plotted on a map throughout China along the ancient Silk Road and Great Wall. Walking begins on the 1st of August and finishes on the 31st of October.

There are some great prizes to be won! All you need to do is fill in a nomination form and you will be sent a package with tally sheets and program information. Contact Anna McDonald or Irene Oram from the Wheatbelt Public Health Unit on 9622 4320 for more information.

New Garden Fencing at the Hospital

The garden area adjacent to the ward area of the hospital now has a very attractive fence around it. This offers a secure area for use by residents and visitors to the hospital.

The fencing materials were purchased with funds held in the Lake Grace District Hospital Bequest & Donations Trust Account.

Special thanks go to **Gary Guelfi (Newdegate General Transport)** who kindly transported the material for us and to the **members of the Lions Club of Lake Grace** who erected the fence last week.



Painting/ Mixed Media Workshop with Gladys Dove Sat 30 & Sun 31 July

Learn to experiment with oil, acrylic and water paints, pastel, charcoal and prints.

Do you look at the array of materials in the hardware, haberdashery or art supplies store and wonder how you can incorporate these into your painting?

The aim of this workshop is to encourage experimentation with paint, pencil, fabric, inks, wax and other materials.

Beginners welcome. \$15 for 2-day workshop
Bring morning/afternoon tea or lunch to share.

If you can't make the workshop, please join us for dinner and a slide presentation by the artist - 6.30pm on Sat 30th July at the Arts Centre. Everyone is welcome.



Lake Grace

The York Society (Incorporated) Art And Craft Awards.

Calling All Artists!

Entry forms are now available for the
Annual York Society Art and Craft Awards.

The Awards will be staged at the
Historic York Town Hall, 15 - 23rd October 2005.

PRIZES TOTALING \$8250 (non-acquisitive) are offered
over 11 categories (6 in Art/ 5 in Craft)

Three special awards, Best Avon Valley resident - Art, Best
Avon Valley Resident - Craft and the "Young Achiever
Award".

AWARDS IN BOTH ART AND CRAFT for works best
depicting the theme "THE RURAL ENVIRONMENT".

PRESENTED BY SMOKEFREE WA

All in all an exciting prize pool to ensure that this year will
be the very best ever Exhibition and Sale.

Entry forms: www.yorksac.org.au

WAVE ROCK N OPERA

*Featuring a Baby Grand Opera
& Popular Band - "One Step Ahead"*

Saturday 10th September 2005
7.00pm - 12.30pm Hyden Memorial Hall

The bar will open from 7.00pm onwards. Come early and enjoy a complimentary drink and nibbles.

While perusing the spectacular décor and local art works on display

All guests must be seated for the Baby Grand Opera before 8.00pm

Supper and bar facilities will re-open at 9.30pm

Popular band "One Step Ahead" sets the mood for a good time

And dancing from 10.00pm - 12.30pm

Entry Fees: Adult \$66, Student \$5.50. (School age student attending with a parent)

Complimentary drink, sumptuous supper, coffee & chocolates!

A BUS IS COMING FROM YOUR SHIRE!

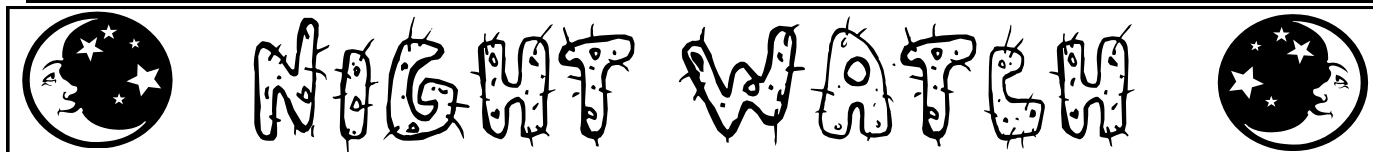
CONTACT JENDY @ THE KONDININ SHIRE FOR FURTHER DETAILS

Ph: (08) 9889 1006 Fax: (08) 9889 1197 E-mail: jendy@kondinin.wa.gov.au



www.watercorporation.com.au





Welcome to Night Watch for the fortnight from midnight Friday 15th July to midnight Friday 29th July. Remember, Astronomy is looking up and never look directly at the Sun with the naked eye or without the proper equipment.

The **Sun** remains in Gemini until Thursday 21st when it will have moved into Cancer at magnitude -26.72. On Monday 18th, the **Moon** will be 0.6 degrees north of the red star "Antares" (rival of Mars), the heart of the scorpion. The Full Moon is at 6:50pm on Wednesday 20th in Sagittarius at -12 magnitude. On Friday 22nd at 4am the Moon will be at Perigee, (closest), at 357,158kms in Capricornus. The last quarter Moon is at 11:09am on Thursday 28th in Pisces at -6.0 magnitude. The Moon will be in Virgo on 16th, Libra on 17th, Scorpius on 18th, Ophiuchus on 19th, Sagittarius on 20th and 21st, Capricornus on 22nd and 23rd, Aquarius on 24th and 25th, Pisces on 26th, 27th and 28th and Aries on the 29th.

On Saturday in Cancer at magnitude +0.9, **Mercury** sets at 7:20pm. Mercury, on Monday 18th in Leo, will be at Aphelion, furthest from the sun at about 69.7 million kilometres. On Friday 29th Mercury sets at 6:32pm and is setting around six minutes earlier each night.

The very bright planet **Venus** at -4.0 in Leo, sets on Saturday evening at 7:31pm in the north west. ON Friday 22nd, VENUS will be 1.2 degrees (thumb at arms length), north of the bright blue star, Regulas.

Venus sets at 7:55pm on Friday 29th.

Mars, the red planet, in Pisces at magnitude -0.4, rises on Saturday at 12:12am. On Sunday Mars will be at Perihelion, nearest to the Sun at about 206 million kilometres. Mars will be 4° (two thumbs at arms length), south of the Moon on Thursday 28th and rises at 11:53pm on Friday 29th.

Jupiter, at magnitude -2.0 in Virgo, sets at 11:23 on Saturday evening and at 10:40pm on the 29th. The ringed planet, **Saturn** now setting just after sunset at 5:41pm will, by the end of the fortnight, be rising just

before sunrise in **Cancer** at 6:45am on Friday 29th.

On Saturday, **Uranus** will rise at 8:54pm in Aquarius at +5.8 magnitude and will be 2° north of the Moon on Sunday 24th. Uranus rises at 8:01pm on Friday 29th at magnitude +5.7.

Neptune rises at 7:02pm on Saturday in Capricornus at magnitude +7.8, and 4° north of the Moon on Saturday 23rd. On Friday 29th, Neptune rises at 6:10pm.

Pluto, on Saturday, in Serpens Caput sets at 4:32am and at 3:50am on Friday 29th and is at mag. +13.8.

The Great Red Spot (storm), on Jupiter can be seen with telescopes at around 7pm on 23rd, 8:40pm on 25th, 10:19pm on 27th and at 6:11pm on 28th, in view for only one hour. On Sunday 24th, Jupiter's Moon IO, starts its journey across the face of the planet at 6:13pm, and the shadow starts at 7:25pm and is in view for about two hours. The four visible moons of Jupiter - IO, Europa, Ganymede and Callisto - can be seen almost anytime with binoculars and telescopes. They can be seen in different positions every night when not behind the planet.

On Tuesday 26th, the orange star **Arcturus** (the Bear Watcher) will be at direct north and in Greek is spelt Arktouros. The star is the brightest in the Constellation of Boots, The Herdsman, and shines at magnitude-0.05 at 36.71 light years away and is the 5th brightest star in the night sky.

To the east of Arcturus you can see a half circle of stars; this is the Constellation of Corona Borealis (the northern crown). If you look high in the south east between the Scorpion's tail and the bottom of Sagittarius you will notice another smaller half circle of stars. This one is called Corona Australe, the Southern Crown.

Maurice Gilson

*Member of the Astronomical Society of WA
16 Clarke Avenue Lake Grace. Ph:9865 1516
Email: mgi11687@bigpond.net.au*

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
16 July	7.05 am	5.21 pm	12.23 pm	1.24 am	23 July	7.02 am	5.25 pm	7.36 pm	8.43 am
17 July	7.04 am	5.21 pm	1.01 pm	2.30 am	24 July	7.01 am	5.25 pm	8.47 pm	9.11 am
18 July	7.04 am	5.22 pm	1.47 pm	3.39 am	25 July	7.00 am	5.26 pm	9.55 pm	9.43 am
19 July	7.04 am	5.22 pm	2.43 pm	4.49 am	26 July	7.00 am	5.27 pm	10.59 pm	10.14 am
20 July	7.03 am	5.23 pm	3.50 pm	5.57 am	27 July	6.59 am	5.27 pm	D.N.R.	10.43 am
21 July	7.03 am	5.24 pm	5.04 pm	6.59 am	28 July	6.59 am	5.28 pm	12.03 am	11.14 am
22 July	7.02 am	5.24 pm	6.21 pm	7.50 am	30 July	6.58 am	5.29 pm	1.06 am	11.47 am

Cabaret Style **Fun Night**

Friday, 5th August
7.00pm at Lake Grace Shire

Breast Cancer Foundation of WA Inc
(To support the Foundation's
breast cancer awareness campaign)

Have you missed those cabaret style nights we used to have so often in days gone by?
Good news – it's going to happen again for the low price of \$10 a head;
WE are going to entertain YOU

Two-piece

Door prizes

A Kangaroo Court Case

Hilarious Display

Sausage Sizzle -
to keep the worms at bay

Bar facilities

BRAS **WANTED**



Any size



Any colour

We need as many pairs as possible for our
breast cancer fundraiser that will be
held on August 5th.
Leave bras on Gert O'Neill's front verandah,
15 Bennett Street.

I'M BREAST AWARE—**ARE YOU?**



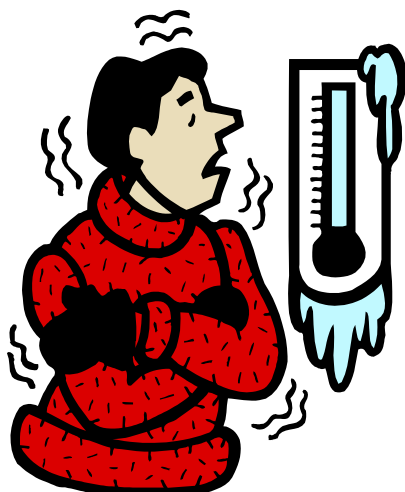
Buy your I'M BREAST
AWARE wristband for just \$2
and join the fight against breast
cancer.

The wristband symbolizes unity in
the early detection of breast
cancer. The 100% silicon
wristbands are fashionable,
comfortable and very purple.

**Available at the Lake Grace
Plaza and Sand 'N' Salt**

Lake Grace Weather*- Terry Gladish***Extremes for July:**

Highest Monthly Rainfall 128.1mm 1930
 Lowest Monthly Rainfall 12.8mm 1937
 Highest Number of rain days 23 1946
 Lowest Number of rain days 5 1970
 Highest Daily Rainfall 60.5mm 4/7/1930



Date	Min	Max	Rain
30/6	9.8	14.8	.8
1/7	1.9	14.3	.8
2/7	3.5	15.0	
3/7	5.0	17.9	
4/7	6.5	13.5	8.4
5/7	4.7	11.8	
6/7	-0.8	11.5	
7/7	-0.5	12.5	
8/7	3.4	14.0	
9/7	3.4	14.8	
10/7	3.7	15.9	
11/7	1.3	15.4	
12/7	-0.4	13.4	
13/7	4.6		.8

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Potted Colour,
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 Pea hay for mulch
 plus much, much
 more ...

ROE MLA Encourages the Community to Nominate Seniors for Awards

Recognition of the valuable input to rural and region WA by senior community members is again being recognized throughout Western Australia through the WA Seniors Awards 2005.

Graham Jacobs, the member for Roe, said, "seniors make many very valuable contributions to the regional communities that show their dedication and commitment to the community in general."

"Many seniors contributions are 'behind the scenes' and may not be visible to the community in general. I therefore urge local residents to nominate a senior in acknowledgement for their contribution to regional and rural communities."

"Bankwest have sponsored the Senior of the Year Awards with a cash prize of \$2000 and a trophy, and Skywest have sponsored the Regional Senior of the Year with \$500 cash and a trophy for each region.

Each category winner will receive a trophy and prize money to assist their commitment in their field of endeavour."

Nominations close on **Friday, 29th July 2005**, winners will be announced in the last week of September. The presentations will be at the Gala Ceremony to be held during the Bankwest Seniors week in Perth on Sunday, 30th October 2005.

The categories for nominees are:

1. Community Achievement
2. Sports and Recreation
3. Arts and Culture
4. Workforce Participation
5. Aboriginal and Torres Strait Islander Leadership
6. Active Aging Innovations Award, which is open to all individuals and agencies. (New category for 2005)
7. Media Award

Nomination forms and further information is available at the office of Graham Jacobs, MLA, Fenwick House, Dempster Street or you may contact the WA Seniors Interests and Volunteering on (08) 9220 1141 or visit

www.community.wa.gov.au/communities/seniors.

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or 9865 1339





Shire of Lake Grace

NEWS & NOTES

PO Box 50 Lake Grace Phone 9865 1105 Fax 9865 1109 Email shire@lakegrace.wa.gov.au

LAKE GRACE SPORTING PRECINCT

An application for a feasibility study has been forwarded to the Dept of Sport and Recreation for approval.



A meeting of the Sports Complex Redevelopment Working Group is scheduled for next Monday 18 July to select the preferred consultant to undertake the feasibility study.

STAFF CHANGES

We welcome Danielle Robertson as Senior Finance Officer replacing Renae Jury who has taken up a position at Westpac Bank Lake Grace.



We farewell Ian Bartlett, Manager of Works and Services who is leaving us during August to take up a position with the Plantagenet Shire. We wish Ian and Mae all the best in their move to Mt Barker.

Following six months service as Technical Officer, farewell to Adrian Marshall, and wife Lois Anne, who worked at the Lake Grace hospital, as they make their move back to the city.

SURPLUS PLAYGROUND EQUIPMENT

Newdegate Playground



Take it away and its yours...
Check it out at the
Newdegate May St Playground

Further details ☎
Roz Lloyd 9871 1534
Jeanette Bennett 9865 1105

ALGA NATION ROADS CONFERENCE

Shire President Darcy Roberts and Cr Royce Taylor attended the National Local Roads Conference in Launceston Tasmania last weekend.



The Conference is now in its sixth year and plays a central role in bringing local government together to help shape and define a better funding case for management of the 680,000km of roads which constitute the nation's local road network.

JULY 2005 MEETING DIARY

Junior Council - Newdegate Tues 19th
Ordinary Council Meeting - Lake Grace
Wed 27th -
Meetings are open to the public.



REQUEST FOR PUBLIC COMMENT

PROPOSED CANCELLATION OF RESERVE 33330 STUBBS STREET LAKE GRACE

Notice is hereby given that the Lake Grace Shire Council is considering seeking Ministerial approval to the cancellation of Reserve 33330 Stubbs Street, Lake Grace as a Public Recreation Reserve under Section 20A of the Town Planning and Development Act and the reclassification of Reserve 33330, together with the western adjoining Unallocated Crown Land, as a Crown Reserve to be vested in the Shire of Lake Grace and used for the purposes of vehicle access, parking and landscaping.

Prior to seeking Ministerial consent for the abovementioned proposals, Council invites public submissions regarding their general acceptability and suitability. A report and plans explaining the proposals are available for public inspection during normal office hours at the Shire's Administration Centre, Stubbs Street, Lake Grace.

Any person who wishes to comment on the proposal may do so by writing to the Shire's Chief Executive Officer at PO Box 50 Lake Grace WA 6353 no later than **Monday 25 July, 2005**.

Chris Jackson
CHIEF EXECUTIVE OFFICER

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7am - 11am

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All Welcome



Heating your home

Sustainable Energy Matters Sustainable Energy Development Office

As the temperature cools and we head to the shops in search of a new heater, it's important to look at all the heating options before you buy. Keeping your home warm needn't use a lot of energy. Energy efficient homes can stay warm with little artificial heating so before you buy a new heater, consider what you can do to reduce your heating requirements:

- * Fit insulation in the ceiling cavity
- * Stop draughts coming through doors, windows and floorboards
- * Keep heat in with pelmets and curtains or heavy blinds on windows
- * Only heat rooms in use
- * Don't overheat the house – setting the thermostat one degree lower will give a significant saving
- * Wear appropriate clothing for the winter season.

If you buy a heater, built-in or portable, gas, electric or wood – your choice can make a big difference to the warmth you receive, your energy bills and the environment.

All heaters burn some type of fuel and, as well as costing you money, the burning fuel releases carbon dioxide which forms part of the environmentally-damaging greenhouse gas emissions. It's therefore important to make sure you have an effective heater - so that you get the most out of the fuel you use.

Gas heaters provide an energy-efficient form of heat as gas produces about 25-30% less greenhouse gas emissions than electric heaters. One exception to this rule is the reverse-cycle air-conditioner which generates two to three times the heat output when compared to a standard electric heater using the same amount of electricity.

But whether you choose to use gas or electric heating, it's the style and effectiveness of the heater and how you use it that can have just as much of an impact on running costs and the environment.

Heating with gas

Portable gas heaters, for example, come in a range of versions and are usually more expensive to buy than their electric counterparts. But, the good news is that they produce the same heat at less cost than an electric heater and produce less greenhouse gasses.

There are three main types of portable gas heaters:

- 1) Convection – which has an internal electric fan so it uses both gas and electricity and as the external surfaces don't usually get too hot;
- 2) Radiant – these are comparable to an electric bar heater but bigger,
- 3) a Combination model which has the advantages of both.

These types of heaters also come with a star rating which you can use as a guide to the unit's energy efficiency and running costs. The more stars the better so 'Reach for the Stars' when making your selection.

If you need to heat a considerably larger area than that offered by a portable gas heater, you may prefer a built-in version. These generally have similar advantages to portable gas heaters but will need to be attached to a flue to remove the exhaust gases. While this can lower the unit's energy efficiency it will result in better air quality inside your home than portable, un-flued models.

When using un-flued gas heaters, ensure your room is appropriately ventilated to reduce health risks.

Electric Heaters

There are also portable and built-in electric heaters to choose from. Fan heaters are the smallest and are suited to small, draught free rooms whereas a bar or strip heater is more effective in larger areas. Another option is the oil-filled column heater which uses electricity to heat oil inside vertical panels. These are a safer option than other portable heaters because they aren't hot to touch but they do

Heating Your Home *continued*

take some time to heat up when first switched on.

Of course most heaters only heat – so if you want a two-in-one unit (one that heats and cools) you should consider an electric reverse cycle air conditioner. These units are cheaper to operate than other electric heating options and have a reduced impact on the environment. They also come with an energy star rating showing both their heating and cooling performance.

Wood

Another option is wood and while many people still like the sight and sounds of a natural wood fire, the smoke, soot and carbon dioxide they give off is a contributor to Perth's winter air pollution. If you do want to heat your home using firewood, you should opt for a slow combustion version as they are by far the most efficient. With a slow combustion heater about 65-75% of the energy contained in the

wood is converted to useful heat as opposed to only 10-15% if using an open fireplace where most of the useful heat is lost up the chimney.

Whatever heater you opt for, ensure you use it wisely and if you buy smart to begin with you can save money on your energy bills and reduce your impact on the environment.

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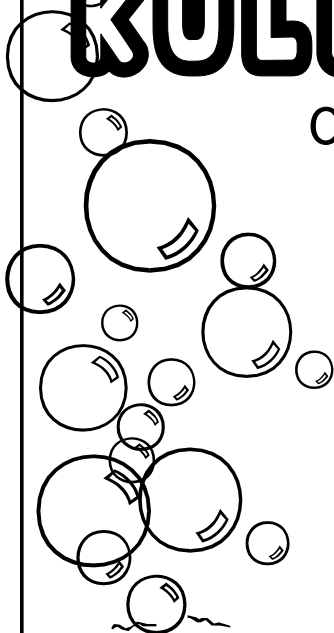
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Call Will, Carol or Kris on 9880 1081 anytime for a free quote

LAKE GRACE NETBALL CLUB NOTES

An enthusiastic group of young Lake Grace netballers travelled to Katanning last week to rub shoulders with and learn a few tips from some of the state's best netballers at a Perth Orioles' coaching clinic.

The twelve girls - Katelyn Slarke, Julia and Corrina Baker, Shenae Prater, Emily and Carrie Taylor, Lucy Trevenen, Amy Morton, Brianna McWhirter, Amy and Tina Willock and Melanie Naisbitt - were among a large group of girls from the Great Southern Region to attend the clinic, the first of its kind held in Katanning.

Star attractions were Perth Orioles captain, Samantha Lee, and shooter, Tracey Pemberton, (*pictured*) who put the girls through their paces with a series of fun and challenging drills.

The three-hour clinic was open to 8-13 year old's in the region with the emphasis on having fun while improving skills, co-ordination and netball knowledge. It provided a great opportunity for our young players to meet with and interact with WA's elite players.

The Lake Grace contingent had a fantastic time -

participating enthusiastically and making the most of this rare opportunity.



At the conclusion of the clinic participants were treated to a giveaway bag containing posters, vouchers, boom stix, a t-shirt and water bottle as well as other items. Many thanks to the girls who supported this initiative, and of course their parents for transporting them!

Maria Taylor

*Get your costumes ready and
prepare for some fun at the
Hockey Club's*

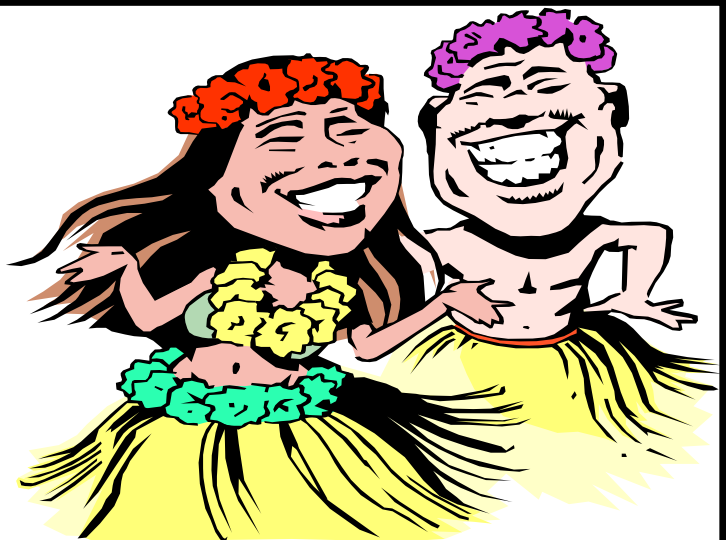
Hawaiian Luau

Fancy dress dinner 2005

*The surf's up and the
coconuts are falling*

*Live music, good food, great company
and prizes galore.*

What more could you want?



SATURDAY 30th JULY

**AT THE LAKE GRACE
SPORTSMAN'S CLUB**

FROM 6:30PM

**TICKETS \$30 EACH AVAILABLE FROM LAKE
GRACE HEALTH AND BEAUTY.**

LAKE GRACE HOCKEY CLUB



LAKE GRACE V KULIN 2nd July 2005

C Grade 1-0 Lake Grace

Coach's Award: Kristie Pinney

Goal Scorer: Ellie Naisbitt

Lake Grace dominated this week, with Kulin only getting into their forward half a handful of times. Our goalie, Gracie Kirk, didn't even get a touch this week! The full backs played high with Kristie making it nearly to our circle at one point. Not quite textbook play, but - hey! - whatever works! Sheridan Fyfe played well at inner, keeping the ball moving through the midfield with Ellie Naisbitt and Amber McPherson. Nash Kirk is improving steadily each week and played another solid game on right wing with good support from Phoebe Robertson at inner. Demi Tomkins didn't see much play down at full back in the first half but a move to centre half back after the break set her amongst it. A great team effort from the C grade this week, putting us at fifth place on the premiership ladder.

B Grade 1-1

Coach's Awards 2. Addie Curtin
1. Lisa Chapman

Goal Scorer: Deb Stuart

A solid effort from the B Grade team this week. A few players away again but thanks to Addie for filling in. Although there were many positional changes throughout the game, the team just 'jelled'.

Great teamwork through the midfield saw the ball into our forward half many times with persistence paying off for Deb Stuart, scoring in the first half. Great running from Leonie Carruthers on the wing and then through the centre of the field with many options from midfield players helping to keep us in possession. Vanessa Ward, although feeling unwell, stood in the goals for the whole game and did nothing. Well done, Vanessa.

A Grade 5-3 Lake Grace

Coach's Awards: 2. Jackie McGlinn
1. Marie Nolan

Goal Scorers Lyn Carruthers (3)
Jodi Pearce (1)
Michelle Cameron (1)

Fantastic game this week with a resounding win for the A grade side. Exceptional play from all players with spectacular saves, dives and all from

Amanda Milton in goals. Kulin equalled the score after each of our first three goals and the determination of our side paid off with two goals late in the second half from Lyn Carruthers to cement the win. Well done to the A grade side, a great game and well worth the trip.

GREAT SOUTHERN HOCKEY CARNIVAL 9th & 10th July 2005

Sixteen enthusiastic members and supporters of the LGHC travelled to Mount Barker on the weekend to represent Lake Grace in the Great Southern Hockey Carnival. After a very early and cold start on Saturday the team played four games and then another on Sunday morning, finishing somewhere down the bottom. Finals were played on Sunday, but we went out for lunch instead. Thank you to Vanessa Ward for the use of her house for the weekend. Thanks also to Lois Elliott for coaching and umpiring. Some great hockey was played and some not so great at times, but a fantastic effort from all players.

Chocolate money is nearly all received now, only a few outstanding. Please get it to me ASAP.

Subs that remain outstanding after the 16th July will be invoiced to recover the amount unpaid. Please see me before this to pay your subs. The hockey club does not run on the smell of a oily rag and these funds are essential to the smooth running of our club.

Fancy Dress Dinner coming soon, hope you've got your costumes ready. Saturday 30th July at the Sportsman's Club. Tickets available from Leonie at Lake Grace Health & Beauty.

Club Hats have arrived (finally) and are available from me. The beanies were very helpful over the weekend. If you didn't order a hat and want one, I did order a few extra but you'll have to be quick. For those of you who did put in an order, I don't want to have these hanging around for weeks on end, so please see me promptly. I will bring them to Narembeen on the weekend.

We are playing 'top of the table', Narembeen this weekend so good luck to all teams.

Lake Grace Hockey Club is a Healthway sponsored club and supports the Healthway message of a healthy lifestyle. All areas under the control of the club are Smoke Free.

Robbo

ONGERUP FOOTBALL ASSOCIATION RESULTS

Round 10 July 2, 2005

LEAGUE

Borden 13 goals 8 (86) defeated Lake

Grace/Pingrup 11 goals 11 (77)

Lake Grace/Pingrup Goal Scorers: Graeme

Watson 2, Dion Wisewould 2

Boxwood Hill 13 goals 10 (88) defeated Jerramungup 5 goals 13 (43), Gnowangerup 10 goals 4 (64) defeated

Newdegate 9 goals 5 (59), Kent 17 goals 6 (108) defeated Ongerup 15 goals 8 (98)

LEADING GOAL SCORERS : Simon Cugley (Newdegate) 40; Rob Miniter (Ongerup) 40; John King (Ongerup) 32; Scott Smith (Boxwood Hill) 32; Graeme Watson (Lake Grace Pingrup) 29; Shane Farrell (Borden) 25.

League Premiership Table	TEAM	PLAYED	WON	LOST	DRAWN	FOR	AGAINST	POINTS	%
	Newdegate	10	8	2	0	960	582	32	164.95
	Boxwood Hill	10	7	3	0	689	508	28	135.63
	Gnowangerup	10	7	3	0	726	798	28	90.98
	Ongerup	10	6	4	0	1101	773	24	142.43
	Kent	10	6	4	0	1025	866	24	118.36
	Jerramungup	10	4	6	0	841	708	16	118.79
	Borden	10	2	8	0	517	1149	8	45.00
	Lake Grace/Pingrup	10	0	10	0	319	1212	0	26.32

RESERVES

Borden 5 goals 11 (41) defeated Lake

Grace/Pingrup 2 goals 2 (14)

Boxwood Hills 17 goals 22 (124) defeated Jerramungup 2 goals 3 (15), Gnowangerup 10 goals 4 (64) defeated Newdegate 9 goals 5 (59), Ongerup 16 goals 11 (107) defeated Kent 9 goals 5 (59)

Reserves Premiership Table	TEAM	PLAYED	WON	LOST	DRAWN	POINTS
	Ongerup	10	9	1	0	36
	Boxwood Hills	10	8	2	0	32
	Newdegate	10	7	3	0	28
	Jerramungup	10	6	4	0	24
	Gnowangerup	10	4	6	0	16
	Kent	10	4	6	0	16
	Borden	10	1	9	0	4
	Lake Grace/Pingrup	10	1	9	0	4

JUNIORS

Lake Grace/Pingrup 10 goals 14 (74) defeated

Borden 0 goals 3 (3)

Boxwood Hills 6 goals 14 (50) defeated Jerramungup 2 goals 1 (13), Gnowangerup 10 goals 4 (64) defeated Newdegate 9 goals 5 (59), Ongerup 6 goals 12 (48) defeated Kent 5 goals 4 (34) .

Juniors Premiership Table	TEAM	PLAYED	WON	LOST	DRAWN	POINTS
	Ongerup	10	10	0	0	40
	Lake Grace/Pingrup	10	8	2	0	32
	Gnowangerup	10	5	5	0	20
	Newdegate	10	4	5	1	18
	Kent	10	4	6	0	16
	Borden	10	3	6	1	14
	Boxwood Hills	10	3	6	1	14
	Jerramungup	10	1	8	1	6

LAKE GRACE GOLF CLUB NEWS

On July 3rd a small field of 15 men and 4 ladies played a par comp sponsored by Justin Wright of Elders Insurance. A big welcome and thank you to Justin for jumping on board with his generous sponsorship.

The Men's winner was Kingy Strevett (the all weather golfer) with +3. The Runner-up, one stroke behind, was Steve Hunt with +2. Andrew Hunt won the Gross. Stephanie Lay was the runaway winner with -2 for the ladies. Jenny Bidwell was the runner-up with -5. Nearest the pins No 4 (Westrac) Strev, No 6 (Watsonia) M. Owen, No 15 (Masters) M. Lay and No 18 (L.G. Plaza) S. Hunt.

Last Saturday a handful of golfers travelled to Pingrup for their Open Day. Unfortunately the only spoils for the day was the NAGA – names withheld!

On July 10th, we played a Stableford Competition sponsored by Neu-Tech. Thank you to Ross and his family for their continued support. The winner for the day was Chad Stanton with 43 pts, closely followed by Kevin Eggers on 42 pts. The Ladies' winner was Helen Hunt on a count back from Michelle Lay with 38 points. The nearest to the pins went to (No 4 and 15) Kevin, No 6 Milton and No 18 Marcus.

Don't forget our Men's and Ladies' Open Day on the 16th. The competition is a 4 ball aggregate Stableford. Hit off is at 12.00 noon - light lunch at 11.15am, \$20 per player includes meals.

nutrimetics

for the latest specials or just
an old favourite
give Yvette a ring
on 9865 3046

The 2005 Club Championships are graded by your handicap and are as follows:

Men's A Grade: A. Young vs S. Hunt, L. McGlinn vs G. Milton, M. Cameron vs A. Hunt, C. Reeves vs M. Clark.

Men's B Grade: C. Stanton vs J. Wright, M. Reynolds vs N. Maalouf, K. Eggers vs R. Walker, K. Strevett vs M. Seaman.

Men's C Grade: M. Owen bye, S. Crook vs M. Gooch, G. Pinney vs R. Stubberfield, D. Stanton vs M. Burbridge.

The ladies have a first round bye. The next week is:

H. Hunt vs S. Lay and J. Bidwell vs M. Lay.

These may alter slightly if anyone has a blinder at our Open Day or withdraws.

Ongerup Districts Mobile Sheep



CLASSIFIEDS

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CSA Prowler 15" Mags with Tyres

\$400.00 for 4

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Burmese X Ragdoll Kittens

\$100.00 each

Call Ged on 9864 9046



FOR SALE

16ft Millard Caravan

Front Kitchen, Rear Double bed,

Very good cupboards,

Electrical brakes, Licensed

Full length heavy duty Annexe

in A1 condition

Ready for the road

\$6,350.00

Ph: 9865 1425 after 7.30pm

Bay 25 Lake Grace Caravan Park

Summer 2005/2006 - Healthy Club Sponsorship Program

Healthway is pleased to announce the availability of 2005/2006 Healthy Club Sponsorships for sports clubs to apply for up to \$2,000 who wish to develop a healthier sporting environment and support the training and education of volunteers within their club.

Organisations wishing to apply must: -

- Be incorporated and commonly regarded as a community sporting club.
- Compete in a recognised competition during the 2005 summer season.
- Be willing and able to embrace and promote healthy behaviour and provide a safe and healthy environment for participants and spectators.
- Have an ABN or provide an ATO Statement By Supplier form.

Sporting Associations are not eligible to apply for Healthy Club sponsorships and should contact Healthway to discuss other sponsorship opportunities.

Clubs are not eligible to apply for Healthy Club sponsorship if they: -

- Currently have a Healthway sponsorship agreement
- Have received Healthy Club sponsorship from the last round (winter 2005)

- Receive or are eligible to receive Healthway sponsorship through a State sport association

Clubs that have received consecutive Healthway sponsorships in 2002, 2003 and 2004 are also not eligible to apply this year.

In return for sponsorship, clubs will be required to become permanently and totally smoke free in all indoor areas and develop a Healthy Club policy to address the issues of smoking, sun protection, sport safety, alcohol and other drugs and healthy food choices and catering.

Application forms and guidelines are available from the Healthway website at www.healthway.wa.gov.au or by contacting Healthway on (08) 9476 7000 or toll free 1800 198 450. Applications close 5pm Friday 2 September 2005.

Please read the guidelines carefully to determine whether your club is eligible to apply for a Healthway – Healthy Club Sponsorship.



Lake Grace Shire Councillors

Councillor	Telephone	Fax
Darcy Roberts (President)	9874 4013	9874 4068
Andrew Walker (Vice President)	9865 1241	9865 1921
Royce Taylor	9865 1507	9865 1320
Helen Bennett	9865 1026	9865 1568
Ollie Farrelly	9865 1304	9865 1188
Meighan Stewart	9871 2042	9871 2042
Ian Chamberlain	9871 6043	9871 6035
Wally Newman	9871 1582	9871 1587
Dean Sinclair	9874 7045	9874 7005

CRISIS CARE NUMBERS

Doctor's Surgery	9865 1208
Hospital	9865 1206
Ambulance	000
Police Station	9865 1007
Fire Brigade	9865 1250
Emergency Services	000
Electricity Faults	13 13 51
Water Faults	13 13 75
Directory Assistance	12455
Crisis Care Unit	9325 1111
Women's Refuge Group	9227 1642
Family Violence Intervention Programme	9336 2144
ACRAH Men's Refuge	9272 1333
Domestic Violence Legal Aid Unit	9328 7602
Family Court of WA	9224 8222
Youth Legal Service	9227 4140
Citizens' Advice Bureau	9221 5711
Samaritan Befrienders	1800 198 313
Margaret Cole	0427 441 459
Poisons Information	13 11 26
Kids' Helpline	1800 073 008
Seniors' Information	1800 199 087
Family Helpline	1800 643 000
Southern AgCare Counselling	
Sat - Mon (ph/fax)	9865 1014
Tues - Fri (Evenings)	0427 441459

Justices of the Peace

Mr Neil Bishop	ph 9865 1632
Mr Colin Connolly	ph 9865 1010
Mr Ron Dewson	ph 9865 1224
Mrs Shirley Duckworth	ph 9865 1189
Mr Len Elliott	ph 9865 1137
Mr Lynn Parker	ph 9865 1217 (wk)
Mr Peter Taylor	ph 9864 9026
Mr Darcy Roberts	ph 9874 4013
Mr Geoff Sabourne	ph 9865 1171
Mrs Amanda Milton	ph 9865 1205

ANGLICAN CHURCH OF LAKE GRACE

Sunday 17th July

9:00am Lake Grace
5.30pm Pingaring

Sunday 24th July

8:00am Newdegate
5.30pm Lake Grace

Enquiries:

Revd Captain Derek McArtney 9865 1064
Deacon Michael Lloyd 9871 2041

Lake Grace Uniting Church

First Sunday of each month - 10:00am

See notice board for changes

Enquiries:

Bob Burbridge 9865 4020
John Whaley 9865 1377
0429 651 378

LAKE GRACE CATHOLIC CHURCH

Mass Time-Table

Friday 1st July

Jerdacuttup 7:00pm

Saturday 16th July

Hopetoun 6:00pm
Kukerin 6:30pm

Sunday 17th July

Ravensthorpe 8:00am
Varley 10:30am
Lake Grace 6:00pm

Friday 22nd July

Newdegate 5:00pm

Saturday 23rd July

Lake King 10:00am

Sunday 24th July

Kukerin 8:00am
Lake Grace 10.00am

Inquiries: Fr Pierre 9865 1248

COMMUNITY CALENDAR

July

Fri 15 Fish & Chip Night - LGS Club
 Sat 16 Steak Night - LGS Club
 Golf - LG Ladies & Men's Open Day
 Winter Sports - LG/Pingrup vs Gnowangerup
 Hockey - Narembreen v Lake Grace

Tue 19 Lakes Village Choir
 Aerobics - Shire Hall
 Chair Aerobics - Village Hall

Wed 20 Golf- Ladies Foursome @ Pingaring
 Pizza night at Rosie's
 Senior and C Grade Hockey Training

Thur 21 Playgroup - 9:30-11:30am
 Junior Boys Hockey Training

July 21/23 Hockey - Bye Women's Country W/end

Fri 22 Fish & Chip Night - LGS Club

Sat 23 LG/P Netball Cabaret/Band
 Steak Night - LGS Club
 Golf- Pingaring Men's Open Day

Sat 23 Winter Sports - Newdegate vs LG/Pingrup

Sun 24 Golf - 2nd Round of Championships

Mon 25 *Lakes Link News* deadline
 Men's Darts
 Hockey - U/13's State Championships

Tue 26 Lakes Village Choir
 Aerobics - Shire Hall
 Chair Aerobics - Village Hall

Wed 27 Pizza night at Rosie's
 Netball Training at 6:00pm
 Ladies Darts

Coming Events

30th July - Hockey Club Dinner

30th July - Forklift Course

4th August - Pingaring Sheep Updates

5th August - Breast Cancer Fundraiser

15th August - VP Day

19th August - Daffodil Day Stall

Please register your events with us at the Telecentre or write them in the diary at the Post Office, this will hopefully prevent a double up of events.

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