

LAKES LINK NEWS

Produced at the
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22nd July 2010

\$1.10 inc GST

Vol 16 Issue 13

Being a Good Aussie Host



Photo: L to R: Hilary Willcocks, Julie Bucknell (trainer), Mary Naisbitt, Elsie Bishop, Jayne Argent, Jane Bushby, Phyllis Dunham, Cheryl Chappell, Lucy Skipsey, Stephanie Clarke and Di Shiner.

The customer is always right! How many of us have wondered if that is the vibe you have felt as you walk away from a business? On Tuesday the 13th July, ten ladies from Lake Grace and Pingrup Community Resource Centre's attended a standalone one day customer service, communication and visitors skill workshop. The workshop was presented by Aussie Host trainer and Katanning CRC coordinator, Julie Bucknell.

With introductions out of the way along came the big question. What is a customer? The answer is everyone you come in contact with, from your family to every person you speak to; they should all be treated with the same respect and consideration. It is not good customer service to be nice to someone while you are serving at a business and then ignore them at other times.

Aussie Host originated in Canada and was incorporated in Australia in 1996 as the national organisation dealing exclusively with concerns of the retail industry relating to customer satisfaction. The Aussie Host mission is to create a culture of high quality service standards throughout Australia. It hopes to increase awareness

throughout the community and amongst service providers of the importance of the service industry to the Australian economy.

Your attitude towards your customer is very important. They should feel they are valued and you want them to visit your business and that they are a welcome interruption to your day. We cannot change the fact that people may act in a certain way, but with the right attitude we can change the way we react to it.

Aussie Host focuses on workplace and personal presentation and how it influences your business, first impressions do matter! Fifty to ninety per cent of all first time inquiries to most businesses are via the telephone or e-mail. It is vital that we are aware of the components that affect our customer's first impressions. There are three ways we communicate, 7% is verbal, 55% non-verbal and 38% vocal or the tone we use. Communicating clearly and to be an effective listener is important; this is hard work and requires concentration and is a skill that can be developed with practice.

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CRC Opening Hours

Monday - Wednesday & Friday

8:30am - 5pm

Thursday (closed for lunch)

9am—12:30pm then 1:30 pm - 5:00 pm

Library Opening Hours

Monday, Tuesday, Thursday and Friday

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

CLOSED on Wednesday

Deadlines & Editions



All articles, news & advertisements should be submitted to the Lake Grace Community Resource Centre by 3pm on Monday of paper week.

Next Deadline

Monday 2nd August

Next Edition

Thursday 5th August

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

Conditions do apply.



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

Elsie Bishop

Val Whiting

Lorelle Houston

Thank you also to our many contributors of articles.

DISCLAIMER

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- 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

- The Aussie Host workshop was enjoyed by everyone who attended, a big thanks to those who came along and to Julie Bucknell from the Katanning Resource Centre who has been travelling all over the place running these day long workshops. Alas I wasn't able to attend on the day as I was sick but Alana and her crew at Newdegate will be running one of these workshops in the near future. As I will be driving to Newdegate to attend, I'm quite happy for others to travel with me if you wish to carpool.
- On the Monday prior to the Aussie Host the CRC had a business planning / strategic planning workshop; possibly explains why I was in my sickbed the following day. With so much Royalties for Regions money being distributed to the CRC's it is vital that we have tip top governance to cover ourselves. Thank you very much to Stephanie Clarke, Cheryl Chappell and 'super typist' Jayne Argent for attending; Caroline Robinson from Solum Wheatbelt Solutions facilitated and is helping us put our plans in place.
- 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.
- Unfortunately the strapping (sports taping) workshop hasn't gone ahead due to a lack of numbers for that date and that the trainer has had to withdraw. Hopefully TAFE will be able to find a new trainer so that we can go ahead with this workshop. Kim Sandwell from Katanning TAFE will be in Lake Grace on the 8th August to discuss with me what workshop Lake Grace would like to have. If you have any ideas PLEASE contact me.
- Thank you to everyone who has taken some of our old stuff off our hands, we still have the laptop and the TV available for anyone who would like to make an offer!
- Sorry to everyone who got organised and changed our email address to the new one. The Resource Network decided to simplify it and take out the hyphen so now it is lakegrace@crc.net.au The website address has stayed the same www.lakegrace.crc.net.au but it still needs a lot of tidying up.
- 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.
- Would you like to be involved with the management of the Lake Grace CRC? If you are, please give a ring or drop in for a chat. Even though the AGM isn't until October with the Governance workshop approaching now is a good time to get involved and throw your hat in the ring.
- Centrelink are coming to Lake Grace: On Friday 30th July they're holding an information session talking about drought reform measures. On Friday 13th August their Mobile Servicing Unit will be in Lake Grace; if you want face-to-face help with Youth Allowance, Family Assistance, Aged Pensions, Carers Allowance or many of the other type of payments that you may be eligible for please make the most of this opportunity. Not sure at this stage where they'll be parking but circle the CBD (couldn't help myself) and I'm sure you'll find it!
- It's been bandied around the table about having a letter to the editor page. Anyone is welcome to write into the paper about anything (so long as it's not rude or defamatory). Good to get the ideas flowing.
- Due to the difficulties in laying out the paper I have moved the deadline forward to 3pm on the Monday of paper week. I implore anyone submitting material to get it in at the earliest opportunity as it makes the job of producing the paper a lot easier. We're lucky enough to have volunteers in on the Tuesday to help out with desktop publishing and proofreading, we'd like to be able to give them plenty of work to do while they're here.

Suzanne Reeves

What was it?

There were no takers for the minties!??

It wasn't a back scratcher or a mould to make giant chook footprints....

It's an implement that was attached behind a disc drill (like harrows) which covered the seed with soil.

Approximately 90 years old.



Thanks

To the Collators of the Last Edition

Sandra Richter	Trish Medlen
Allan Zweck	Maurie Gilson
Rebecca Reeves	Val Whiting
Mary Naisbitt	

Workforce Development Centre Services

Workforce Development Centres are funded by the WA Department of Training and Workforce Development to provide career guidance and employability skills for anyone in the community. Services are **FREE** and available to anyone in the community. A career practitioner is available in Katanning every Thursday morning and visits Resource Centres (Telecentres) in Lake Grace, Wagin and Darkan. Phone Vicki Webb on 0438 506 577 for an appointment.

The following services are available in your rural community:

Career Guidance Counselling: Workforce Development Centre staff are members of the Career Development Association of Australia and assist people with career development, employability and training information. We can provide individual career guidance sessions, support you through career exploration and action planning and help you develop the skills and qualifications you need to gain employment. We help workers, employers, unemployed, underemployed, volunteers, students and anyone considering a career change.

Employability Skills: What do Employers Want? Employers today are discerning when employing people in their businesses. Research has shown that

employers consider employability skills such as teamwork, enterprise and initiative vital. Find out "What Employers Want", discover the employability skills you already have and what you can do to improve your career prospects.

Career Portfolios: A portfolio is useful for anyone looking for work. The Career Portfolio contains your resume and employability skills together with certificates, reports and awards. A Career Pathway Plan can be included and is particularly useful for young people and students.

Profit From Experience: If you are looking for work, aged over 40 (35 for indigenous) and would like to up-skill to improve your employability then "Profit From Experience" can help you with an action plan, finding a suitable training provider and, if you are eligible, cover some of the costs involved to get you started. PFE funding for eligible people can be used for accredited courses with a range of providers as well as other employment requirements such as Senior 1st Aid, Police Clearances and Working with Children Checks.

Training Information: Thinking of adding to your list of skills but don't know where to start. Workforce Development Centre staff can help you with a skills audit and provide options to consider to help you decide.
Freecall 13 64 64

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,
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ABOUT TOWN

- Sympathy to the family of Horace Smith who passed away on Saturday 10th July in Narrogin. Our thoughts go out to Sheryl, Edward, Judy, Elizabeth and Pauline and Horace's many grand children and great grand children.
- Condolences also to the family and friends of ex Lake Grace resident Debbie Beggs, who passed away suddenly last week.
- Congratulations to Rhiannon Barnett and Reid Stubberfield who announced their engagement last week.
- A belated congratulations to Peter and Helen Watkinson on the arrival of their lovely baby boy, William Alexander. William weighed 6lb 3oz and arrived on 24th June at Albany; a little brother for Robyn and Jessica.

HAPPY BIRTHDAY



22nd July	Blair Watson	31st July	Jason Taplin
23rd July	Charlie Lay	31st July	Toron O'Brien
25th July	Ross Bowron	1st August	All Horses
	Brad Hudson		Bill Jenks
26th July	Stephen Chappell	2nd August	Lyn Taylor
	Kate Zweck		Curtis Edwards
	Mackenzie Palmer	3rd August	Ron Dewson
27th July	Bradley Watson		Whitney King
29th July	Irene McGlenn		Leon Morgan
	Vicki Reynolds	4th August	Genni Curtin
	Robyn Taplin		Vicki O'Neill-Gray
	Mel Warburton		Trevor Morgan
	Taj Warburton		Kyra Walker
30th July	Juanita Trevenen	5th August	Arthur Slarke
	Amy Carruthers		Vynka Lay



HAPPY ANNIVERSARY

30th July - Geoff and Di Desmond

The Lakes Link News is Lotterywest Supported!

Thank You

We would like to sincerely thank all our family and great friends, especially those that travelled from far and wide, who came to help us celebrate our 60th birthdays.

You all made this a fabulous night, and we have many happy memories for us to treasure for hopefully many more years to come.

A big thank you must go to our wonderful children Brad, Narelle, Mark and their families, who without them this occasion would not have occurred.

Thank you.
Bruce and Lesley Duckworth.

Oops...

In last fortnights article for the CWA Cultural Day to be held on Monday 16th August there was a mistake in the measurement of the crocheted rug (item 7). It was meant to read 'by up to 150cm by 150cm NOT 35cm by 35cm'.

Lake Grace Weather

- Terry Gladish



July Extremes

Highest Monthly Rainfall	128.1mm	1930
Lowest Monthly Rainfall	12.8mm	1937
Highest Number of Rain Days	23	1946
Lowest Number of Rain Days	3	1912
Highest Daily Rainfall	60.5mm	4/7/1930

Date	Min	Max	Rain
7/7	-0.3	17.0	
8/7	3.6	18.8	
9/7	6.8	12.2	11.4
10/7	2.7	14.0	2.6
11/7	5.9	15.5	
12/7	7.7	10.4	8.4
13/7	4.7	14.5	0.4
14/7	3.0	14.6	0.2D
15/7	3.0	16.6	
16/7	2.1	18.9	
17/7	5.5	14.2	0.4
18/7	1.9	14.2	0.4
19/7	3.2	14.5	0.2D
20/7	3.0	15.0	
21/7	1.9		

Being a Good Aussie Host (cont.)

When your customer has a complaint, your attitude and having empathy towards the way they feel, is good customer service. Empathy is "walking a mile in their shoes". Participants of the workshop shared the do's and don'ts when you handle complaints; do not interrupt your customer, acknowledge the complaint, ask the customer open-ended questions to establish the specifics of the problem. Understand how they are feeling and sum up feelings and the facts so you can proceed to the next step, which is creating options and solutions to their problem. Apologise and accept the complaint with professionalism.

people to become involved in the day. Working in small groups during the day enabled everyone to contribute ideas and put their thoughts forward. It was a mentally challenging day with everyone learning something new while reinforcing practises already in place. The customer is always right when you are Aussie Host trained!

There is an Aussie Host Customer Service training day at Newdegate in November; it is a day of training well worth considering.

With the help of Kevin, our friendly Koala, each person had a chance of reading sections from the Aussie Host Book; it was an easy and non threatening way for



Steph Clarke takes notes, while Phyllis Dunham and Mary Naisbitt look on.



Jayne Argent, Lucy Skipsey and Jane Bushby collaborate.

Horace Edward Smith

20th June 1920 - 10th July 2010

Horace Edward Smith was born on 20th June 1920 in Wagin. He was the eldest son of Kitty and Colin and the second child of six. He grew up at Northfield and went to North Lake Grace School where Alan Marshall's farm is now.

During the Second World War Horace joined up for duty and served for five years. During his service he met Jean Victoria Petrie. They married at the Salvation Army Church on the 24th July 1948 in Ballarat, Victoria. They had five children; Elizabeth, Pauline, Edward, Sheryl and Judy.

Horace and Jean bought a farm at Billabong North Lake Grace while Horace also working for the railways in Lake Grace. The farm is now owned by Chris Harvey. The family railway house burnt down in 1959 and they moved out to Northfield farm where Horace helped his father run the farm while his brother Jack was ill. The Smith family lived at Northfield farm for six years before Horace bought number 88 Bennett Street. Horace lived there until his passing.

Horace worked for the Lake Grace Shire as a truck driver driving truck T7 and retired after 25 years. He joined the Jam Patch Tennis Club at North Lake Grace. He also played bowls at the Lake Grace Sportsman Club.

There were many things that Horace's children remember growing up, one was that they were never allowed to talk about the time he served in the army. ANZAC days were always special to him because he could meet up with his mates. He spoke about the army with his oldest grandchild Shawn, as he joined the Navy cadets.

Horace completed a walk to Kukerin to raise money for the Miss Australia entrant, who at the time was Linda Griffin, he managed to raise the most money. He was a great supporter of the Lake Grace Football Club and also the West Coast Eagles and Fremantle Dockers.

He always offered to take part in community projects like planting the lawn at the oval and helping out in times of need like when the flooding occurred.

He was a good provider for his family as he was never unemployed and he was a very hard worker which allowed his children to never go without. He loved all his grandchildren and great grandchildren which he couldn't wait to nurse.

He treasured his 90th birthday which was organised by Sheryl and held at the CWA Hall. All of his family

attended, with four generations present.

Sheryl was his full time carer for the past twenty years after the passing of wife Jean. Sheryl had lots of support from the Lake Grace community.

Elizabeth remembers going to school on the tractor and a mouse ran up Horace's leg enroute.

Pauline enjoyed coming down to Lake Grace and spending time with her father.

Edward remembers his Dad being a good TA when he worked for Cardinal Contractors. He would help his father move the dozer on weekends and dig mud out of tracks when he was bogged.

Sheryl has many good times to remember, but says that her and her Dad could be with each other for too long.

Judith loved it when her Dad came down and stayed with her while Sheryl was in Perth.

Darran, who was his grandson, loved coming down and spending time with Horace and taking him down to Albany with Sheryl to stay at Judy's.

We all have good memories of our Dad and we will have many more which we will all treasure. He is finally reunited with his beloved wife Jean.



Physiotherapy & Podiatry Services

Starting on 27th August

Lake Grace Hospital, every 4th Friday
from 9am to 12pm.

Standard Appointment - \$55

Pensioner Rate - \$50

Craig Cheney

Appointments
9881 3799

Celebrating God's Love and Forgiveness in the Sacrament of First Reconciliation

On Friday 9th July, six children celebrated their First Reconciliation with a simply liturgy and individual reconciliation at Maria Regina Church.

presented with a certificate and medal as a memento of their special occasion.

In preparation, the children's lessons were conducted at home by their parents then met with Father Gayan to consolidate what they had learnt and ask questions if they so wished. At the final meeting each child made a stole (a white scarf with their name, Baptism and First Reconciliation date on it, with First Communion and Confirmation to be added later).

At the liturgy each child was presented by their parents and after individual reconciliation later on in the ceremony, each child and family together lit a candle. Symbolizing the love and forgiveness of God to all people.

As we gathered as a community at Mass on Sunday, each child was



Anne Juanillo, Fletcher Taylor, Poch Amores, Blair Watson, Elsie Berdin and Andrea Juanillo

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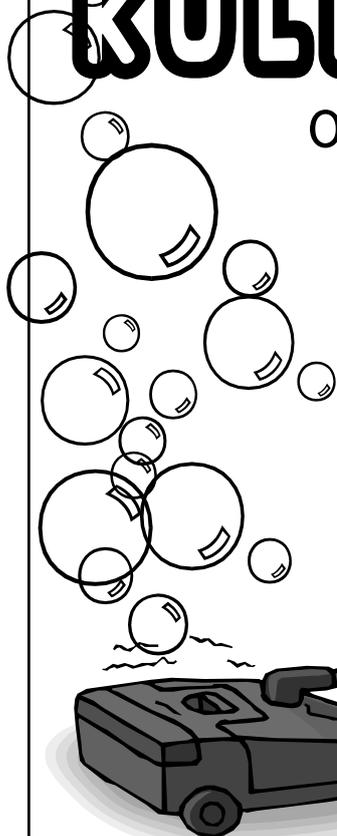
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Lake Grace Development Association

At the meeting held on the 5th July the question was raised how individuals could help regarding the lack of a doctor in Lake Grace.

The Development Association would like members of the community to write letters to the Local, State and Federal Ministers. Please send a letter testifying how having a doctor has influenced your life in the past and what effects having no doctor in Lake Grace will have on your family in the future.

Below are the addresses.

The Hon Anthony John Abbott LP

Leader of the Opposition

Level 2 (PO Box 450), 17 Sydney Road, Manly NSW 2095

Tel : (02) 9977 6411, Fax : (02) 9977 8715

E-mail: Tony.Abbott.MP@aph.gov.au

The Hon Butler ALP

Parliamentary Secretary for Health

15 Semaphore Road (PO Box 2038, Port Adelaide SA 5015), Semaphore SA 5019

Tel : (08) 8242 0733, Fax : (08) 8242 0744

E-mail: Mark.Butler.MP@aph.gov.au

The Hon Elliot ALP

Minister for Ageing

Suite 6, Hallmark Centre (PO Box 6996), 107-111 Minjungbal Drive, Tweed Heads South NSW 2486

Tel : (07) 5523 4371, Fax : (07) 5523 4379

E-mail: Justine.Elliot.MP@aph.gov.au

The Hon Julia Gillard ALP

Prime Minister

Shop 2, 36 Synnot Street (PO Locked Bag 14), Werribee Vic 3030

Tel : (03) 9742 5800, Fax : (03) 9741 6213

E-mail: Julia.Gillard.MP@aph.gov.au

The Hon Nicola Roxon ALP

Minister for Health and Ageing

1 Thomas Holmes Street, Maribyrnong Vic 3032

Tel : (03) 9317 7077, Fax : (03) 9317 7477

E-mail: Nicola.Roxon.MP@aph.gov.au

The Hon Warren Snowdon ALP

Minister for Indigenous Health,

Rural and Regional Health and

Regional Services Delivery

Alice Springs: G3 Centrepoint Building (PO Box 4007), Cnr Gregory Terrace & Hartley Street, Alice Springs NT 0871

Tel : (08) 8952 9696, Fax : (08) 8952 5922

Mobile : 0428 830 588

Darwin: GPO Box 1596, Darwin NT 0801

Tel : (08) 8942 3830, Fax : (08) 8942 3834

E-mail: Warren.Snowdon.MP@aph.gov.au

The Hon Warren Truss Nats

Leader of The Nationals

319 Kent Street (PO Box 283), Maryborough Qld 4650

Tel : (07) 4121 2936, Fax : (07) 4122 3968

The Hon Wilson Tuckey LP

Great Southern: Unit 5, The Link Centre (PO Box 5077), St Emile Way, Albany WA 6330

Tel : (08) 9842 6228, Fax : (08) 9842 6006

Toll Free : 1300 301 868

Mid-West: 23 Chapman Road (PO Box 1781, Geraldton WA 6531), Geraldton WA 6530

Tel : (08) 9964 2195, Fax : (08) 9921 7990

Toll Free : 1300 301 871

E-mail: W.Tuckey.MP@aph.gov.au

The Hon Peter Dutton MP

Shadow Minister for Health and Ageing

Shadow Minister for Ageing

Shadow Parliamentary Secretary for Regional

Health Services, Health and Wellbeing

Shop 3, 199 Gympie Road, Strathpine

Phone: (07) 3205 9977 (07) 3205 9977

1300 853 640 (Esk Residents Only)

Fax: (07) 3205 5111

Mailing Address

PO Box 2012, Strathpine QLD 4500

Honourable Colin Barnett MEd MLA

Premier; Treasurer; Minister for State Development

Address: 24th Floor, Governor Stirling Tower , 197 St Georges Terrace, PERTH WA 6000

Telephone: 9222 9888

Fax: 9322 1213

e-Mail: wa-government@dpc.wa.gov.au

Internet: www.premier.wa.gov.au/Ministers/Colin-Barnett

Honourable Dr Kim Hames MB BS JP MLA

Deputy Premier; Minister for Health; Indigenous Affairs

Address: 28th Floor, Governor Stirling Tower , 197 St Georges Terrace, PERTH WA 6000

Telephone: 9222 8788

Fax: 9222 8799

e-Mail: Minister.Hames@dpc.wa.gov.au

Internet: www.premier.wa.gov.au/Ministers/Kim-Hames

Honourable Brendon Grylls MLA

Minister for Regional Development; Lands; Minister

Assisting the Minister for State Development; Minister

Assisting the Minister for Transport

Address: 9th Floor, Dumas House,

2 Havelock Street, WEST PERTH WA 6005

Telephone: 9213 7000

Fax: 9213 7001

e-Mail: Minister.Grylls@dpc.wa.gov.au

Internet: www.premier.wa.gov.au/Ministers/Brendon-Grylls

Talking About Dying Isn't Easy, But It's Important

So where do you start?

- There is no right or wrong way to talk about dying
- Choose a time and a place where you feel comfortable and relaxed
- Be honest about how you feel and what you want
- Conversations about the future can be a good place to start
- Remember that most people find these conversations very difficult – you don't need to say everything at once
- It might help to refer to events that have happened in your family – the illness or death of a parent or relative can provide a conversation starter
- Don't give up – others may not want to talk about this at first, but talking about it will ultimately help everyone

Have you told someone what you want at the end of your life?

- Death will happen to us all, yet many people come to the end of their lives without having thought about it, talked about it or planned for it.
- It's a good idea to spend some time thinking

about what kind of treatment you want, who you want to care for you and where you would like to be when you die.

- Make sure that someone close to you knows what your wishes are, such as a friend, family member or legal professional
- You may want to record your wishes in a living will, advance care plan or letter
- As each state and territory has different requirements for end-of-life planning, you may like to seek advice from your GP or a legal adviser.

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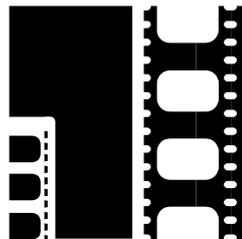
Want your negatives scanned & saved?

How about your slides?

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

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

Enquiries to the Lake Grace CRC on 9865 1470.



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Call 9821 7999
for appointments

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What is a Not-For-Profit Organisation?

To be eligible for incorporation, an association must be a 'not-for-profit' organisation.

Not-for-profit means that any funds generated from an association's activities must be used to further the objects of the association – no profits can be distributed to its members. This is very different from a 'for-profit' company where profits can be lawfully distributed to the members (shareholders).

To clearly identify that an incorporated association is a not-for-profit entity there must be a statement to this effect included in the rules, sometimes called the constitution.

Being a not-for-profit group does not mean the organisation cannot make a profit from its operations. While the *Associations Incorporation Act 1987* (the Act) places some restrictions on trading and profit making, it does not prevent incorporated associations from:

- Making a profit, e.g. from fundraising, so long as members do not receive any of the profit;
- Employing people, including members, and paying them wages or salary;
- Charging admission fees to events organised for the promotion of the association's

objectives; or

- Arranging competitions for prizes other than money.

If your association is thinking about running a business as part of its operations, two important conditions must be met. Any trading must:

- Be secondary to the main purpose of the association; and
- Not be substantial in volume compared to the other activities of the association.

If an incorporated association operates outside of these conditions it may no longer be eligible to remain incorporated under the Act. It may be wound up or required to change its incorporation to a different type, such as a co-operative or a company.

For more information on not-for-profit groups refer to the Incorporated Associations section of INC: A Guide for Incorporated Associations in Western Australia. It is available from www.commerce.wa.gov.au/associationsguide

Lake Grace IGA

Fresh Western Australian fish and Coffin Bay oysters every Wednesday, also check out the range of frozen local and imported fish and seafood products in store.

These specials on sale until 1st August

Albany Herring 500gm \$7.99

Red Spot Emperor \$17.99/KG

Scallops 500gm \$10.29

Seafood sticks 500gm \$4.99

Crumbed Royales 600gm \$5.99

Salt N Pepper Squid \$17.99/KG

Cooked and Peeled Prawn Meat \$17.99/KG

New Zealand Clovedon Oysters \$16.99/Dozen

Berries are back. Try these frozen fruits. Great for smoothies, breakfast or dessert

1KG Frozen Berries \$12.99/Bag

1KG Frozen Mango Cheeks \$15.99/Bag

Support your local IGA that supports you



Attention Patients

Due to Doctor shortage Lake Grace General Practice will be closed from

Monday 2nd August to the 6th August 2010.

In the event a doctor is made available this notice will be updated, otherwise the clinic will **re-open on Monday 9th August 2010** with Dr Graham Banks.

To make a medical appointment to see Dr Banks or to arrange the collection of your script medication during this period, please contact Lake Grace General Practice on the

Tuesday or Thursday between 9am-12noon on 9865 1208.

The practice will fax your script to the Narrogin Pharmacy who will dispense your medication. Your medication will then be delivered to you. The delivery fee for this service is in addition to the cost of your medication. Gemini Medical apologises for any

inconvenience, during this period.

Dr Griffiths will provide locum services to Lake Grace General Practice and is available for appointments

Tuesday 20th July starting 10am to Friday 23rd July finishing 5pm

Please be aware that Monday 19th July and 26th July Lake Grace General Practice will be CLOSED

Photoshop Elements Course

Two vacancies

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Saturday 24th & 25th July

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After Hours Treatment
For after hours treatment please contact Lake Grace Hospital on (08) 9890 2222
In the Event of a Medical Emergency Contact 000 for an Ambulance

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Horse Power

What drove Jane to break out the angle grinder, warm up the welder and get creative? Farm Art! The opportunity to create something interesting that would complement her farm surroundings and give anyone pause for thought as they passed by. Full credit would have to go to the wind for unleashing Jane's artistic spirit.

It was the wind that blew a chair off the front verandah on a trajectory for the satellite dish, after damaging the dish and wiping out the evenings television viewing the first brainwave struck. While wheeling the satellite dish away Jane pondered as to what she could turn the dish into, that it seemed such a waste to leave it languishing up the tip.



Jane Bushby and Rhiannon Wallace with two of their equine creations that stand at the intersection of Bushby and 101 Gate Road.

In a van Gogh moment Jane could see a sunflower, lone and proud but neither reliant on sun or water; a genuine water wise plant. Now that the end product was decided upon it was time for the second brainwave, who could she get to help that was creative and a dab hand with the angle grinder? Well that would have to be Rhiannon Wallace.

So the girls got down to business and took over Kevin's shed. First they created the sunflower then they moved onto two square water tanks. A liberal application of Case International red paint, with the addition of some white spots and the water tanks were transformed into dice. The dice now reside on a dam bank giving the rams something to rub up against.

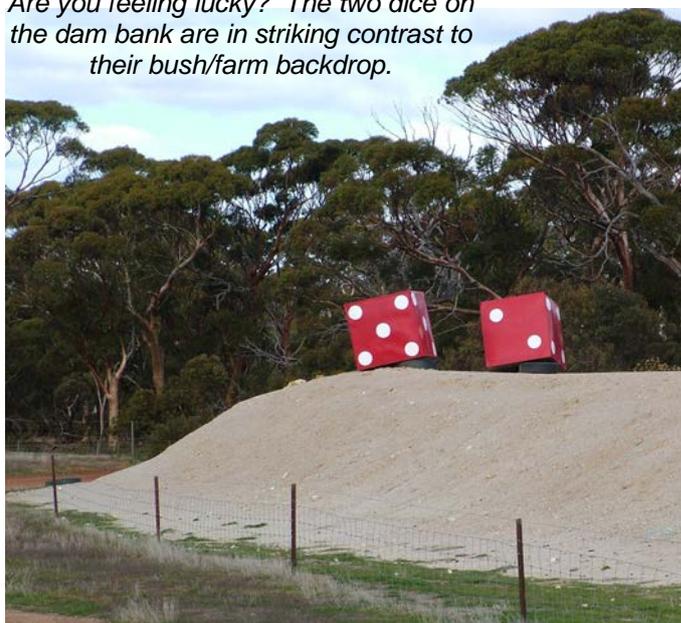
However after this creative flare up lots of things on the farm started to look like they could be turned into something else; the antique water troughs had definitely caught Jane's eye. Kevin's great grandfather, Lionel Bushby farmed at Wickepin, he had a number of horse troughs; these troughs were cut out of white gum trees; hollowed out by chopping and burning. Peter Bushby, Kevin's father, had brought four of these troughs to the family farm north of Lake Grace.

The ideas were percolating but Jane realised that the plan she imagined, four draught horses standing alongside the troughs, could be too big a project. But then along came the trusty Rhiannon who was taking a few weeks off from Muresk. Jane had never welded before but Kevin was eager to help, possibly so that he could reclaim his shed that the girls had once again taken over.

Measured at the withers (the middle of the horse where the mane ends) the four magnificent Clydesdales stand 20 hands (2mtrs tall); slightly larger than their real life counterparts. They were constructed out of recycled corrugated iron; when supplies ran low on the farm rubbish tips within a 150km radius were raided for materials.

Now that the creative juices have been unleashed who knows what Jane and Rhiannon's next project will be, but one thing that can be guaranteed is that Kevin is never going to be able to call the shed his own.

Are you feeling lucky? The two dice on the dam bank are in striking contrast to their bush/farm backdrop.





Visitor Centre

(Stationmaster's House)

Another great couple of weeks at the Lake Grace Shire Visitor Information Centre—with more training for our wonderful volunteers.

Last week we were fortunate enough to participate in Aussie Host training—and it was a day very well spent. There were lots of tips and tricks as to



how we should address our customers and visitors, and lots of laughs along the way. Many thanks to the CRC for organising the day.

Our final training session for this month is on Wednesday 28th July—where we will be refreshing our AIM knowledge and walking the Story Trail with Michelle Slarke. Afternoon tea will follow—and again, it promises to be a fantastic afternoon.

To our wonderful Volunteers, it goes without saying that you continue to do a fantastic job in operating our Visitor Centre daily. Thank you for your tremendous support and commitment.

JULY/AUGUST 2010

Mon 19th * *Bill Jenks	Tues 20th * Jayne Argent *Betty Daly-King	Wed 21st *Val Whiting *	Thurs 22nd * Henk Doelman * Elsie Bishop	Fri 23rd * Cheryl Chappell * Annie Slarke	Sat 24h *	Sun
Mon 26th * Lulette Harvey *Bill Jenks	Tues 27th * Jayne Argent *Betty Daly-King	Wed 28th *Val Whiting *	Thurs 29th * Henk Doelman * Elsie Bishop	Fri 30th * Cheryl Chappell * Annie Slarke	Sat 31st *	Sun
Mon 2nd * Lulette Harvey *Bill Jenks	Tues 3rd * Jayne Argent *Betty Daly-King	Wed 4th * *	Thurs 5th * Henk Doelman * Elsie Bishop	Fri 6th * Cheryl Chappell * Annie Slarke	Sat 7th *	Sun



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Phone: 9865 1129

Yellow Page Fax Misleads WA Businesses

A misleading fax has been turning up at business premises across WA. It's for a \$129 per month scheme run under the website www.yellowpage-westernaustralia.com

The unsolicited fax, which has an inverted version of the "Walking Fingers" logo, implies that by signing up you are agreeing to renew your business name listing with a well-known directory service. In fact you will receive a tax invoice for \$1548 for a 12 month listing with an internet directory scheme, which is not the primary business phone listing directory – the fee information is contained within the terms and conditions.

Consumer Protection's WA ScamNet branch understands, from speaking to consumer protection agencies in the Eastern States, that it is part of a wider scheme involving location-based variations of the same name, including: www.yellowpage-victoria.com; www.yellowpage-nsw.com; www.yellowpage-southaustralia.com; www.yellowpage-queensland.com; and www.yellowpage-tasmania.com

Although the faxes suggest that the business is in the UK, the group is actually headed by Yellow Page Marketing BV based in the Netherlands. We contacted Sensis who own the "Walking Fingers" registered trademark and they took steps to have the logo

removed from www.yellowpage-westernaustralia.com which has since been rebranded as Western Australia Directory, although the URL remains the same.

Sensis wants to hear from anyone who receives a fax from an organisation claiming to represent Yellow Pages. The number for Sensis is 13 23 78.

Directory listing and registry schemes that mislead consumers are all too common. You can read about the different types of misrepresentation on the WA ScamNet website www.commerce.wa.gov.au/wascamnet

The advice for companies, in summary, is to:

- read all documents carefully before signing;
 - restrict the number of employees authorised to sign invoices and important documents;
 - avoid giving out information about your business to a third party until you clarify the purpose of their enquiry; and
- deal with people you know and trust wherever possible.

Businesses which have signed this type of form should seek independent legal advice before paying any invoice.



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Contact Gib on 9820 4090 or or 0427 201 094



Welcome to Night Watch for the period from midnight Friday July 23rd to midnight Friday August 6th 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.

PLANETS: Venus, Saturn and Mars are in a line in the north-west in Virgo from Monday 2nd, with Mars and Saturn close together. From then they will move closer to Venus and meet with the moon later on next fortnight on Saturday 14th.

Our Local star "THE SUN" shining at magnitude -26.72 from 152.4 million km's on Saturday July 24th 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 24th begins at 5:38am with evening twilight ending at 6:52pm on Saturday July 31st morning twilight begins at 5:34am with evening twilight ending at 6:56pm. Morning twilight on Friday August 6th begins at 5:30am and evening twilight ending at 6:59pm.

The 100% FULL MOON will occur at 9:29am on Monday 26th in the Constellation of Sagittarius at magnitude -12.0 and 402,000 km's from Earth, but not in view until 3:40pm on the East/north/east horizon. On Thursday 29th, the 92% Moon will be at **Apogee** furthest from the Earth at 405,000 km's and also 5° south of the planet Neptune rising in Aquarius at 8:27pm in the east. The 79% Moon on Saturday 31st in Pisces will be close to the planets Jupiter and Uranus in the East/north/east evening sky after 10:15pm. On Tuesday August 3rd the 52% Last Quarter Moon will occur at 12:51pm at magnitude -6.0 in Aries at 395,000 km's from Earth and rises after midnight.

MERCURY: shines at magnitude -0.2 in the Constellation of Leo sets after the end of twilight on Saturday 31st at 7:19pm sets on the West-north-west horizon. On Wednesday 28th Mercury will be very close to the bright blue star Regulus at 0.5° south and sets at 7:30pm. Mercury sets at 7:37pm on Saturday 31st at magnitude +0.2. Mercury on Friday August 6th sets at 7:45pm in the West/north/west and shines at magnitude +0.3 from 136 million km's from Earth and is visible by N/eye Bin or Tele.

VENUS: shining brightly in the evening sky at magnitude -4.3 in the north/west at 7pm on Saturday 24th in Leo sets at 8:55pm in the West/north/west. On Saturday 31st Venus sets at 9:03pm. Venus on Monday August 2nd will be in Virgo. On Friday 6th Venus sets at 9:09pm at 120 million km's from Earth and may be viewed by the N/eye, Bin or Tele.

MARS: the red planet shining at magnitude +1.4 in the Constellation of Virgo on Saturday July 24th may be viewed after 7pm in the north/west and will set at 9:47pm in the West/north/west. On Saturday 31st Mars will set at 9:39pm. Mars on Monday August 2nd will be close to the ringed planet Saturn at 1.9° south in the north/west. On Friday August 6th Mars sets at 9:33pm at magnitude +1.4 and is 302 million km's from Earth and may be found with the naked eye or binoculars and viewed with a telescope.

JUPITER: the giant gas planet shining at magnitude -2.7 in the Constellation of Pisces rises at 10:12pm on the East/north/east horizon on Saturday July 24th. On Saturday 31st Jupiter will be 7° south of the 79% Moon and rises at 9:44pm. Jupiter on Friday August 6th rises at 9:19pm and is 636 million km's from Earth and may be viewed by the N/eye, binoculars or better with a telescope to view the four Moons, the Great red spot (storm) and also the planets coloured bands.

SATURN: the ringed gas planet shines at magnitude +1.3 in the Constellation of Virgo can be viewed in the North/north/west at 7pm before setting at 10:02pm Saturday 24th. On Saturday 31st Saturn will set at 9:37pm. On Monday August 2nd Saturn will be close to the red planet Mars at 1.9° north. On Friday August 6th at 9:16pm Saturn at 1.53 billion km's from Earth. Saturn may be found with the n/eye and binoculars but is best viewed with a telescope to see the rings and 5 moons.

URANUS: the blue/green gas planet at magnitude +5.7 in Pisces rises on Saturday July 24th at 9:59pm just ahead of Jupiter in the East/north/east. On Saturday 31st Uranus rises at 9:31pm south of the 79% Moon. On Friday August 6th Uranus rises at 9:06pm from 2.90 billion km's from Earth. Binoculars may find Uranus but a telescope is best viewing.

NEPTUNE: the grey/green coloured gas planet at magnitude +7.8 in Aquarius on Saturday 24th rises at 7:27pm in the East/north/east. On Thursday 29th Neptune will be 5° south of the 92% Moon and rises at 7:07pm. Neptune on Saturday 31st rises at 6:58pm and on Friday August 6th at 6:34pm from 4.34 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.

The head of the Scorpion will be high above in the north sky on Wednesday August 4th at 7pm with the triangle of the Constellation of Triangulum Australis high in the south. The centre of our galaxy is the very bright part of the sky near the scorpions tail and the Constellation of Sagittarius, and in this area you will find with binoculars and telescope lots of open and globular star clusters with some very interesting nebulae. Capricornus shaped like a large boomerang is in the East/north/east. Vega the bright blue star in Lyra is in the North/north/east and with the bright star Altair in the Constellation of Aquila the Eagle lies further east. The Constellation of Cygnus the Swan lies on the North/north/east horizon. A very good view by n/eye is the morning pre-twilight sky with the saucepan and the seven sister star cluster.

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: mj11687@bigpond.net.au

Seniors Cost of Living Rebate Payments Begin Today

A recent announcement by Seniors and Volunteering Minister Robyn McSweeney of the start of the 2010 Cost of Living Rebate payments has been welcomed by Agricultural Region MLC Jim Chown.

“\$24.9 million has been allocated in the State Budget to the Cost of Living Rebate in order to continue to help seniors with their annual expenses,” Mr Chown said.

“This year’s Cost of Living Rebate complements numerous savings currently available to seniors through the Barnett Government’s newly-released Seniors Card Discount Directory.”

“Savings range from concessions and discounts from 14 State Government agencies and more than 500 private businesses, and include free public transport, rebates on utility bills and the Seniors Security Rebate Scheme to name a few.”

This year, more than 240,000 WA Seniors Card holders will receive the annual rebate with \$104.80 payable to singles and \$157.22 for couples. This amount is an increase of 4.8 per cent from 2009, in line with the Consumer Price Index.

In 2009, 231,370 WA Seniors Card holders received the Cost of Living Rebate totalling approximately \$19.8million.

Seniors Card holders who received a payment in 2009 did not need to do anything to receive their annual payment this year.

“Seniors can check if they have received their payment by checking for the reference ‘DfC - Seniors Card Rebate 10’ in their nominated bank account statement,” said Mr. Chown.

Country WA Seniors Card holders wanting more information about the rebate can contact the Seniors Card Centre by Freecall on 1800 671 233 or the office of the Hon. Jim Chown MLC 9481 0082.”

Wanted Musical instruments

We are looking at different instruments in music this term, and we would be delighted if community members could come in to the class and show us different musical instruments. It would be great if you could also play it for us, but this is entirely optional. We will be looking at the instruments of the symphony orchestra specifically, but any instruments are welcome.

Our music class is on Wednesday, in the afternoon. You will only be required to stay for about 15 minutes.

If you think you may have an instrument of interest, please come and see me, or leave a message at the school, before 13 August.



From Mrs Jones and the year 7/8 class

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

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
24/7	7:03am	5:23pm	3:47pm	5:35am	31/7	6:58am	5:27pm	10:16pm	9:17am
25/7	7:02am	5:23pm	4:45pm	6:18am	1/8	6:57am	5:28pm	11:12pm	9:45am
26/7	7:02am	5:23pm	5:42pm	6:54am	2/8	6:57am	5:28pm	D.N.R	10:15am
27/7	7:01am	5:24pm	6:38pm	7:27am	3/8	6:55am	5:29pm	12:10am	10:50am
28/7	7am	5:25pm	7:33pm	7:56am	4/8	6:55am	5:30pm	1:10am	11:30am
29/7	7am	5:26pm	8:27pm	8:24am	5/8	6:54am	5:31pm	2:11am	12:18pm
30/7	6:59am	5:26pm	9:21pm	8:50am	6/8	6:53am	5:31pm	3:13am	1:13pm

Funding available through the Wheatbelt NRM SCIP

Round 3 of the Soil Conservation Incentives Program (SCIP) is open to farmer groups or individuals in the Avon River Basin from July 12th -August 30th 2010. \$5,000 - \$50,000 is available for implementing recommended farm management practices that protect the soil resource from wind erosion.

Three main categories of project are available from which single or multiple management strategies can be selected:

- Integrating tree crops into farm systems
- Trial or demonstration of recommended grazing management practices
- Trial or demonstration of recommended cropping management practices

Applications will be assessed on the suitability of proposed works to manage wind erosion and the applicant's commitment to sharing skills and knowledge about the project with their local community. Projects will be supported up until the end of 2012 to maximize learning about the costs and benefits of incorporating the practice into a farm enterprise.

If you would like to apply for this program please contact:

Marcus Owen
SE ARB Sub-Regional Coordinator
Shire of Lake Grace
98 902 500
nrm@lakegrace.wa.gov.au

Print out your photos



**At the
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Community
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standard size

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An Extra “Helping Hand” for Small Retailers

The Fair Work Ombudsman has developed industry-specific information on its website for the Australian retail sector.

“Essentially, it’s a place for retail employers to access materials specifically designed for small to medium sized businesses,” says Fair Work Ombudsman Executive Director Michael Campbell.

Information can be found at www.fairwork.gov.au/retail. Mr Campbell says the new web resource seeks to answer typical questions from employers and point them quickly to the information they need.

“For example, we have simple tips regarding staff rosters, recording leave, timesheets, hours of work, higher duties and so on to make things easier for employers,” he said.

Page content also includes information on Modern Awards, the National Employment Standards and tools designed to assist employers calculate pay rates.

There is also information on conditions for apprentices/trainees, employing workers part-time and dispute resolution.

Mr Campbell says the Agency is devoting considerable resources to assist the retail industry—a big employer of young people and casual workers—to understand its compliance obligations.

Retailers can also obtain information by calling the Fair Work Infoline on 13 13 94 between 8am and 6pm weekdays.

Employees in the retail sector are also encouraged to visit www.fairwork.gov.au—where there are also specific sections for young workers and materials translated in more than 23 languages—or call the Infoline if they have concerns about their workplace entitlements.

Mr Campbell says additional industry-specific pages are now being planned.

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.

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Destination

Book Fair



Read Around the World

Monday 9th August 2010
to Friday 20th August 2010

Library Hours

Mon, Tuesday, Thursday, Friday
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Great opportunity to buy birthday and Christmas presents



Australian Government

GOVERNMENT OF
WESTERN AUSTRALIA

INVITATION

Drought Pilot Information Session

You are invited to an information session at Lake Grace explaining drought reform measures being trialled in Western Australia.

The session will include attendance by representatives of the Australian and Western Australian Governments.

This is an opportunity for you to hear about, and ask questions on, the measures which are designed to support farmers, their families and communities to manage and prepare for drought and future challenges.

The information session will cover details of individual pilot measures, eligibility criteria and the application process. Government representatives will be on hand to answer your questions and discuss what the pilot means for you.

The session will include presentations on the pilot by senior officers from the Department of Agriculture, Fisheries and Forestry (DAFF), the Department of Agriculture and Food Western Australia (DAFWA) and Centrelink representatives.

Date Friday 30 July, 2010

Address: Lake Grace Shire Hall
Corner of Bennett Street & McMahon Street
Lake Grace

Time: 8.45am, for 9.00am start

Concludes: 12.00pm

Light lunch and refreshments will be available

RSVP: Friday 23 July, 2010
Contact: Drought Assistance Hotline
Phone: 13 23 16

The event will be a great opportunity to engage directly with departmental representatives and other local stakeholders about the measures designed to assist farmers, their families and rural communities.

We hope you will be able to join us.

Drought Assistance Hotline: 13 23 16



GROWERS MEETING

Simply for growers.

**We'd love to chat about
grower weighted averaging...**

...and on-farm sampling... Better Farm IQ...rail...wheat and barley quality... plus loads more. **Are you free on these days?**

Senior managers from CBH Operations and CBH Grain will be available to chat about these exciting developments and more. If you want information about our grower meetings please contact the **Grower Service Centre on 1800 199 083.**

DATE	LOCATION	VENUE	TIME
19.07.2010	Miling	Miling Hall	3:30pm - 6:30pm
20.07.2010	Koorda	Koorda Rec Centre	9:30am - 12:30pm
20.07.2010	Merredin	Merredin RCLC	3:30pm - 6:30pm
21.07.2010	Corrigin	Cyril Box Pavilion	9:30am - 12:30pm
21.07.2010	Narrakine (Williams)	Williams Hall	3:30pm - 6:30pm
22.07.2010	Cunderdin	Cunderdin Telecentre	9:30am - 12:30pm
28.07.2010	Lake Grace	Lake Grace Sportsman Club	9:00am - 12:00pm
28.07.2010	Katanning	Katanning Recreation & Leisure Centre, Pioneer Room	3:00pm - 5:00pm
02.08.2010	Yuna	Yuna Hall	2:00pm - 5:00pm
03.08.2010	Morawa	Morawa Oval Function Room	9:30am - 12:30pm
10.08.2010	Esperance	Esperance Bay Yacht Club	NEW DATES 8:00am - 11:30am
10.08.2010	Ravensthorpe	Ravensthorpe Golf & Bowls Club	NEW DATES 2:30pm - 5:30pm



www.cbh.com.au

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Carpet Tiles for Tender



Since the installation of the new vinyl floor covering throughout the hospital (which looks great!) we have the carpet tiles available for tender.

They are Heuga carpet tiles
(brown, hair, 48cm square)
Very hard wearing, fully washable.

If you are interested, please call the hospital for a "Form of Tender".
You may tender for as many or few as you like (just nominate on your form)



**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
For appointments call
Jill Dykes on 9871 9024
OR Anna Taylor on 9865 1507

Immunisation Clinics:



**Lake Grace
Thursday 12th August**

By appointment only
at the LG Medical Centre
Call Elizabeth Trevenen on 9890 2246

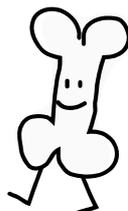
**Newdegate
Wednesday 4th August
Next clinic now 8th September!**

From 10 am—11.30 am
at the Newdegate Hall / Surgery
Call Jill Dykes on 9871 9024

Maintaining Healthy Bones:

It is recommended that we eat calcium-rich foods like dairy products (cheese, milk and yoghurt) to meet our body's calcium needs.

Many other foods contain other nutrients that work with calcium to keep bones healthy.



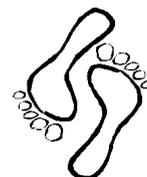
HACC Happenings

Sing-a-long:

Wednesday 4th August
Hospital Activities Room
10am—11.30am

Foot Clinic:

Tuesday 10th August
9.00 am—12 noon
Lakes Village Hall
All seniors welcome.



However, if your dietary intake of calcium is low and you are unable to increase it to the recommended levels, your doctor may suggest that you take calcium supplements.

From Osteoporosis and You

What's Happening at Newdegate Field Days 2010

This year the Newdegate Machinery Field Days are featuring 'Women in Agriculture'. We are going to celebrate the importance of the role women play as a wife and partner, a agronomist, a land care advisor, a machinery representative, a grains representative, an educator, a health worker and as a farming family member.

We are going to achieve this with a dedicated marquee displaying Women's Health, Education, Rural Women's Groups, Local Artists, Authors, Displays, free pampering and entertainment to show the importance of the role of the woman on the land and in the local community.

The Newdegate Machinery Field Days to be held on the 1st and 2nd September will be officially opened by Mrs Sue Middleton, winner of the Australian Rural Women of the Year 2010. She is a great example of the diversity and skills shown by women across the agricultural and rural sectors.

We are hoping all major Women's rural groups will attend and have had a good response so far with C.W.A. Albert Facey Group, Partners in Grain being a example of the groups. The purpose of these groups is to show their achievements and improve the networking of rural women, break down the information isolation and to be a place of reference and support in time of need.

There will be a large Health contingent being organised by the Primary Health Team from Narrogin. They will be targeting Women's Health issues, providing a practical hands-on health check relevant to women's health eg breast screen, basic health check and information relevant to the remote farming woman. Information and opportunities for basic annual checkups will be given.

We have invited Fiona Palmer and Fleur Macdonald local authors of best sellers and they will be attending with casual information sessions giving field day attendees an idea of how they got started and what writing a best seller entails.

There will be local artist representatives attending from the Lake Grace Artist Groups displaying their successes in the last year. Kerrie Argent's 70,000 milk bottle lid creation will be on display. This involved a large sector of the wheatbelt collecting for six months, so if you were one of those hundreds of people that collected and sent plastic bottle tops come and see Kerrie's final creation. It won the People's and Children's Choice Award at Cottesloe Beach 2010 Sculpture Exhibition. We wish Kerrie lots of luck as she has been accepted to enter Sculpture by the Sea at Bondi in October. Tania Spencer who won the Rockingham Beach Competition this year, has been invited to display her creations and also Michelle Slarke who has had numerous successes with her art.

We will also have speakers on Succession Planning and Superannuation Planning over the two days.

For those Master chefs out there we will have our own Gourmet Chef attending and cooking up a treat using local produce. We will have four beauticians to provide free manicures and pampering in the marquee so come with your favourite polish or just pick one on the spot.

To complement our theme of Women in Agriculture we are having some competitions. The best photo of a woman in Agriculture or taken by a woman in Agriculture. There will be a literary/poem competition with less than 500 words depicting a humorous or trying experience of living on the land as a farmer's wife. This usually involves the weather or sheep yard experience, not funny at the time but always makes for a good story.

Entries can be sent to:

Newdegate Machinery Field Days

Box 130 Newdegate 6355 by the 15th August.

We extend an invitation to any organisation, group, cottage industry, that is run by rural woman for the benefit of rural woman to come and participate in our worthwhile salute to country women Contact jusak2@bordnet.com.au or nfd@westnet.com.au or check out our website www.nfd.com.au



Here we go again... In conjunction with Tourism WA, the Kulin "Tin Horse Highway" Competition will commence on July 1st and run till September 20th 2010.

Prize money of \$2000 is up for grabs.... It is also Kulin's Centenary Year so we want our Highway jammed packed with new horses.

Further info from Kulin Resource Centre (9880 1021) - we have general guidelines set in place to make sure we maintain a quality product for our tourists to enjoy. Once your masterpiece is added to the display we also have a maintain person who will retain it's appearance.

Good Luck in anticipation of your entry.

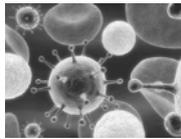
For further info you can also contact Wendy Gangell: 9880 1292 or 0428 805 224
E-mail: gangells.accounts@westnet.com.au

Kulin Bush Races committee person.....let's not be outdone by those "cows" down south!!!



SCIENCE AND STUFF

Natural Killer cells are at the root of hair-loss disease: An Autoimmune condition in which people lose some or all of their hair may result from mistaken attacks on hair follicles by the so-called natural killer white blood cells. The insight comes from a huge study that compared the genomes of more than 1000 individuals with the condition alopecia areata against those of people free of it. Angela Christiano of Columbia University in New York and her colleagues uncovered 18 genes linked with alopecia areata. As might be expected of an autoimmune disease, where the immune system turns on healthy tissue, all the genes play a role in controlling the growth and multiplication of cells in the immune system. The strongest link was with a gene called ULBP. It codes for a protein that is a powerful activator of natural killer cells, which usually attack viruses and other pathogens. The team also found higher amounts of the protein in hair follicle tissue from people with alopecia areata than in samples from people free of it, providing additional evidence of its involvement (Nature, DOI: 10.1038/nature09114). The team hope that these discoveries will provide new ways of treating the disease.



Hobbit was unique, not a sickly human: Case closed the “hobbits” that lived on the Indonesian island of Flores only 13,000 years ago were a unique species of hominin. This was the first thought when the remains of a tiny 18,000-year-old female were uncovered in 2003. Then in 2008 Peter Obendorf of RMT University in Melbourne, claimed the remains were of a modern human with cretinism, a rare disease caused by iodine deficiency. “I have put that claim to rest,” says Colin Groves of the Australian National University in Canberra. He compared the Flores bones with those of 10 people who’d had cretinism, focusing on anatomical features that are typical of the disease. He found no overlap (HOMO-Journal of Comparative Human Biology, vol 61, p 211). William Hungers at Stony Brook University Medical Centre in New York agrees the study finally puts that idea to rest.

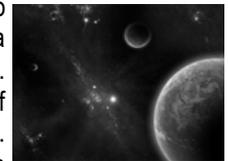
Seat of blindsight found in the brain: Some blind people have the remarkable ability to navigate physical obstacles without consciously perceiving them. It now looks like they have their lateral geniculate nucleus (LGN) – part of the thalamus in the middle of the brain—to thank for this “blindsight”. That’s according to a team at the US National Institute of Mental Health in Bethesda, Maryland. They used macaques in which the primary visual cortex had been destroyed. The monkeys’ eye—focusing movements revealed that they were “seeing” images shown at the periphery of their visual field, but only if their LGN was intact (Nature, DOI: 10.1038/nature09179).



Hard day or just touched a hard object?: Are you sitting comfortably? It could affect your impression of this story. So say researchers who have shown that tactile sensations can influence the judgements we make in everyday situations. Joshua Ackerman at the Massachusetts Institute of Technology and his colleagues ran six tests on people in the street, to see whether the objects they were touching could influence judgements and decision making. In one test, passers by were asked to judge a

job candidate by looking at their resume’. Half were given the resume’ on a heavy clipboard, the rest were handed it on a light clipboard. When asked to rate the seriousness of the candidates on a scale of 1 to 9, those with the heavy clipboard judged the candidate as more serious than those with the light (Science, DOI: 10.1126 /science.1189993). In another task, volunteers who sat on a hard seat were less willing to change their price in a hypothetical car purchase than those sitting in a soft seat. The authors suggest that our use of tactile concepts in metaphors that relate to behaviour, such as having a “rough” day or being “solid” as a rock, might influence our judgement: touching similar textures reminds us of their linguistic links to behaviour.

War on space junk: Barack Obama has made de-junking space a national mission for the US. The White House has announced plans for more information-sharing in a bid to prevent satellite collisions, as well as extra funding to clean up junk already in orbit. Each new US president issues a list of priorities and policies related to outer space. Obama’s National Space Policy includes a new approach to space debris, authorising the US government to share its orbital tracking information and collision predictions with industry and other countries. This should help reduce the chances of another satellite collision like the one in February last year that produced thousands of pieces of high-speed debris. The administration also calls for research into technologies such as laser tracker beams that could remove existing debris.



Monster from the deep: Inspired by Herman Melville’s Moby Dick, a newly discovered species of a colossal whale with a killer bite has been named *Leviathan melvillei*. The whale would have been 18 metres long, with the biggest teeth ever discovered, and probably fed on baleen whales. (Nature).

Halfway to Pluto: The first mission to Pluto has passed a milestone. On 14 June, the NASA spacecraft New Horizon had covered half the distance to the dwarf planet. Despite New Horizons being the fastest object ever launched from Earth when it departed in January 2006, it will still take another five years to arrive at Pluto.

Organic spuds u like: Potato plants farmed organically grew 35 per cent larger on average and endured 18 per cent fewer pest infestations than non-organic potatoes (Nature, DOI: 10.1038/nature09183). Organic plots contain a more diverse range of pest-killing species, whereas some pests prosper in fields doused with conventional pesticides.

Are you interested in the weather? If you are there is a book called ‘The Wonders of the Weather’ by Bob Crowder and is the Official book of the Bureau of Meteorology and has almost everything you would want to know about the weather (more information available).

Maurice Gilson.

Stress Down Day

Friday 23 July, 2010 is Lifeline Australia's Stress Down Day. This day is dedicated to reducing the burden of stress on our community, and will encourage people in schools and workplaces to have fun with their fellows, friends or family to reduce stress levels, have fun and raise funds for Lifeline. The money will go towards helping run our 24 hour telephone support services, a service that is literally life saving for thousands of Australian's every year.

What do we do on Stress Down Day?

You simply get sponsored to wear your slippers to work or school, dress up or dress down and have a bit of fun to show that you support Lifeline and its life saving work or alternatively, other ways to show support could be:

- 1) Purchasing Exclusive Stress Down Day Slippers
- 2) Developing your own event (wear slippers or a change in clothes).

The campaign will also provide participants and organisations with useful tools to manage stress in our everyday lives. For more information visit www.stressdown.org.au

This event is Lifeline's key National Fundraising Campaign. The money raised will go primarily to cover the telephone and IT costs for Lifeline's 24 hour telephone counselling service. Any additional funds raised will support Lifeline's range of other programs to help build our capacity to connect people with care.

What is stress?

Stress is our body's way of dealing with an increase in demand. When we experience a high level of demand due to situations occurring around us (life, work or anything really), it can trigger an increase in energy, alertness and strength. In some cases this is a healthy reaction, as it helps us to cope with a situation. It can also be harmful, especially when the stress is significant or prolonged. Emotional stress or stress from fatigue and over work can be detrimental to our physical and mental wellbeing.

What happens to people who are stressed?

Stress can affect both your body and your mind. Physical manifestations of stress can include headaches, aches and pains and feelings of exhaustion. But not only can they can make us physically sick, stress can result in significant reduction in motivation and mental wellbeing. Stress can also lead to serious mental health issues, especially if it is prolonged. People who are stressed can be irritable, angry and depressed, they can feel lost and overwhelmed and in some cases can be feel suicidal.

Ways to deal with stress

Some handy simple tips for dealing with stress:

- Take time to look after yourself physically and emotionally.
- Allocate time for things you enjoy or that make you happy.
- Don't place unnecessary pressure or expectations on yourself.
- Make time for friends and family amid other priorities— strong connections with loved ones are good for mental health.
- Make time for discussion about emotions within your family – make mental health a discussion point without judgment or stigma attached to it.
- Limit alcohol intake and use of other substances.
- If you feel your stress levels peaking take a few minutes of time out in a private place to assess the situation.
- Schedule both personal time for relaxation, and social time for getting involved in group activities

ChemCert WA

Nationally accredited training.

Required for producer QA.

The date for this workshop has been rescheduled

**Risk Management in Pesticide Use
August 2nd & 3rd at the Lake Grace CRC**
*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.*

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 Community Resource Centre on 9865 1470 for more information.

Humour

Pork Pie

A man walks into a bar with a pork pie on his head. He orders a drink and the barman asks, "Why are you wearing a pork pie on your head?"

The man replies, "It's a long-running family tradition. We always wear pork pies on our heads on Tuesday."

To which the barman remarks, "Then I have some bad news for you - it's Wednesday."

Sheepishly, the man says, "Oh dear, I must look like a real fool!"

Make Me One with Everything

A Buddhist monk, visiting New York City for the first time in twenty years, walked up to a hot dog vendor, handed him a twenty dollar bill, and said, "Make me one with everything."

The vendor pocketed the money, and handed the Buddhist monk his hot dog. The monk, after waiting for a moment, asked for his change. The vendor looked at him and said, "Change comes from within." With a wistful smile, the monk walked away.

Wedding Vows

During the wedding rehearsal, the groom approached the pastor with an unusual offer.

"Look, I'll give you \$100 if you'll change the wedding vows. When you get to me and the part where I'm to promise to 'love, honour and obey' and 'forsaking all others, be faithful to her forever,' I'd appreciate it if you'd just leave that part out." He passed the minister a \$100 bill and walked away satisfied.

It is now the day of the wedding, and the bride and groom have moved to that part of the ceremony where the vows are exchanged. When it comes time for the groom's vows, the pastor looks the young man in the eye and says:

"Will you promise to prostrate yourself before her, obey her every command and wish, serve her breakfast in bed every morning of your life and swear eternally before God and your lovely wife that you will not ever even look at another woman, as long as you both shall live?"

The groom gulped and looked around, and said in a tiny voice, "Yes."

The groom leaned toward the pastor and hissed, "I thought we had a deal."

The pastor put the \$100 bill into his hand and whispered back, "She made me a much better offer."

The Price of Heroism

A guy walks into heaven and is greeted by heaven's secretary. "Well hello Mr. Jones", the secretary politely says "We'd love to have you here, but I'm afraid you can't come in unless you did a good deed in your life, and your record doesn't show anything. Did you do anything good?"

"Well recently, I saw this man being mugged by a three huge gang-bangers. So, I stopped my car, and pulled out my tyre iron. Then, I walked to their leader and hit him hard on the head. After he fell dead, I looked at the others and said, 'Who wants some o' this?'"

"That's very brave, and kind. What happened next?" asked the celestial secretary.

"I'm here now, aren't I?"

Not So Great

Three baseball fans were having a conversation about what they would do when they die. When they finished they all agreed that the first one to die had to come back and tell the other two if they had a baseball team in heaven.

Two months later one dies in a car accident. After the other two left the funeral they went to watch a baseball game. During the game they both felt a spirit around them and finally they realized it was the one that died. So at the same time they asked if they had baseball in heaven.

The guy said "Yes, yes, yes they do but the bad thing is you're pitching Wednesday!"

Keep an Eye on Your Cousin

"I thought I told you to keep an eye on your cousin," the mother said. "Where is he?"

"Well," her son replied thoughtfully, "if he knows as much about canoeing as he thinks he does, he's out canoeing. If he knows as little as I think he does, he's out swimming."

Sick at Last

A fellow was sitting in the doctor's waiting room, and said to himself every so often, "Lord I hope I'm sick!" After about the 5th or 6th time, the receptionist couldn't stand it any longer and asked, "Why in the world would you want to be sick Mr. Adams?"

The man replied, "I'd hate to be well and feel like this."

Pink Suit Sale

When the store manager returned from lunch, he noticed his clerk's hand was bandaged, but before he could ask about the bandage, the clerk said he had some very good news for him.

"Guess what, sir?" the clerk said. "I finally sold that terrible, ugly suit we've had so long!"

"Do you mean that repulsive pink-and-blue double-breasted thing?" the manager asked.

"That's the one!"

"That's great!" the manager cried, "I thought we'd never get rid of that monstrosity! That had to be the ugliest suit we've ever had! But tell me. Why is your hand bandaged?"

"Oh," the clerk replied, "after I sold the guy that suit, his guide dog bit me."

Curses!

A businessman boarded a plane to find, sitting next to him, an elegant woman wearing the largest, most stunning diamond ring he had ever seen. He asked her about it.

"This is the Klotschtein diamond," she said. "It is beautiful, but there is a terrible curse that goes with it."

"What's the curse?" the man asked.

"Mr. Klotschtein."

Recycling—For a Waste Wise Community

A Shire of Lake Grace Zero Waste Initiative

Why RECYCLE?

- ✓ Making new **STEEL** from recycled cans uses 75% less energy than making steel from raw materials – cutting down Greenhouse gas emissions and saving raw materials such as iron ore and coal.
- ✓ Australians consume over 1.3 million tonnes of **PLASTIC** every year - more than 71kg for every person. Recycling one tonne of plastics saves enough energy to run a refrigerator for a month or 84% of the energy it would take to make one tonne of plastic from raw materials.
- ✓ **GLASS** can be recycled again and again indefinitely. Making glass from recycled material saves up to 74% of the energy necessary to make glass from sand.
- ✓ By recycling 1 **ALUMINIUM** can, you are saving enough energy to run your television for 3 hours. Recycling a kilogram of aluminium saves over 20kg of greenhouse gas. Making a tonne of aluminium cans from recycled cans saves 5 tonnes of bauxite.
- ✓ 1 tonne of recycled **PAPER or CARDBOARD** saves approximately 13 trees; 4100 kwh of electricity; 2.5 barrels of oil; 4 cubic metres of landfill; and 31,780 litres of water.
- ✓ About 5 sheets of office paper can be made from 1 recycled **MILK CARTON**.

www.zerowastewa.com.au

Recycling Services—Frequently Asked Questions

Why can't broken glass be included - doesn't it get broken when tipped into the truck?

Some glass does get broken in the handling process, and it is only the larger pieces that Warren Blackwood Waste are able to retrieve, therefore the less glass that gets broken, the better. Definitely no pre-crushed glass should be put in recycling bins.

What about lids?

Please remove and discard small plastic lids from glass jars and plastic containers. Small lids are not collected - larger lids on plastic containers (e.g. ice-cream and margarine containers) can be included.

I have some big pieces of cardboard that won't fit in my kerbside bin - can I leave it alongside the bin?

Warren Blackwood Waste uses a full automated truck to collect the material from the bins and cannot pick up anything from alongside the bins. Cardboard needs to be folded or cut to fit in the bin. Otherwise deposit in the Recycling Station bin.

Is it really necessary to rinse containers?

The material is sorted from a conveyor by a team of people. Imagine the smell of unrinsed containers that have been in the recycling bin for up to two weeks! They are also contending with any other unpleasant waste that shouldn't have gone into the recycling bin at all (food scraps, garden waste, dirty nappies, etc).

Can I include all my paper?

Clean newspaper, glossy magazines and leaflets, and all cardboard including cereal boxes, soap powder boxes and packaging boxes are fine. Very small pieces of paper that are impractical to handle or dirty or greasy paper should not be included.



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

As we look to cast our vote in next month's election there are a range of issues that we need to take into account when deciding on who to vote for from a local government perspective. As you would be aware there are a number of matters already on the table regarding the new mining resources tax, industrial relations and health. But what does this mean for local government?

The current Federal Government implemented a range of infrastructure funding initiatives under the banner of economic stimulus. Most of these programs were recycled or repackaged regarding what local governments were already receiving. It's true that the Regional and Local Community Infrastructure Program was introduced to assist Local Government ensure it began to focus on upgrading its infrastructure. However, the allocation for Lake Grace has been a total of \$160,000 under this program over three years. On the other hand, the State Government Infrastructure funding through Royalties for Regions was worth \$750,000 in the first year.

The Commonwealth for the last two years brought forward the first quarterly payment of the financial assistance grants to again assist local governments ensure local development. This is the second major source of funding that any local government receives after the raising of rates. It is debateable whether this strategy made a difference. It certainly caused confusion and an administrative nightmare.

Fortunately both sides of politics have given an undertaking to retain the Roads to Recovery Program. This provides significant road funding to the Shire. In fact the Opposition has as part of its policy platform given an undertaking to implement additional funding referred to as "Bridges to Recovery".

In terms of Health the current government has said it will implement a range of health initiatives to increase the number of doctors, provide ready access to a GP over the phone and additional funding regarding nurse practitioners. The Opposition has talked about reintroducing local hospital boards and even after discussions with the Shire of Lake Grace, developing an effective policy regarding the attraction and retention of doctors.

Also all of the political parties have given a commitment to put forward the case to amend the Constitution to recognise Local Government for the first time. This will be along the lines of financial recognition. In essence it means providing funding directly to all local governments instead of going through the State Government. Until this happens a number of local government funding programs including Roads to Recovery are under threat.

Then there is the matter of climate change, other environmental programs such as Caring for Our Country and Drought Relief, the reduction in funding for occasional day care, the reduction in red tape (we would all like to see that) and so on.

So who are you going to vote for?

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

Special Council Meeting Report

Shire President, Andrew Walker called a Special Meeting of Council on 8 July 2010 to deal with the unfinished business relating to the Lake Grace Childcare Centre which had been tabled at the June 2010 Ordinary Meeting of Council.

In opening the special meeting, the President advised the meeting the issue of the Lake Grace Childcare Centre needed to progress in order to positively move the project forward. Mrs Narelle Hutter spoke at the meeting on behalf of the Lake Grace Childcare Centre Group who had held a meeting in Lake Grace on Wednesday 30th June, at which local support for the project was confirmed and a community proposal developed to construct the Centre in partnership with the Shire using local trades. The community proposal was accepted by Council and the project will now proceed using the Shire contribution of \$208,000 with the balance of funds coming from sponsorship and in-kind community works. A formal Committee of the Shire, including community members has been established to see the construction of the Centre through to completion.



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WELCOME

We welcome **Trevor Webb** to our staff as part of the Gardening team. Trevor, we hope you enjoy working with us and living within our community.

We also welcome and thank **Anne Hyde** who has taken on a casual cleaning position at Varley to assist us while we go through the recruitment process.

We say **FAREWELL** to **Margaret Wyatt** who leaves us after eight and half years. Thank you Margaret for your dedication and reliability as our cleaner at Varley. We appreciate the commitment you showed to the Shire of Lake Grace and the community of Varley in carrying out your work and wish you all the best in the future.



Farewell

STAFF PROFILE

Name: Wayne Trawinski

Job Title: Building Construction and Maintenance Officer

Best part about job: Training new apprentices and putting new buildings in towns

Where were you 5 years ago? Right here.

Favourite Football team? Eagles ("there is only one team")

Favourite holiday destination? Anywhere you can go camping.

Best thing about living in the Shire of Lake Grace? My family



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 is 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

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.





Shire of Lake Grace NEWS & NOTES

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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 at the Shire for more info.

SUPPORTED BY: NEWDEGATE & LAKE GRACE/PINGRUP FOOTBALL CLUB,
SHIRE OF LAKE GRACE, WHEATBELT MENS' HEALTH WA

'Living Communities' Seminar 9th July 2010

Forty two interested people joined Greg Winning, Executive Director of 'Living Communities' at the Lake Grace Sportsman's Club on Friday 9 July 2010 to hear more about the opportunity to be involved in a community driven pilot program developed as a road map for citizens to use in developing their local economy. The program would 'audit' the communities within the Shire to determine vital capital monies leaked from the local economy via products and services produced and acquired outside rural communities. It was a very interesting and informative session and should the proposal be taken up by the community an application for funding under the Australian Government's 'Stronger Rural Communities' Program would be submitted.

The Lake Grace Development Association has now taken up the challenge and a special meeting was held last week to determine the next step. They propose to hold a combined meeting in Newdegate between Lake Grace, Newdegate, Lake King, Varley and Pingaring Progress/Development Associations within the next few weeks to determine Shire wide support for the pilot project proposal.

It's in your hands

Municipal Inventory Update Lake Grace, Newdegate & Lake King

Thank you

to all community members who attended meetings with Laura Gray, the Shire's heritage consultant, in order to update the Municipal Inventory for all towns in the Shire of Lake Grace - a vital part of preserving the history of our communities.





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School Holiday Activities 2010

The children (and parents) had lots of fun during the school holidays with the activities organized by the Shire. Besides Scrapbooking in Lake King and Newdegate, night golf was on offer in Lake Grace and Lake King.



July 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
19 Kerbside Recycling in LG & Newdegate	20	21 drumMuster in Lake Grace	22 drumMuster in Newdegate & Lake King	23	24	25
26	27 Environmental Health Officer (EHO) in Lake Grace	28 Council Meeting Lake Grace, 1pm EHO in Lake Grace	29 Men's Health Nights LG/ Newdegate	30 Driving Assessor in Lake Grace	31	

August 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 Kerbside Recycling in LG & Newdegate	3 Stay on Your Feet—Eat Well for Life	4	5 Building Surveyor in Lake Grace Local Government Week—Perth Convention Centre	6	7	8
9	10	11	12	13	14	15



drumMUSTER
booking contacts

Lake King: Contact Darcy Roberts ☎9874 4013

Newdegate: Contact Trish Rintoul ☎9871 6045



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



DAY	AM	PM
Mon	6.00 - 7.00 FORCE (Sharon)	5.45 - 6.45 FORCE 25 (Anna / Melissa)
Tues	9.20 - 10.10 BASIX (Letisha)	5.35 - 6.25 HI LO FAT BURNER (Anna) 6.30 - 7.30 MENEZES PILATES (Tahryn) 7.30 - 8.30 MENEZES PILATES BEGINNERS (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)	

TRAINING AT HOME? TRY MOUNTAIN CLIMBING

Involves 30 x 1 minute rounds using two exercises (Power jumps and push ups). Complete the rounds as quickly as possible within the 1 minute working period. Recovery period is the time remaining within that 1 minute round after completing the two exercises.

Round 1: - commence with 1 power jump, then immediately complete 30 mountain climbers

Round 2 - 30: continue each round increasing power jumps by 1 and decreasing mountain climbers by 1.

NOTE: If unable to complete a round within the designated time frame, use the next round for recovery then continue the following rounds.

A suitable lower impact alternative is a controlled squat using hand weights to add resistance as required.

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

Please see your doctor before partaking in any exercise if you are not a regular exerciser, or unsure of your health or are injured.

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 & \$6.00 Menezes Pilates 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 KEEP UP TO DATE WITH CLASS CHANGES AND NEWS?

Register your mobile number with Letisha at the Shire 9890 2500 or email letisha@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 and the 'Menezes' class is as its name, for those of you who feel competent with your technique learnt in previous classes.

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

Menezes

7.30 - 8.30pm

Menezes Beginners

Thursday

7.00 - 8.00pm

Menezes

Casual class fee \$6.00



COMPULSIVE EXERCISE; IS EXERCISE A POSITIVE ADDICTION Part 2

Some researchers have called an addiction to exercise a 'positive addiction' because it usually contributes to overall fitness, rather than other addictions such as drinking, drug use, gambling and smoking. However like any other addiction compulsive exercise can trigger other behaviours such as concern over body image and low self esteem issues. Although exercise offers many positive effects, and addiction to exercise can be detrimental to overall fitness.

Most people feel good when they exercise for countless reasons. 'Exercise has been shown to reduce levels of cortisol which is a steroid hormone, regulating stress responses, while increasing levels of endorphins and other neurotransmitters that make people feel better'. Exercise can also help improve sleep habits while helping to prevent disease and other health problems and alleviating symptoms of depression and anxiety.

Too much exercise however can cause physical and psychological harm. Excessive exercise can cause damage to tendons, ligaments, bones, cartilage, and joints, and when denied enough rest will increase the risk of chronic injury and can decrease muscle mass, especially if the body is not getting enough nutrition, forcing the body to break down muscle for energy. Including also the risk of dehydration, and increased tendency to suffer from insomnia.

Over-exercising females may have hormones disruption leading to menstrual irregularities absence of menstruation risking premature bone loss, exhaustion and constant fatigue. 'Exercise addicts can suffer anxiety and depression. They may have a negative image of themselves and feel worthless. They may feel isolated and instead of spending time with family and friends they feel compelled to exercise'.

Ironically, exercise can also provide therapeutic benefits in the treatment of addiction, depression and eating disorders. BUT like everything in life - it all depends on the amount.

The bottom line? If your exercise routine is causing you more frustrations in your life than positive fitness benefits no matter how hard you are training, it may be time for you to evaluate any potentially addictive behaviour.

References: Everyday Health 06/2010, Addiction Center
Fitation Pty Ltd, Children's Fitness and Nutrition

Part 3 - How does an addiction to exercise develop and How to determine a compulsive exerciser

Lake Grace Junior Golf Club

The last couple of weeks have been all about preparing for the upcoming TID coaching clinic and it certainly didn't disappoint.

We couldn't have ordered any better weather if we'd tried for last Thursday and Friday as 31 juniors from 7yrs to 14years of age and as far away as Dunsborough, Perth, Kambalda, Katanning, Pingaring, Karlgarin and Lake Grace attended our 13th annual Talent Identification Clinic.

Under the watchful eyes of past junior state boys coach Robert Farley and resident Pinjarra professional, Andrew Thomas, our future golf stars were guided through their basic set ups right through to the finer points of perfecting the ideal golf swing.

It was fantastic to see everyone taking on board their new found knowledge of the game while really enjoying themselves at the same time.

A huge thank you to Helen Hunt for another enormous effort in catering for the masses, it's no easy task and Helen and her helper mums are to be commended.

Also to Marcus Owen in ably assisting Andrew with his group and the main thing, cooking lunch on Friday.

The course was in magnificent condition and this is all due to Kevin Eggers who prepared the front nine beautifully for us, thanks Kevin.

Finally thanks to all the parents who sacrificed their sleep-ins to get the kids to us on time and of course to all the juniors for supporting this fantastic event.

Hope to see you all again some time at our golf course in the near future.



Andrew Thomas keeps an eye on Rory Murray's putting



Above: Rob Farley gives Blair Watson a few tips

Below: The Juniors and their coaches.



Lake Grace Golf Club

Sponsored by Royce and Bevan Taylor, Lake Grace Golf Club's premier event, Turkey Day was contested on Sunday 11th July. And after 21 years and many close calls, Craig Reeves can finally say he's won the turkey. Thank you to the Taylor families for their continued sponsorship of this event.

Partners Marcus Owen and Craig Reeves were winners on a count back with 44 points. Runners-up, also with 44 points, were Murray and Chad Stanton. Another good score with 43 points was Milton Reynolds and Alan Stubberfield.

Ladies winners (and trumping the men) were Helen Hunt and Jeanette Bennett with a massive 48 points. Winner for the visitors was Wayne Barnett and Andy Young with a very respectable 41 points. Great to see Wayne and Andy back in town.

Also picking up a golf stick for the first time in a few years was sponsor Royce Taylor who managed a solo score of 34 points. Where there's turkey there's always feathers. Winners of the feathery headwear were Steve Crook and Brett McKenney.

Nearest the pins went to Royce Taylor (no.4), Andy Young (no.6), Gary Frost (no.15) and Marcus Owen (no.18). If you haven't already heard Marcus was only a pinch away from getting a hole-in-one. Placement on no.12 went to Craig Reeves and Longest Putt on no. 9 went to Marcus Owen.

Warming up prior to Turkey Day were Gary Frost and Craig Reeves who attended the Hyden Open Day. There were 54 starters with the Lake Grace duo runner-up to the gross.

On Sunday 18th July there was a good turnout to play for Rex and Karel Walker's trophies. It was a stroke round, count your putts.

Winner on the day with 91/25/66 was Milton Reynolds,

must have been all that practise on Saturday. Runner-up, on a count back from Derek Stanton and Craig Reeves, was Russell Cominelli with 104/35/69.

Winner of the gross was Chris Carruthers, who was out getting a spot of practise on Saturday also. Taking out the prize for putting was Milton Reynolds, while Stephanie Lay got the NAGA for putting.

Ladies winner was Terri Parker with 108/34/74 and runner-up with 91/17/74 was Helen Hunt.

Rex and Karel put on an enormous array of novelties, which combined with the normal sponsorship meant one for every hole, thank you very much for all of your support.

1. Long Drive 27+ - Stephanie Lay
2. Best Second - Justin Wright
3. Long Drive - Chad Stanton
4. NTP (Westpac) - Rex Walker
5. Best 3rd - Justin Wright
6. NTP (LG Tyrepower) - Terri Parker
7. Best second - Morrie Smith
8. Shortest drive - Stephanie Lay
9. Long putt (Bankwest) - Michelle Lay
10. Long putt (opp putters) - Merv Spurr
11. Long drive (off fairway) - Russell Cominelli
12. Placement shot (Rosies) - Marcus Owen
13. Best third - Gary Frost
14. Long putt (drivers) - Jeanette Bennett
15. NTP (LG Hotel) - Jeanette Bennett
16. Best second - FF (would that be Frisky Frost?)
17. Long putt - Milton Reynolds
18. NTP (CSBP) - Michelle Lay



Left: Adam Hunt, Helen Hunt, Michelle Lay, Anna Strevett & Val Crook.



Steve Crook & Brett McKenney



Right: Royce Taylor, Craig Reeves & Justin Wright.

Turkey Day winners Marcus Owen and Craig Reeves



Marcus Owen, Kingsley Strevett & Gary Frost.

Lake Grace Pingrup Football Club

July 17th 2010
Round 11

League

Jerramungup 23 goals 19 (157) defeated L-Grace/Pingrup 10 goals 6 (66)

Lake Grace competitive all day. Jerramungup's experience come to the floor in cool conditions.

Best: Luke Bairstow, Karl Fleay, Daniel Trevenen

Goal Scorer: Karl Fleay 6

Newdegate 25 goals 27 (177) defeated Borden 3 goals 10 (28)

Gnowangerup 22 goals 24 (156) defeated Kent 6 goals 5 (41)

Ongerup 17 goals 11 (113) defeated Boxwood Hills 12 goals 8 (80)

Lake Grace/Pingrup is third on the ladder with 28 points (have won 7 out of 11 games)

Reserves

L-Grace/Pingrup 9 goals 11 (65) defeated Jerramungup 8 goals 14 (62)

Newdegate defeated Borden by forfeit.

Gnowangerup defeated Kent by forfeit.

Boxwood Hills defeated Ongerup by forfeit.

Lake Grace/Pingrup is on first on the ladder with 40 points (have won 10 out of 11 games)

Juniors

L-Grace/Pingrup 14 goals 14 (98) defeated Jerramungup 1 goal 1 (7)

Newdegate 5 goals 8 (38) defeated Borden 5 goals 7 (37)

Gnowangerup bye

Boxwood Hills 5 goals 12 (42) defeated Ongerup 4 goals 6 (30)

Lake Grace is fourth on the ladder with 26 points (have won 6, drawn 1 out of 9 games)

Lake Grace Pony Club

June Rally

Well done to Imogen Taylor and her pony who attended the Prince Phillip Mounted Games weekend in Wagin in June. I believe they had a great time, and learnt lots of new tricks!

July Rally

Time to shake the dust out of those saddle blankets and get ready for our next rally! Lake Grace Pony Club July rally will be held on **Sunday, July 25**. We are expecting lots of riders and coaches, so it should be a great fun day. Many thanks to Jane Bushby, Pauline Taylor and Chantelle Chamberlain for giving up your time and expertise to coach our young riders.

The first lesson will start at 9:30am sharp, so please aim to be at the grounds around 9am so that you are saddled up and ready to go by 9:30. The day should be finished around 4pm. Lunch will be available for sale

on the day at \$5 per person. Please notify Donna Hendry on 9866 8025 or jdhendry@bigpond.com if your family is attending, to allow for lesson planning and catering. All welcome!

August Rally

Don't forget that the August Rally will be held at Wagin. Jane will be guest coach, running a confidence course for horses and riders. This is your chance to try and "bomb-proof" your pony by helping him overcome some of his fears. The goal is to have calmer, more confident horses and riders after this weekend, which will be held at the Wagin Pony Club ground on **August 15**. Please make an effort to go and support Jane and the Wagin club – camping is available at the Wagin pony club grounds if you wish to stay the night.

Please RSVP to Carmen Bairstow on 0407 001 440 or dumbleyungtrans@bigpond.com



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!

Gnowangerup Family Daycare

Monday: 8.30 - 2.30pm

Tuesday - Wednesday 8.30 – 3.00pm

Thursday 9.00 - 3.00pm

Gaillene Kennedy
0427 271 457



Troll Tales



Round 10 - 3 July 2010 Lake Grace v Corrigin

C Grade 4-0

Goal: Elizabeth Spencer (2), Chloe Robertson, Destiny Moore

Coach's Award: Tayla Chesson, Michaela Hendry

B Grade 2-2

Goals: Jade Cameron, Amber McPherson

Coach's Awards: Di Desmond, Caitlyn Trawinski

Support Award: Kristie Pinney

A Grade 3-0

Goals: Gracie Kirk, Tahryn Gray, Anna Taylor

Coach's Awards: Belinda Bowron, Missy Clifford

Support Award: Tahryn Gray

Round 11 - 17th July 2010 Lake Grace v Naremben

C Grade 0-3

Coach's Award: Walker Zweck, Elizabeth Spencer

B Grade 0-3

Coach's Awards: Gracie Kirk, Maddy Walker

Support Award: Shannon Smith

A Grade 2-3

Goals: Lisa Chapman (2)

Coach's Awards: Jodi Pearce, Lyn Carruthers

Support Award: Ellie Naisbitt

A Grade's loss to Naremben last week will have pushed us out of the top four for the moment. The pressure is on for the team to get back in there to defend last year's title.

B Grade is still in with a chance. So will be interesting to see what happens in the next few games.

C Grade is only just out of the four so again still have the opportunity to play finals depending on the outcome of the next games.

Thanks to Lois Dickins and Wendy Davidson for umpiring last week.

The Club hosted the Steak Teas at the Sportsman's Club on Saturday 17th July and although it was a relatively quiet night we thank everyone who supported that. Huge thanks to Nicole Chappell and her team for organizing the catering.

Lake Grace Hockey Club will be **AIDING & ABREASTING** on Saturday 24th July. We would like to invite everyone to join us in the fight against breast cancer and come up to hockey where we will be holding a fundraiser game.

Thank you to Lake Grace Plaza, Neu-Tech Auto Electrics, Elders, M & P Cameron, K & C Kirk, P & M Cameron, CCL Hardware and F-H-E (formerly Hockey Action) for their generous support to enable this day to happen.

There will be National Breast Cancer Foundation merchandise on sale, a 'PINK' themed raffle, a signed (by the Hockeyroos) hockey stick raffle, 'boob' cakes on sale and donation tins making the rounds. All funds raised will be passed on to the National Breast Cancer Foundation.

All supporters are welcome to join us and the Kukerin teams for afternoon tea after the A Grade game in the shed near the tennis courts.

Rumour has it that the footy club is getting on board and will be hosting a pink themed night after the awards this week. There is also a story doing the rounds that our favourite footy club runner will be making a comeback for that game, maybe we can get him to run lollies out to us for our game too!

This week is our last home game for the season so we would love to see a lot of supporters up at the oval.

My personal thanks to the girls who have been busy filling holes and learning how to use the line marker. Many hands make light work.

Lake Grace/Pingrup Hockey Club

We played Jerramungup on Saturday. Jerramungup started out strong getting the first goal.

Quite a tough game, not much luck as we had so many opportunities for shots at goal. The ball just didn't want to go in.

With the last short corner, the final whistle blew as time was up. We played out our short corner and Tam saved the day by scoring a goal.

So another draw for us, one all.

Awards: Tameka Knill and Janine Watson

Training every Tuesdays and Thursdays at 6pm sharp. Hockey girls doing casserole tea Thursday and lasagne Saturday night. So all netball and football players please hang around.

Scanning

Have your family photographs scanned and saved to CD at the Lake Grace CRC.

We can also download from your digital camera.

Enquiries on 9865 1470.

Lake Grace / Pingrup Junior Hockey

V's Jerramungup – July 17th

We knew this game was going to be a tough one with Jerry not far behind us on the ladder, also being last weekend of school holidays we were missing quite a few players. Given the shortage of numbers and a few weeks rest from training the kids fought really well. And I see a few skills picked up from state champs by the year sevens.

Jerry was two goals up by half time and by second half our kids really settled down and played a better half, with Jerry only scoring one more goal right at the end of the half.

Mitchell Smith really played well and used initiative to assist when needed. Anna Hunt always there ready on the wing and stopped many balls that went her way,

narrowly missing a goal. Peter Downey did a great job in goals always a hard ask when we haven't been able to give him the practice at training that would have normally occurred. Azella Trevenen showed some gutsy defense in the second half, and Angus giving us some terrific clearances in the fullback line.

Thank you to Jack Downey who agreed to fill in to make the eleven, (though I feel the arm didn't have to be twisted too far). Jack played wing and did a great job, he too narrowly missing a goal. So it wasn't that we didn't have our chances, just didn't score on the day. I'm not at all disappointed. Well played you guys.

Best on Ground: Mitchell Smith
Top Effort: Anna Hunt

Lake Grace/Pingrup Netball Club

A Grade

Welcoming back Lauren Duckworth from injury, the LG/P Netballers headed to Jerramungup for what was to be an exciting game of netball.

Down by 8 goals at half time the girls managed to fight their way back to a 43 all draw at the final whistle. Up by 2 goals towards the final stages of the fourth quarter we could not capitalise on many opportunities to seal a win, however it was a brilliant effort by the whole team to hold off a strong Jerramungup side.

With only 3 games of netball left before the finals commence, both netball teams would appreciate as much sideline support as possible.

B Grade

After a week off we headed down to play Jerry, unfortunately it wasn't the outcome we had hoped for but we were competitive throughout the game and showed that our skills and game strategies have improved 100% since we played them back in round three.

Final score Jerry 42 LG 28.

Best player: Jackie McGlenn

Coach's award: Tor Bennett (for most serviceable player!)

Next week we once again have another bye, against Ongerup, but will continue to train as usual for the Boxwood game the following week.

24th July vs Ongerup

No B Grade

Junior Ump: Any Volunteers??

Canteen (1.30- 2.30) Amanda P Amanda T

Canteen (2.30-3.30) Briana Penny

Avo Tea: Sarah, Shannon

31st July vs Boxwood

B Grade Ump: Jemma

B Grade Timing: Lauren

A Grade Timing: Amanda P

Junior Umpire: Steph

Save the date

Netball Club Windup and Clubperson Vote

Sunday 29th August

12noon - 4pm

The Jam Patch, Kuender Hyden Rd

All Senior, Junior, Netta players and families welcome.

BBQ and cool drinks provided.

Please bring...

Senior players a salad to share

Junior players a desert to share

Chairs and 'other' drinks

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.





Expressions of Interest

The Department of Agriculture and Food is seeking expressions of interest, in writing, from any persons who maybe interested in a co-location lease of the site mentioned below.

Lot 289 Stubbs Street Lake Grace comprises of a 1.1hectare Lot with a total of 4 shed structures of varying sizes, wash down bay facilities.

It would be a condition of any such lease that the DAFWA would still exercise the right of use to this site in the course of its day to day activities.

In submitting an expression, the applicant is to detail;

- The amount willing to be paid for any such lease on an annual basis.
- What is the intended use.
- Any improvements that may be intended to be carried out.
- For what period of time it would be required.

All work practises carried out at this site should comply with Department OSH requirements.

The site would need to be kept secure at all times.

Please address expressions to:
 Brian Kimber
 Department of Agriculture & Food
 50 Stubbs Street
 Lake Grace

All expressions should be submitted by 4.00pm on 5th August 2010.

Healthway Healthy Club Applications Summer 2010/11: Now open!

For guidelines and application form, click the links below.

[Healthy Club Sponsorship Guidelines Summer 2010/11](#)
[Healthy Club Application form Summer 2010/11](#)

Successful applicants can use the sponsorship to implement a range of health, safety, education and participation initiatives within their club including:

- Safety Initiatives - First aid equipment, padding and safety equipment or injury prevention courses
- Health Initiatives - Shade structures, sunscreen, water bottles, hats, drugs in sport workshop, education sessions for members
- Education/training Initiatives - Coaching education courses, referee and umpiring courses, finance/administration resources.
- Participation Initiatives – equipment to encourage participation by people with disabilities and advertising costs for local newspapers to attract new members.

In return for sponsorship, clubs are required to develop a Healthy Club policy to address smoking, sport safety, sun protection, alcohol and other drugs and healthy catering.

There are two rounds of funding per year. Incorporated sporting clubs playing in a recognised sporting competition may apply for up to \$2500 for initiatives that address health issues within the club (e.g smoking, nutrition, alcohol and injury prevention) as well as specific education and training initiatives. This round of funding is for those sports competing in Summer 2010/2011.

For further information, contact Fiona Boys or Deb Bow, Sports Medicine Australia on 9285 8033 or email healthyclub@smawa.asn.au



1st and 2nd September 2010

\$250.00 For a Fleece of Wool!

Enter your fleeces in the Newdegate Machinery Field Days Wool Competition.

Three categories:

- Fine wool
- Medium wool
- Strong wool

Contact Syd Walker for details 0427719043

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.

Annual General Meeting

Lake Grace St John Ambulance
Notice of Annual General Meeting
To be held on Tuesday 10 August 2010
7.30pm at Lake Grace Sub Centre
New members welcome.

First Aid

Date to be decided.
Do you need a Senior First Aid Certificate?
Register your interest with Terry at the Post
Office or phone Ollie on 0427 651 180.

FOR SALE

1995 Ford Trader

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

On the Sheep's Back Project

Can you help? We need help assembling the
moulds and casting the sculptures. You
need to be reasonably fit.

Contact Tania Spencer 9865 1339
or Michelle Slarke 9865 1878.

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.

Clearing the Decks

Thank you to everyone who has taken some
of our stuff off of our hands. Still need to get
rid of....

- NEC TV 64cm
- 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.

Come in to the Community Resource Centre
and make an offer.

Bling Ball

When: Saturday 7th August 2010
Where: Pioneer Room, Katanning Leisure
Centre
Time: 7-10:30pm
Age: 13 to 18 yr olds
Cost: \$5 presale or \$6 @ the door.
Tickets include a mocktail & entree.
Dresscode: Semi-formal / Neat casual

Dessert and mocktails available for sale from \$1
each! The night will be entertained by DJ Mot,
performance by Hip Hop Hunnyz & debut
performance by Supreme Souls.
Prizes up for grabs for the cutest couple, belle, beau
and a pool comp!
Get your tickets NOW, only 50 available for presale!

For further info contact Juaini 9821 9999.

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 25th July

Lake Grace 9am

Sunday 1st August

Lake Grace 9am

Enquiries: Father Dave 0427 545 560
 Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 25th July

Kukerin 8am
 Lake Grace 10am

Sunday 1st August

Ravensthorpe 8:30am
 Lake King 10:30am
 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/August

Fri 23	Fish & Chip Night—LGS Club Dr Linda Haines in Lake Grace	Gym Lakes Link News Deadline
Sat 24	Steak Tea at the Sportsman's Club Craft at CWA Hockey - Aiding & Abreasting - LG v Kuk Golf - Pingaring Men's Open Day Winter Sports - LG/P v Ongerup	Tue 3 Chemcert workshop in Lake Grace HACC Chair Aerobics & Exercises Pingrup Potters Weight Watchers 6:30pm at CRC SOYF Aerobics
Sun 25	Junior Golf Pony Club Golf - Irish Stableford	Wed 4 Chemcert workshop in Lake Grace LG Hockey Club Training Dr Bryan Fleming in Lake Grace
Mon 26	Rubbish Collection Gym	Thur 5 Pizza night at Rosies LG/P Football training
Tue 27	HACC Chair Aerobics & Exercises SOYF Aerobics Pingrup Potters LG/P Junior Hockey training Weight Watchers - 6:30pm at CRC	Drawing Group—3:30pm—5:30pm Playgroup - 9:30-11:30am Building Assessor in Lake Grace Senior Citizens Luncheon
Wed 28	LG Hockey Club Training Dr Bryan Fleming in Lake Grace Shire Council Meeting Golf - Newdegate Ladies Open Day	Coming Events <i>August 9th - Governance Workshop</i> <i>August 10th - Ambulance AGM</i> <i>August 13th - Centrelink's Mobile Servicing Unit in Lake Grace</i> <i>August 15th - Pony Club</i> <i>August 16th - LGDHS P&C Meeting</i> <i>August 16th - CWA Cultural Day</i> <i>August 25th - Shire Council Meeting</i> <i>August 29th - Netball Windup</i> <i>November 17th - Shire Audit Committee Meeting</i>
Thur 29	Pizza night at Rosies LG/P Football Club training Drawing Group—3:30pm—5:30pm Playgroup - 9:30-11:30am LG Library & CRC Meeting Men's Health nights	
Fri 30	Fish & Chip Night—LGS Club Driving assessor in Lake Grace	
Sat 31	Steak Tea at the Sportsman's Club Craft at CWA Winter Sports - Boxwood vs LG/P Hockey - Karl/Hyden v Lake Grace Golf - Varley Men's Open Day	
Sun 1	Junior Golf Golf - 1st & 2nd Round Championships	
Mon 2	Rubbish Collection Recycling Collection	

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

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.

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