

LAKE LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
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12th August, 2004

\$1.10 inc GST

Vol 10 Issue 14

Fine Conditions for 2004 Turkey Day



*Standing L to R: Lyn Taylor (sponsor), Kevin Eggers and Chad Stanton (men's winners) and Peter Taylor (sponsor).
Seated: Back to back winners for the ladies, Helen Hunt and Michelle Lay.*

What started out in 1960 as sponsorship by Jack McMahon and Jim O'Neill with the practical idea of a 'couple of turkeys', has turned into the 'Holy Grail' of the Lake Grace Golf Club.

Initially this was a men's only competition, with winners receiving a live turkey hen and a bottle of wine. Women were invited to take part in 1974 with Esther O'Neill providing the sponsorship. By this stage the sponsorship had evolved into men receiving a dressed turkey gobbler and a bottle of wine while the ladies received a dressed turkey hen and vegetables.

By 1990 Peter and Lyn Taylor, avid golfers themselves, had taken on the sponsorship of what had become one of the Club's main events.

According to local folklore, when Peter Taylor and his partner won in the 1960's Peter, who was living with and working for Jim and Esther O'Neill at the time, took his hen home where she promptly laid and hatched a number of chicks. These young turkeys were then fattened up and fed to the guests at Peter's 21st birthday in 1965 - *no Presidential pardon for those turkeys.*

In later years another winner is rumoured to have

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Telecentre Opening Hours

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

Library Opening Hours

Monday, Tuesday, Thursday, Friday 9 - 5 pm



Advertising Charges

All prices inclusive of GST

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

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

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

Deadlines & Editions

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

Next Deadline: Monday 23rd August

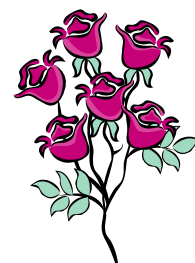
Next Edition: Thursday 26th August

A very BIG thank you

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

*Dot Kennedy
Danielle Robertson
Lesley O'Neill*

Thank you also to our many contributors of articles



DISCLAIMER

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

EDITORIAL

- [1] There will be a celebration of Lake Grace District High School's 90th birthday on Saturday 6th November, our local CWA will also be celebrating their 60th on the same day. There will be a fair with old time games and displays, advertisements will be placed to encourage ex students to return. Attendees will then be able to go and dance the night away at the Hospital Spring Ball. One of the empty class rooms will display educational memorabilia from different ages, yes there will be a cane. As we will be doing up a commemorative booklet we are looking for any photos, letters, reports or 'other stuff' that could be of interest.
- [1] I must apologise for the lack of Nightwatch, it disappeared some where in my office - could have fallen in a black hole. Sorry.
- [1] I must also apologise for the poor print quality, unfortunately we can no longer get the correct masters for our printer because it is so old. The stand-ins that we have let too much ink through creating smudges. Hopefully our grant application we have in at the moment will be successful and we can get a new printer.
- [1] One thing we have had the funds for is a new digital camera. Unfortunately this camera is not for hire, if there is an event you need photos of you'll have to liaise with myself.
- [1] While we are talking about money I would like to mention that the Telecentre is a community organisation, not a government institution. Any work we take on has to cover our costs. Thank you to everyone who supports the Telecentre.
- [1] A big thank you to those who contribute sports notes, I know it can be trying but its good for everyone to see what everyone else is up to. Now that hockey is finished I can stop 'stalking' Genni for those boys hockey notes.
- [1] The Telecentre is offering a student membership. Students have to be enrolled at Lake Grace District High School and must be aged **year five** or older. Membership would be \$22 for six months or \$44 per annum. Students would be able to use the Telecentre facilities after school until 5pm or as much as they want (during opening hours) over the school holidays. There would be no after hours access. This is an opportunity for students to email their friends, play games or better yet, *do their homework*.

Suzanne Reeves

Thanks to Last Fortnight's Collators



Mark Walker
Sandra Richter
Dot Kennedy
Michelle Lay

Thank You

We would like to thank all the people who made our 60th birthday party so enjoyable and for the lovely cards and surprise voucher, that we will certainly enjoy.

Hope everyone has as much fun turning 60 as we have so far.

Love and best wishes

Peter and Lyn

ABCDE

Asset Based Community Development through Education

A project that opens the doors of Lake Grace District High School to adult learners is just one concept proposed for the ABCDE pilot program.

The ABCDE reference group met last week to outline their ideas to the local community and visiting district school principals. Students from Lake Grace District High School gave an impressive presentation of their surveys of local business and our natural assets.

Guest speaker Dr Rick Battistoni, director of Project 540 talked about his experiences with American secondary students and shared his ideas for ABCDE. Since 2002, more than 140,000 students in 250 schools have participated in Project 540 which asks students to talk about what matters most to them and to work together with adults for positive change.

The aims of Project 540 relate well to the ABCDE pilot as a way for young people to influence and be involved in their communities as decision makers. ABCDE also aims to bring the community into the school and, with that in mind, the reference group discussed the direction of the project and how to 'move from talk to action'.

The group's ideas for the project include an inter-generational Community School Week, a Vocational Education Program and a Regional Students Forum. Another suggestion was to involve students in recording and interpreting the histories of local one-teacher schools.

The most feasible concept was a Community School Week which could provide instructional and information sessions for both school students and adult learners.

A Community School Week could also give local people the chance to demonstrate their talents, interests and hobbies. The ABCDE survey has identified many local skills ranging from cooking to camp-drafting which, with the addition of specialist instructors, could provide an exciting and engaging program.

Ms Margaret Banks, Acting Director General of Education and Training will launch ABCDE this Friday. All community members are invited. Survey forms will be available for those who wish to be added to the skills register.

Join us for the launch of

ABCDE

Learning Longer through Partnerships:

Progressing our Rural Community

by Margaret Banks

Acting Director General of Education and Training

Friday August 13th

11:00 – 12:30pm

Lake Grace Sportsman's Club

with lunch to follow



ABOUT TOWN

- ☞ Sympathy to the many friends of Stuart Toovey who passed away recently.
- ☞ Congratulations to Hayley Connolly and Jan Crawford on the birth of Ashlin Page, 1335g, on Wednesday 30th June.
- ☞ Farewell to Shirley and Tim Batger and family who have left for Perth.

HAPPY BIRTHDAY



12 August	Marcus O'Neill	19 August	Lisa Clarke
	Jessica Frost		Sam Stubberfield
	Hazel Thiel	20 August	Colin Argent
13 August	Chloe Robertson	21 August	Harrison Allen-Moore
	Brett Howe	22 August	Michelle Marshall
14 August	Kevin Bushby		Penny Willcocks
15 August	Doug Clarke	23 August	Symone Reynolds
16 August	Leon Clarke		Chelsea Walker
	Kingsley Strevett		Connie Argent
17 August	Taryn Gray		Terry Smith
18 August	Emma Marshall	24 August	Matthew McWhirter
	Dylan Dowling		

HAPPY ANNIVERSARY

John & Jeanette Bennett	14 August
Arthur & Glenda Slarke	16 August
Jason & Penny Willcocks	19 August

Fax, email or bring your *About Town* news into the Telecentre. If you would like to share your birthday or anniversary celebrations with us then please fill in the Celebrations book.



LAKE GRACE RECYCLING GROUP

Lake Grace Recycling Station is managed by 3 volunteers and we ask you to help us (to help you) by:

- ✓ Placing all glass containers in the bottle banks provided – not on the ground beside them
- ✓ Flatten plastic and cardboard milk containers so they occupy less space

Thank you

Local Partnerships Give Young People The Edge!

Gaining the required experience, developing the necessary employability skills or trying to decide what career path to take can be a daunting task for young people in their final years of schooling.

The Schools of Isolated & Distance Education (SIDE), which ranks as one of the biggest schools in the world, and local business organisations throughout the state, are making this process easier for some of these Year 11 and 12 students. The workplace learning program including Structured Workplace Learning (SWL) and School Based Traineeships (SBT) is second to none in assisting students achieve the above three aims.

A simple explanation of the program is to say it is on the job training, enabling the student to experience, first hand the world of work. The beauty of it is they also combine this with their Secondary School Graduation (WACE) so it's a win, win situation all around.



Charlene Beggs on the job at Lake Grace Mobile Childcare Centre. Charlene says "the work placement has definitely confirmed this is the career area for me." Kim Allen, her trainer, has been pleased with Charlene's progress. She has become a valuable member of the staff.

Many local business organisations assist the program by taking on trainees. "This support is fantastic" says workplace learning coordinators Peter Drinkwater and Shane Murray. Don Gardiner from Gardiner's Meat Supply and Kim Allen from Lake Grace Mobile Childcare are examples of enthusiastic employers who become readily involved. Comments from them and other employers indicate the benefit... "It provides a wonderful opportunity to source future employees.", "It made my staff contemplate their performance and helped improve productivity, as they teach young people about the industry!", "It

has helped me keep up to date with today's training methods and expectations of youth.", "We found an apprentice and are happy with him.", "It's about time this was part of every student's Upper School education! It's a win, win for everyone."



Don Gardiner (left) and Brenden Desmond about to prepare the quality mince packs for the Lake Grace customers. Don is extremely happy with Brenden's work ethic and ability to get along with other staff.

Students accepted into the program are required to work to the best of their ability as a normal employee. They have to keep a log book to document their skill development and on the job learning activities, which also includes the off the job theory component.

The SIDE program, similar to others offered across the state, is growing in numbers each year because students see it as linking their present school studies with post school intentions. It has relevancy to their lives. Peter Drinkwater and Shane Murray believe it has many hidden advantages to all stakeholders ... students, parents, the school and community.

They would like to say thankyou to all local business organisations for their commitment to the youth of the town which is thoroughly endorsed by the SIDE Post Compulsory School Principal Mr John Pisan.

Shane Murray

SAND'N'SALT



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

FASHION FOR THE SALT OF THE EARTH

Winter Sale!

- ✕ 40% off selected winter clothing
- ✕ Slow moving stock at 1/2 price
- ✕ \$10 and \$20 bargain racks
- ✕ 20% off children's clothing - sizes 000-14

Massive clearance on all winter garments
Starts Thursday 12th August.

99 Towns Take Fast Track to Broadband

More than 106,000 customers in 99 towns, most in rural areas, are set to gain broadband ADSL access for the first time. Unfortunately Lake Grace is NOT one of these towns.

The exchange upgrades have been made possible following Telstra's approval as a provider of ADSL services under the Australian Government's Higher Bandwidth Incentive (HiBIS) Scheme.

Telstra is using the incentives offered by the scheme to reduce the required level of interest on its ADSL Demand Register by between 40 and 60 percent, with the result that these exchanges have automatically exceeded their demand threshold for ADSL delivery.

The required level of demand will depend on the extent of modifications necessary to enable ADSL. Prior to HiBIS Telstra required a registered interest of 60 for Lake Grace, we are currently sitting on 61. This should stand us in good stead for an assessment of our exchange by Telstra.

Telstra has rolled out ADSL to more than 1000

telephone exchanges over the past four years, making it available to more than 75 percent of premises. Australia's geography and population distribution mean that we have a telecommunications network characterised by a large number of small exchanges serving small communities.

The ADSL demand register was introduced last October as a means of empowering communities, allowing them to directly influence the further allocation of ADSL resources, and already 81 communities have triggered the process to obtain an ADSL upgrade for their towns.

Confirmation of required demand can take several weeks, with the process to enable an exchange usually a further two to three months. In some exceptional circumstances where additional construction is required to support ADSL, the upgrade may take longer. These cases will be annotated on the ADSL Demand Register.

This is an ongoing program, and people who live in towns without ADSL can go in and register their

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The Belgian Aussie....*part 2*

Ashleigh Joyce on exchange in Belgium

Would you believe me if I was to tell you that my mathematics teacher is a Magician! It's true, a real magician. I am not sure whether he has a rabbit though, because rabbit is a delicacy to eat here (tastes just like chicken I am told).

My story begins in a math's class (normally my favourite subject) and we were learning a new technique in the area of inequalities. It was with much enthusiasm that I approached this subject, as it was something I actually understood. Picture this...a continual repetition of the word **STRICTEMENT** (pronunciation: strict-a-mo, translation: strictly), oh and *n'oublier pas* (do not forget) there is an 'R' so **roll** that tongue like there is no tomorrow. Now imagine a giant man, over six foot, continually drilling this word with force into the minds of the students, and tell me you wouldn't have recurring nightmares about it. To dream in another language is the most amazing feeling, and for me the most exciting thing about sleeping; but to have my first real French dream with a math-a-magician pounding the word 'STRICTEMENT' is an experience I will never forget.

Its hard to believe I have been here almost six months, and it is very difficult to keep in contact with everyone as time is passing by so quickly, but I hope that with these reports you feel you are taking this journey with me, as I feel I am part of your year when you update me on all the *goss* from the land of Oz...

Some advice for all you intended travellers out there: I have found that a *Bonne sourire* (smile) *et une petite bonjour* (and a 'hello') is the best way to make someone's day, and a new friend. Okay, so sometimes I overdo the smile and scare people to death, but more times than not I will end up having a great conversation about Australia and land an invitation for dinner... that is how friendly people are. I did also mention before that our house in Perth will become a backpackers hostel. I am sorry, Dad, but I think we will need to invest in something larger!

As mid year approaches, we are forced to say goodbye to the "exchangees" who leave us in July and August. These are the same people who happily adopted us as their 'newies' back in January, taught us about the Belgium transport system, lifestyle, specialities, great tourist experiences, all the secret pathways out of school (which of course I have never used!), and the most

important French words, please, thank you, I would like that very much, can I have one beer please... As I eagerly await the next wave of students, my thoughts are of how many close friends I will never see again in my life. It is definitely a world like nothing I have experienced before but I reflect back to this quote by Deng Ming-Dao.

"Those truly linked don't need correspondence. When they meet again after many years apart, their friendship is as true as ever."

I have no idea who this dude really is or what he stands for, but his words are fairly spot on I find. I am thankful to them all for the amazing experiences we have shared in the past six months. One fantastic memory for me is the Europe tour 2004, from which I have just come home. So, it starts with 75 exchange students from 14 different nationalities, 4 fantastic chaperones and a bus driver, Mustafa (or for those fans of The Lion King we nicknamed him Mufasa!).

Germany, Czech Republic, Austria, Italy and France in 15 crazy days, *et franchement c'était SUPER!!* (it was SUPER!)...Munich was the first stop, and after tormenting a street performer by joining in, we initiate the first of many exciting tours by visiting the streets of Munich, to come across the famous beer halls! I had always imagined Belgium to be the leader in that department, but honestly, to all the dads out there...Munich is the place for you!

The next Kodak moment springs from the city of Prague, the Capital of the Czech Republic, then to Vienna, the city of Mozart, and the world famous Vienna opera of which we were privileged to view Romeo and Juliet. Okay, the truth is our seating placements were not the best, and it was occasionally hard to see, but the atmosphere totally blew me away. I have to say that I am definitely one of those people who love to go and watch something like Fame or Mama Mia but opera is a totally new world to me... I even tried to get into the spirit and burst out some opera while we were standing in line, and even though I received some weird looks, I know that they were appreciative of my talents.

The next destination was Salzburg, yep the home of everyone's favourite 'The Sound Of Music', and what can I say except, it really is picture perfect, like a fairytale. From the moment we entered this imaginary Ville there was non stop singing of those

CWA State Conference



The conference was well attended by 180 Branches this year at Rendezvous Observation City Hotel. Two Delegates from each branch attended and quite a number of observers. Mrs S Duckworth and Mrs I McGlinn represented Lake Grace.

It was the 80th Anniversary of CWA in WA and was a very enjoyable three days. Conference began with the carrying of the banners from each division. Lake Grace is in the Central Great Southern division. Our colours are green and red.

After the Official Opening by our Patron Mrs Lorraine Sanderson, we listened to singing by Ms Kelly Orchard. It was absolutely beautiful.

The Right Reverend David Murray gave prayers and a short talk on caring, finishing by saying CWA is a caring community.

The City of Stirling Mayor, Cr. Tony Vallelonga, talked on the wonderful caring in his community. He has many volunteers providing services to the city of Stirling.

Choirs came and sang including the Hyden Choir and at night we watched some wonderful entertainment of Bush Ballads from the champion winners of the year. We were just about falling off our seat with laughter.

The 80th celebration Dinner was fun with all Divisions mixing around checking out their table decorations. Our table was done by Port Hedland and had place mats

covered with scenic sight-seeing attractions. We were entertained by our very clever members with acting abilities. "CWA throughout the 80 years." It was well done with much laughter.

Another guest speaker was Christine O'Farrell who talked on Country Health Services and policies the government is now looking at.

A young lady called Sophie Zalokar talked on food and has a column in the West Australian on a Wednesday. She encourages people to cook simple good food and take time to be there with the family.

Premier Geoff Gallop was presented with a very nice wall hanging. It will hang in Parliament House. It is our gift to mark 80 years of CWA, coinciding with West Australia's 175th.

Our birthday cake was magnificent, beautifully iced with CWA memorabilia, and was shared amongst us.

Ms Michelle Fraser, on behalf of the RFDS was presented with a cheque for \$17098.

The countries of Mexico and Norfolk Island are our countries of study for the next twelve months.

Twenty eight motions were discussed and 24 were carried. They will now be sent on further to the appropriate departments.

Mrs Margaret Sullivan conducted the conference throughout like clockwork and received a standing ovation.

Daffodil Day *Street Stall*

Old fashioned bring and buy

When: Friday 20th August

Where: RSL Hall
Stubbs Street
Lake Grace

Time: 9:30am

Fresh daffodils, raffles, cakes, plants, craft items
"No fresh cream please"

If you want more information ring Devon on 9865 1092



Recognition for Long Serving Secretary



A celebration was held on Friday 6th August to recognise the time given by Mrs Shirley Elliott to the Lake Grace St John Ambulance Sub Centre since her first recorded attendance at a meeting, an AGM on 2nd May 1972.

Mrs Elliott became a Transport Officer in the minutes of the AGM 27th April 1976. At the same meeting there was a push for a base station at the Lake Grace Hospital, so that two-way radios could then be installed in the ambulances. This motion was moved by S Elliott and seconded by B Mathews.

At the AGM of the 23rd April 1980, Shirley became Vice President.

During the AGM of 23rd March 1982 R Watson nominated S Elliott for the position of secretary, Mrs Elliott accepted and then went on to cover this position for 22 years.

In his President's Report of 5th May 1987, the then President Mr Phil Franks commented on the amount of work involved in being secretary, and that Shirley was always available to do the task.


From 2nd May 1972 to date there have been 94

meetings held. Mrs Elliott has attended all but four of these meetings.

In her response Mrs Elliott stated that the St John Sub Centre was a very enjoyable and immensely important part of our town - an organisation that we simply could not do without. Although she has resigned from her role as secretary she will continue to play an active role in the Lake Grace branch.




Lake Grace Sub Centre President Amanda Milton presenting Mrs Shirley Elliott with her Certificate of Recognition.




Colour Photocopying


Smaller??!!



Larger??!!



\$5.80 per A4 page on glossy photocopier paper
at the Lake Grace Telecentre



Chooks EVERYWHERE

Chooks available for sale

20 wk - \$15.00 ~ 8 wk - \$9.35

Delivery - Tuesday 24th August

Chooks Everywhere ph/fax Lyn Smith 9865 3039



BUSHY'S GARDEN

LOOK... WHAT'S IN STOCK

POTTED COLOUR
FRESH VEGIE AND FLOWER SEEDLINGS
PEA HAY FOR MULCH
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ORDER YOUR FRUIT TREES NOW

COME
AND SEE THE EXTENSIVE RANGE
OF STATUARY AND POTS THAT HAVE
JUST ARRIVED!



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With local knowledge and expert
advice, you can't go wrong
Call me - Julie Bushby
Ph/Fx 98653017

NURSERY

YOUR ONE STOP NURSERY SHOP !!!





COUNCIL NEWS AND NOTES

Shire of Lake Grace

PO Box 50 Lake Grace WA 6353 Phone 9865 1105 Fax 9865 1109 email shire@lakegrace.wa.gov.au

NOMINATIONS OPEN FOR REGIONAL ACHIEVERS AWARDS

Cr Darcy Roberts and the Shire of Lake Grace encourages local high achieving individuals, groups and communities to consider nominating for the 2004 **Department of Local Government and Regional Development Regional Achievers Awards and Kleenheat Gas Community of the Year Award**.

The Awards have been a tremendous success over the past two years and once again aim to recognise the valuable contribution individuals and groups are making to their local community.

Anyone interested in acknowledging the significant contribution that an individual, group, community or organisation has made to regional and rural Western Australia is urged to nominate now.

The **Department of Local Government and Regional Development** is offering five individual regional achievers awards. Winners will each receive a **\$1,000 AwardSaver Account from the Commonwealth Bank** to assist their commitment to their field of endeavour and a magnificent trophy.

Kleenheat Gas will recognise a specific community project, group, organisation, city, town or local government initiative. The winning community or group will receive a **\$2,000 AwardSaver Account from the Commonwealth Bank**, a perpetual trophy to be held by the local government authority and a community plaque.

Nomination forms and posters are available from the Shire offices, through coupons in Farm Weekly, from WIN Television, Radio West, the Department of Local Government and Regional Development, Kleenheat Gas Houses, Commonwealth Bank Branches, Quantas ground handling or via www.awardsaustralia.com.

Don't forget nominations close Friday 17 September. Winners will be announced at an Awards Gala Presentation Dinner on Friday 19 November at the Parmelia Hilton in Perth.



RAMBO THE AMBO

**COMING SOON FOR THE
NEWDEGATE FIELD DAYS**

A Local Government Association Initiative

**WATCH THIS SPACE FOR
DETAILS**

ROAD TRAIN PERMITS

Operators of road trains within the Shire of Lake Grace are reminded of the requirement to have Road Train Permits renewed annually:



CONDITIONS OF PERMIT TO OPERATE WITHIN THE SHIRE OF LAKE GRACE

- Road train operators must have approval from the Shire of Lake Grace to operate a road train on local shire roads.
- Road Train operators must comply with legal axle loadings.
- Road train operators must comply with all speed regulations
- The onus is on the permit holder to check with the Local Authority in regard to road conditions during wet weather.

Applications to be in writing. For further information please contact Mark Burbridge at the Shire on 9865 1105.

ENVIRONMENTAL HEALTH & BUILDING SERVICES

Council is currently providing Health & Building Services for the Shire of Lake Grace through the Town of Narrogin.

Darryle Baxter, Building Surveyor and Maurice Walsh, Environmental Health Officer, are at the Shire on a fortnightly basis and are available to contact by telephone during office hours. Please phone the Shire Office for contact details.

2004/05 BUDGET INITIATIVES

AQUATICS & RECREATIONAL PROGRAM COORDINATOR

We welcome Letishia Marshall to the Shire staff. Letishia has been appointed as coordinator of swimming pool and recreation activities for Lake Grace for the coming summer season. Letishia has 12 yrs experience working in the recreation industry and is qualified in aqua group fitness, personal training and fitness instruction and Austswim. A survey will shortly go out for community input into the types of recreation programs to be offered.

More details in upcoming newsletters.

MECHANIC & CARPENTRY APPRENTICESHIP OPPORTUNITIES

Council has taken a proactive approach with the budget allowing the opportunity for two young locals to take up an apprenticeship with the Shire in the mechanic and carpentry trades. The apprenticeships will be advertised.

Healthy Club Sponsorship Program

Healthway is pleased to announce the availability of 2004/2005 Healthy Club Sponsorships for sports clubs wishing to develop a healthier sporting environment and support the training and education of volunteers within their club.

Healthway was established under the Tobacco Control Act 1990 with the primary aim of funding activities that promote health, particularly that of young people. In working to achieve this aim one of Healthway's main strategies has been to sponsor sport, arts and racing activities that encourage healthy lifestyles and provide opportunities to promote health messages.

While many of the sponsorships funded by Healthway have achieved positive social and health outcomes, this has usually occurred with a focus on one specific health issue (e.g. smoking). The Healthy Club Sponsorship Program is unique because it does not focus on a specific health issue but instead provides an incentive for sporting clubs to identify and address a range of issues that have the potential to improve the health and well being of their members and supporters.

Incorporated sporting clubs playing in recognised sporting competition over the summer of 2004/2005 may apply for up to \$2,000 for initiatives to make their club healthier and to train and educate volunteers.

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

Application forms and guidelines are available from the Healthway website at www.healthway.wa.gov.au or by contacting Healthway on (08) 9476 7000 or toll free 1800 198 450. Applications close 5pm Friday 10 September 2004.

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



The Health Department's Mobile Mammography Screening Service is coming to
Lake Grace.

The van will be located at the
Lake Grace Shire Hall
from

7th September until 14th September.



Appointments can
be made by
telephoning 13 20 50.

PHYSIOTHERAPIST

Rosemary Archer

B. App Sci (Physiotherapy)

- Sports Injuries ● Spinal Care
 - Acupuncture ● Rehabilitation
 - Women's Health ● Hydrotherapy
- OPEN**

Monday, Wednesday, Thursday & Friday
(Open Monday evening till 7pm - appointment only)
Health Fund and Veteran's Affairs Rebates Available

113B FEDERAL STREET NARROGIN

PHONE 9881 3373 0409 107 051

The proposed visit by
Anne-Maree Downing
(Naturopath)
has been postponed to
the weekend of
Saturday 28th and
Sunday 29th August
from prior dates of
14th and 15th August.

All appointment times will
remain the same.

For enquiries please
ring 9841 2589.



**24 HOUR EMERGENCY
SERVICE PH: 9865 1206**

LAKE GRACE & DISTRICTS HEALTH SERVICE

Some of our **Free Clinics and Health Services** available for everyone:

Diabetic Clinic—23rd August

*Call Elizabeth Trevenen for any queries on
ph: 9865 1251*

Visits from Allied Health Staff:

- **Asthma Educator**—19th August
- **Physiotherapist**—23rd August
- **Speech Therapist**—24th August
- **Occupational Therapist**—24th August
- **Podiatrist**—(no dates advised)

*To make an appointment for any of these
services above call Narrogin Primary Health on
ph: 9881 0385*

Other happenings of interest

Home Care:

Bingo—13th August at 10:00am in Village Hall
for all interested Seniors

Mosaics:

On again in the old mid-wing on Wednesdays
and Sundays (with Kerrie)

BreastScreenWA:

The Mobile Mammography Screening Service will
be in Lake Grace 7/9/04—14/9/04
ph: 13 20 50 for an appointment

Tip: Healthy Bones need CALCIUM

Remember to have your
Dairy Food Fix **every day**

Attention all Men!

If You Were a Car Would You Be a *Hot Rod* Or Clapped Out Old Bomb?

**You have your car
serviced regularly,
so how about doing the
same for your body?**

Your should conduct regular
preventive maintenance to
make sure your machine
is firing on all cylinders.



Spark Plugs

Checked for lumps in your testicles recently?

Oil Pressure

Have your blood pressure measured regularly
to ensure you don't blow a gasket.

Duco

Is rust making an appearance in your Duco?
Check your skin regularly for signs of
skin cancer.

For further information visit **Pit Stop**
at the Newdegate Field Days.

Most Men Take An Interest In Maintaining Their Vehicles. How About Their Bodies?

Men are the sickest group in society after Aboriginals and are more likely to die of all selected causes than women. Self maintenance does not seem to be a part of men's agenda. To promote the idea of men maintaining their body at an optimum performance level the Lake Grace and District Health Service will be inviting men to put their bodies over the Pits at the Newdegate Field Days 1st – 2nd September 2004.

Pit Stop for men is based on a mechanical concept likening parts of the body to an engine. Men can have their oil levels (blood pressure) tested, their duco (skin) checked and will be asked if they check their spark plugs (testicles).

The mechanical concept brings an element of humour to men's health and removes it from a clinical setting. The challenge is on the men to see if their body will pass the pits with flying colours or be issued with a yellow sticker for follow up maintenance.

Make Pap Smears a Routine for Life

In Western Australia more than 90 women develop cervical cancer every year and more than 30 women die from this disease. One of the answers to reducing the risk of developing cervical cancer is to encourage women to participate in regular two-yearly Pap smears, and to maintain this behaviour throughout the course of their adult life. A Pap smear every two years can help prevent up to 90% of the most common type of cervical cancer

Sometimes women aren't sure whether they need to have a Pap smear or not.

Margaret only ever had one partner and hasn't had sex for a long time. She thinks she doesn't need a Pap smear.

If you have ever had sex, regardless of how long ago the last time was, you should have a Pap smear every two years. This includes women who have only ever had one partner.

Pauline had a hysterectomy eight years ago and her friends told her that she wouldn't need Pap smears anymore.

Whether you need to have Pap smears after your hysterectomy depends on:

- ☞ *If you still have a cervix*
- ☞ *Why the hysterectomy was performed*
- ☞ *And whether your Pap smears were normal before the operation*

Pauline should check with her doctor to see if she needs to have a Pap smear.

Maggie (aged 63) says she's too old to bother with Pap smears.

Increasing age is a major risk factor for developing cervical cancer. It is important for women to continue having Pap smears until they are 70.

Joan thought that the purpose of a Pap smear was to detect cancer.

The purpose of a Pap smear is to detect any abnormal changes in the cells of the cervix

long before cervical cancer develops. The majority of such changes do not develop into cancer, but sometimes these changes need to be monitored or treated.

So if you are a woman aged between 20-69 years, ask yourself this question - when did you last have a Pap smear? Make an appointment with your doctor, community or women's health centre. It's up to you; regular Pap smears could save your life.

If you have any questions regarding cervical cancer or you are unsure if you need a Pap smear, call the WA Cervical Cancer Prevention Program on 13 15 56 (cost of a local call) or 1800 800 033 (toll free from the country).

Lakes District Well
Women's Clinic

As September is the start of the "Pap smear Awareness Campaign" spanning September to October, we are offering two clinics. They will be **Tuesday 7th September** and **Tuesday 28th September**.

Bookings may be made by phoning Jill Dykes on **9871 9024** or Anna Taylor on **9865 1507**.

The service is free of charge and just bring your Medicare card.

Dr Jane Spencer is visiting on 9th and 10th September, 7th and 8th October and 4th and 5th November alternatively.

If you are due for a Pap smear, make an appointment today.

Jill and Anna

Baby Bath Seats Drowning Risk



Never leave children in a bath without adult supervision for any reason is the urgent message from Consumer Protection.

While swimming pools are understandably singled out as dangerous to young children, parents don't realise that approximately 20% of infant drownings in Australia occur in baths.

Consumer watchdogs around Australia have moved to consider the need for Government regulation to address the hazards associated with 'frames' in which a baby is placed in a bath of water, following a drowning in NSW. "Water and children can be a deadly combination with even the briefest lapse of supervision", Consumer Protection Commissioner Patrick Walker warns.

"Regardless of children being in bath seats, supports, harnesses or inflatable devices they should never be left unattended. Children should never supervise other children in a bath", he said.

A review by the Victorian Coroner found that of 22 bath related drownings in Victoria, 64% occurred when at least one other child was present.

Western Australia and NSW have both had labelling standards in place for baby bath seats since 1987. Western Australia has decided to introduce a new substantially enhanced Safety Order developed by

NSW. The new Order came into force on 1st August 2004 and requires bath seats to have a prominent warning displayed on the goods in a position visible at all times during usage.

The use of baby seats in baths continues to be monitored. While data on the dangers of bath seats in Australia is limited, information from the US Consumer Product Safety Committee is that there is no evidence that children being bathed with a baby seat are at greater risk of drowning than those without them.

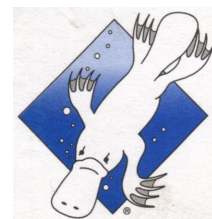
"There is no substitution for adult supervision. Children have drowned in the time it takes to answer a telephone or get a towel", the Commissioner said.

General safety tips:

- Never leave babies alone in a bath - not even for a second.
- Never use bath seats or supports in non slip baths as suction caps can detach suddenly.
- Never leave water in a bathtub that is unattended - either while filling the bath or after bathing.
- Never leave buckets of water such as nappy buckets or eskies around young children.
- Keep toilet lids down. Consider using a clip to secure the lid.

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Pam Turns In Her Dusters

A function was held at the Lake Grace Sportsman's Club on Friday 30 July to mark the retirement of longstanding teacher, Pam Lannin.

Pam is possibly the longest serving teacher at Lake Grace school, having served here for 21 of her 23 years of teaching, spanning a period of 36 years. When Pam entered Lake Grace Junior High School (*as it was known then*) for the first time in 1968 it is likely she wouldn't have contemplated the prospect of treading the corridors through to a new century. Some of Pam's first students are now grandparents whose children and grandchildren have been, or are currently being, educated at Lake Grace District High School.

Fellow teachers who have served with her in the past returned for the occasion, as well as current teachers at the school. There were many messages of congratulations extolling Pam's wonderful qualities and for her marvellous contribution to the school and it's students.

Pam has also had an active involvement in many

community organisations over a lot of years, particularly organisations focussing on youth.

A letter of commendation and presentation of a commemorative medallion from the Department of Education was presented to Pam by the current principal, Grant Draper. The department recognised the wonderful contribution made by Pam during her teaching career, including being nominated for the Narrogin District Education teaching awards in 1991 and 1996, as well being nominated for the National Excellence in Teaching Award in 1996.

Pam mentioned that she wouldn't have been able to achieve what she has throughout her teaching career without 'her wonderful supportive husband Kim'.

P&C co-president Maria Taylor spoke of Pam's dedication and presented Pam with a gift on behalf of the P&C.

We wish Pam all the best in her well deserved retirement.



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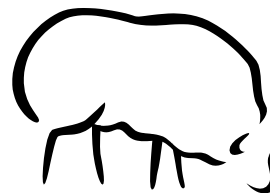
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SCIENCE AND STUFF



How plants evolved big broad leaves: Falling levels of atmospheric carbon dioxide gave primitive land plants the cue to spread their leaves and soak up the sun. In the early

Devonian period, 400 million years ago, leaves were tiny stick-like projections called microphylls and plants were far less efficient. Those ancient plants had the genes and physiological machinery to produce those big leaves but they did not do so for at least 20 more million years. It was wondered whether high levels of CO₂ at that time were what held back leaf development, and a computer model was devised to simulate leaf behaviour.

In the early Devonian, the level of atmospheric CO₂ was ten times today's, and plants required far fewer pores, or stomata. However, there was a downside to having so few stomata. Their model showed stomata also act like sweat glands, cooling the leaf by releasing water. If the leaves had grown much larger they would have soaked up more of the sunlight but would not have had enough pores to prevent overheating and cook the leaves. The drop in CO₂ levels 370 million years ago might have forced plants to increase the density of stomata, which would in turn have allowed them to grow large leaves while keeping cool. To test the idea, researchers looked at the fossil record and measured the leaf area of 300 plant species, as well as the number of stomata on a few rare specimens with intact outer cuticles. They found that the rapidly dropping global CO₂ levels were matched by an increase in pore density, and increasing leaf area. It is the first convincing evidence that explains the time lag in leaf evolution. *National Academy of Science, Vol 101, pg 10360*



We've Given Oceans Acid Indigestion: The world's oceans

have soaked up half of the carbon dioxide pumped into the air by human activities since the beginning of the industrial age, according to two new studies. The gas is acidifying the seas and may harm marine life. Atmospheric CO₂ had shot up from 280 parts per million in 1800 to 380 ppm today. But the studies conclude that figure would be 435 ppm were it not for the oceans. The oceans are doing a good job, but it is changing the chemistry of the oceans and may have consequences for marine ecosystems.

(Science, vol 305, pp 362, 367)



Bursting Balloons: The rips that tear through a rubber balloon when it is popped travel faster than the speed of sound in rubber, creating waves similar to the sonic boom

made by an aircraft when it breaks the sound barrier. The finding contradicts current theory, which says that cracks cannot propagate faster than the speed of sound in a material. When a balloon is popped, it leaves wavy edges, which no existing theory of how cracks propagate can explain, so researchers used a high speed camera to watch a crack as it tore through a stretched rubber sheet. They found that the crack travelled faster than sound, sending a shock wave through the material.

(Physical Review Letters vol 93, p 015504)

The First Pet Cats: Ancient Egyptians may have had to shoo their cats away to read the morning papyrus, but historians have long suspected that the sphinx builders were not the first cat owners. A burial site in Cyprus now provides solid evidence that another civilization cleaned up after Felix's hairballs 5000 years earlier. Found was the complete skeleton of a cat lying near the bones of a human. Both sets of remains were in the same sediment and at the same depth and showed the same degree of preservation, suggesting that feline and human were buried together about 9500 years ago. Evidently, then the domestication of cats occurred about 3000 years after that of dogs and close to the time when farming began - when cats would have been useful in protecting stores from mice.

(Science 9th April)



Record Raindrops: You wouldn't want these raindrops falling on you head. Measuring up to 8.8 millimetres across, making them the largest ever recorded. They were discovered in

clouds over a burning rainforest in Brazil and over the Marshall Islands in the Pacific. Typically, raindrops never grow to more than 5 mm across. Beyond that size they break into smaller droplets when they crash into each other, or disintegrate during free-fall. The droplets were found when researchers were going through atmospheric data from 1995 to 1999. Some may even have been as much as a centimetre across. The droplets may have formed around ash particles over the blazing forests.

(Geophysical Research Letters vol 31, p 113102)

Maurie Gilson

FOUR YEAR OLD ENROLMENTS FOR YEAR 2005



The Year 2005 enrolments for four year olds to attend the Lake Grace Kindergarten Centre are now being called.

Children eligible to be enrolled must be 4 years of age as at 30 June 2005.

The Registration Days will be held on both Tuesday 24 August and Tuesday 31 August

Enrolments will take place in the Registrar's Office, and parents will be required to provide birth certificates and immunization records for their child.

**Please phone
Mrs Pam Gardiner for an appointment
at the school on
9865 1207**



Baking With Pamela

Lemon Marshmallow Slice

As I have said before, "I love lemon". Hence, this is another favourite recipe, which was given to me by a dear aunty when I was only 11. She also bought me my first Cake Decorating book for my tenth birthday and was a great teacher of all home craft. This slice will always remind me of "my kids" I taught at Lake Grace as it was always a winner when I made it to take on an excursion, sleepover or camp.

Biscuit

120g butter
180g flour
3 tablespoons water

Set oven at 190C. Use a tin 28x18cm (make 1½ quantities for a larger tin).

Rub butter into flour until it resembles breadcrumbs, add water until a pastry consistency.

Press into slice tin. Bake until crisp and light brown.

Filling

1½ cups water
½ cup sugar
60g butter
juice 1-2 lemons

60g cornflour
60g custard powder

Blend together over a low heat in a saucepan. Boil 2-3 minutes. Cool and spread over cooked base.

Topping

½ cup sugar
½ cup water
1 dessertspoon gelatine
2 tablespoons coconut

Boil sugar and water for 5 minutes. Add gelatine then mix until it is dissolved. Cool. Beat with a mixer until thick. Pour topping over slice, sprinkle with coconut.

HINT

If you are like me and seem to have trouble quickly dissolving gelatine without the lumps, then try using gelatine leaves. They are magic to use and are available in specialist grocery stores.

Hazelnut Chocolate Slice

This is one of the yummiest slices I have ever tasted. I usually call it "Michelle's Slice" as it is another one of those acquired from a colleague. Not only is it delicious but also very easy. I usually triple the quantity as then I have a freezer full of gifts to give friends if we are visiting. If you want something for a special occasion then this one wins.

Base

1 pkt milk arrowroot biscuits - crush roughly
1/2 tin condensed milk
2-3 dspns golden syrup
3 dspns butter

Melt ingredients and combine with crushed biscuits

* Refrigerate base while making topping.

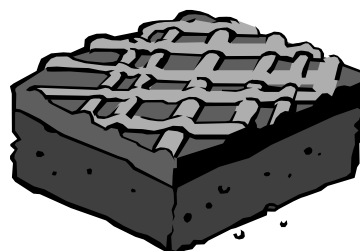
Topping

1 Family block hazelnut chocolate
50g copha

Melt together and pour over cooled base.

This mixture makes a tin 28x18 cm
Use 1 1/2 quantities for larger tin.

Freezes well!!!!



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Don't Let Itinerant Traders Fleece You

The Department of Consumer and Employment Protection (DOCEP) and the Painters Registration Board are warning consumers to be on alert for itinerant traders, or risk being ripped off.

Consumer and Employment Protection Minister John Kobelke said itinerant traders were often roof painters, bitumen layers or carpet cleaners who worked over a district leaving behind shoddy work, counterfeit goods, overcharged customers and false contact details.

"Do not be dazzled by the supposedly fantastic prices offered by these unscrupulous rogues, as in most cases these jobs end in heartache and disaster for consumers who can afford it the least," Mr Kobelke said.

"These shonky tradesmen make unsolicited approaches to consumers with the offer of a cut price deal for cash to lay bitumen, or perhaps paint roofs and gutters, using materials supposedly left over from other jobs.

"A big concern for us is that these crooks often target the elderly and people on low incomes, almost using stand over tactics to get cash payments up front."

The Minister said in the past some elderly people had even been driven to banks or ATMs under duress, to get the cash.

These itinerant traders breach the Door-to-Door Trading Act that gives consumers a 10-day cooling off period to change their mind or shop around to get advice, without having to make any payments within the cooling off period.

"Although they start off portraying a friendly image, this will quickly turn menacing if challenges to their workmanship or identities are made," he said.

"The unlicensed itinerant traders use posters and signs advertising for 'house roofs painted' or 'roof restoration and cleaning' and 'bitumen laying', listing hard to trace mobile phone numbers."

Consumer Protection has advised these types of signs have recently appeared in the Cannington, Thornlie, Belmont, Guildford, Midland, Ferndale, Lynwood, Gosnells, Bull Creek, Rivervale, Leeming, Forrestfield, High Wycombe and Toodyay areas.

Mr Kobelke warned that consumers should avoid getting trapped by anyone who came door-knocking, touting for such work.

"If it is safe to do so, consumers should record the itinerant trader's vehicle registration number and, as soon as they depart, contact Consumer Protection," the Minister said.

"When it comes to painting, always demand to see the painters registration card of any trader you deal with.

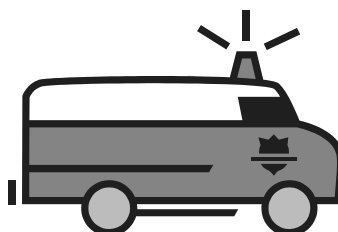
"It is better and safer to do your homework and it is recommended you get at least three quotes from trusted local trades people.

"Painters must be licensed by the Painters Registration Board to conduct work valued at more than \$200.00."

Anyone approached by suspicious trades people should call the Consumer Protection Hotline on 1300 30 40 54.

Incidents can also be reported to the Painters Registration Board on 9476 1212, which can also advise consumers if a trader is licensed or not.

Lake Grace Volunteer Fire Brigade, Ambulance and Police



We require old cars to be used in demonstrations and mock accidents. Vehicles will not be returned.

Contact Ray Bird 9865 1348
or Nadene Owen 9865 1617



99 Towns Take Fast Track to Broadband *(cont. from page 7)*

interest today. To register interest go to www.telstra.com.au/demand/index.cfm and follow the prompts.

The ADSL register is open to anyone who wants ADSL from Telstra or any other participating internet service provider (ISP) that provides broadband via the ADSL network.

When the set level of required interest is reached for the particular geographical area Telstra will confirm the interest shown by residents and examine whether the exchange should be upgraded.

To determine the 'required interest' levels for exchanges, Telstra will carry out a detailed review of the costs involved in providing ADSL. The required interest levels will vary depending on a number of factors, including the size of the exchange, expected market growth, and technical issues such as the cost of ADSL exchange equipment required.

The Higher Bandwidth Incentive Scheme (HiBIS) is a \$107.8 million initiative of the Australian

Government, managed by the department of Communications Information Technology and the Arts (DCITA) to provide access to higher bandwidth services to people in regional, rural and remote areas at prices broadly comparable to those in metropolitan Australia.



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SELF INKING

TO PLACE AN ORDER OR OBTAIN A
QUOTE CONTACT THE LAKE GRACE
TELECENTRE

Summer Employment Opportunity

A short term position is available from **1 November 2004 to 28 February 2005** as a local coordinator in the state Skeleton Weed Eradication Program. The successful applicant will work a flexible 40 hour week at \$20 per hour (gross) with all necessary equipment (incl. vehicle) provided.

The position entails both office and field work and will primarily involve liaising closely with local landholders, the Lakes district Local Action Group, and others involved with the Skeleton Weed Eradication Program.

Applicants will need to be enthusiastic, self-motivated and capable of working unsupervised in an organized manner. Applicants will be required to demonstrate excellent communication skills, a pleasant, helpful manner, good computer skills and be prepared to reside in Hyden for the duration of employment. A current Police Clearance and driver's license for a manual vehicle are essential.

Written applications close by 10 September 2004 and should be directed to S. Metcalf c/o Post Office Lake King WA 6356

For further information and a more detailed job description contact S. Metcalf - ph 08 9842 9880 or fax 08 9842 9889.

Vi Barham Award For Excellence 2004

Congratulations to Sam Curtin and Jason Lay from Lake Grace District High School on being nominated for the academic section of the Vi Barham Award For Excellence 2004.

Schools from throughout the former Narrogin Education District are invited to nominate students for this section of the award. The top 10 students from the academic tests then progress to the interview stage of the award.

The Vi Barham Award for Excellence is a \$1,500.00 scholarship presented to a year 7 student to help with their secondary education. Students can be nominated from schools within the former Upper Great Southern Education Region.

Schools use Students' academic ability as the first criteria for nomination. Sporting and citizenship achievements are important criteria at the interview stage.

Tests will be conducted in reading, maths and spelling on 17 August 2004.

Testing time for 2004 will be 1 1/4 hours for maths and 1 hour for reading/writing and spelling.

A small panel of education and community leaders will interview the 10 most successful students from the testing process. The interview and formal test will be weighted equally in the determination of the successful candidate.

The Vi Barham Award will be presented at the Districts Education Awards evening to be held on Friday, 29th October 2004, which will coincide with Education Week 2004.

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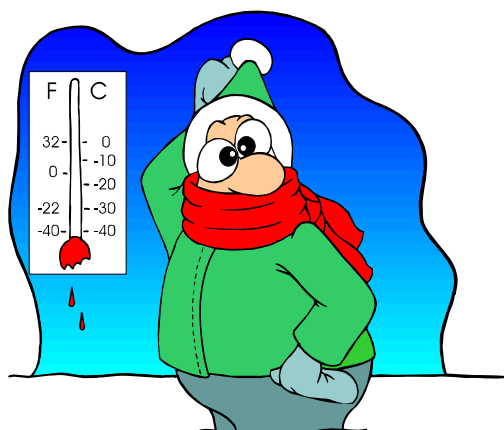


Lake Grace Weather

- Terry Gladish

Rainfall for August

Highest monthly rainfall	104.3mm	1955
Lowest monthly rainfall	5.2mm	1995
Highest daily rainfall	61.3mm	15/8/1976
Highest number of rain days	24	1942
Lowest number of rain days	4	1956



Date	Min	Max	Rain
29/7	1.0	18.1	
30/7	5.6	15.6	1.8
31/7	2.0	15.2	0.2
1/8	6.8	14.5	
2/8	1.6	12.7	
3/8	2.0	16.1	
4/8	5.0	14.1	
5/8	3.3	18.4	
6/8	5.7	14.2	7.6
7/8	4.0	15.7	Trace (d)
8/8	3.7	16.0	
9/8	0.7	17.1	
10/8	1.1	18.2	
11/8	4.1		

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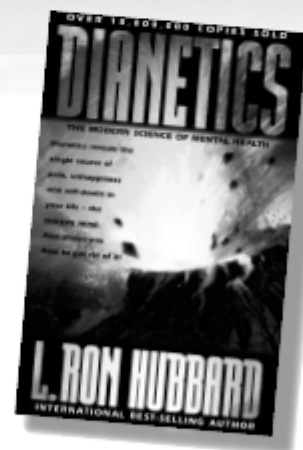
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Lake Grace Cadets Update

The Lake Grace Cadets are officially up and running, with our first three meetings now history. Due to the need to cover the basics, our first meetings have provided only an inkling of what is to come. During our first meetings, we've covered admin matters, drill and ceremony basics, and teamwork. I have been very impressed with the level of enthusiasm shown by the Cadets.

Yesterday we spent more time on basic instruction and measured for Cadet uniforms. We also discussed a number of possibilities for our term weekend excursions, which, as previously mentioned, are a requirement of the Cadet program. During Term 3, a number of excursion possibilities exist: caving and 'eco canoeing' on Margaret River; abseiling, canoeing and 4wding in Pemberton; rogaining in Perth. Should you have other suggestions (thanks Judy Garlick, Debbie Clarke and Amanda McArtney) or wish to help or provide expertise you are invited to contact Rick Elliott on 9865-1207.

Boddington for the Country Cadets Emergency Response Camp, which will provide the Lake Grace Cadets with an opportunity to participate with other Cadets in activities ranging from simulated emergencies to a disco.

Should you be willing to provide instruction or expertise in activities relating to bush activities, survival or rescue and safety (radio, knot tying, etc), we welcome you. As mentioned previously, our meeting time, which is flexible, is 1415 to 1630 on Mondays. Given the fact people may be unable to attend during those hours, we are more than happy to reschedule to suit interested volunteers. Remember, volunteers are welcome to provide as little as an hour of their time over the entire year. Finally, there is no requirement that volunteers have a child participating in the Cadets program.

Again, should you be interested or have any queries, please contact Rick Elliott at Lake Grace District High School on 9865-1207.

During Term 4 we will probably travel to

Rick Elliott



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AgWest Machinery, 66 Absolon St, Lake Grace
Ph : 98 651100 Fax : 98 651391

The Belgian Aussie....*part 2 (cont.)*

wonderful songs that we all know...Doe a deer a female deer...etc! Lucky I practiced them often in the shower last year, I knew it would come in handy! It was here where we also experienced some traditional Austrian folk dancing, very amusing, I was asked to dance by a nice looking young man, which was great. I thought it wouldn't be that hard, that I could maybe teach him a thing or two. Boy! It was definitely more difficult than it looks. If you can imagine clapping three times, turning clapping to the person on the left diagonal to you, turning back to clap with your partner, twirling three time in close proximity to your partner...and wait for it...each partner hitches up one leg, grabs the other person's hitched leg, and you jump like this in a circle...a VICIOUS and tiring cycle, but one of the amazing things I can now say I have done. Ladies, do NOT try this dance with a boob tube on!! Not very favourable...a sports bra is perhaps more appropriate!

Next stop, Italy... probably the most beautiful country, and the weather was superb, and I am sure we have all been to an Italian style restaurant in Perth somewhere, and you know those Pasta dishes which are impossible to finish, well that is just the entrée in Italy! Our last destination was the South of France, Nice, Monaco, Avignon, Lyon. It was here where we really stripped off and went swimming! At first the bikini was a little daunting, after-all, we are exchange students, but the beautiful Mediterranean is simply irresistible! Beached whale or not, I was going in!

That was the most amazing two weeks of my life! I can not say I have caught up on the little sleep I got for the whole tour, but I can say it was all worth it! Whether it was dancing and singing in the street for a little pocket money, or moulding myself into

the person next to me on the bus for a little nap, the times shared with the most amazing people will never be forgotten. Apart from a little celebratory week for my friends who have finished their exams on return, that brings me to now looking around my room and seeing all my stuff everywhere. Tu vois (you see), I find myself packing for London for which I leave in two days, followed straight away by France, and then Finland in August. The vacation is a fantastic opportunity to travel and I will tell you all about afterwards.

I spoke to my dad today on the phone, only to conclude that he hasn't changed. He parked Stevie's ute on the top of our sandpit whilst Steve and Josh were playing golf. Of course on attempt to drive off he became bogged, and I could hear him shouting at my dad while my dad continued laughing!and I wonder why Belgians think I am crazy!!

My parents rock!

....until next time.. Ash

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BOOK FAIR

The Lake Grace library will be hosting a Book Fair to celebrate 'Book Week'.

The fair will begin on Monday, the 23rd of August and conclude on Friday, the 27th of August during library hours.

A large range of children's books both fiction and non-fiction from Ashton Scholastic will be on display and available for purchase.

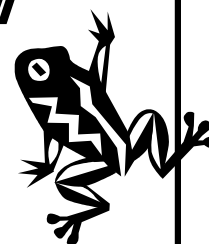
Please feel free to browse through the large variety of books with your children. There will be books available for young children through to teenagers and an exciting new range of children's books from around the world.

HOPE TO SEE YOU THERE!
(ENQUIRIES: Sandy Carruthers 98651185)

Lake Grace Pingrup Football Club
will be holding an



'F'



fancy dress night

Saturday 14th August

at the Pavilion

7:30pm start

**There will be a DJ
and party games**

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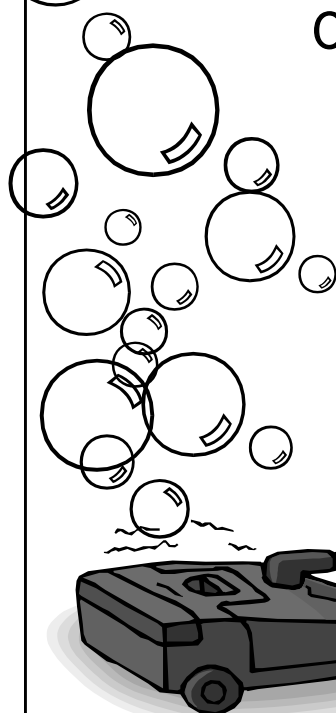
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Lake Grace
Monday 6th September, 7.00pm – 10.00pm
Lake Grace Telecentre
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Call 1300 367 424 to register



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LAKE GRACE DEVELOPMENT ASSOCIATION

The August meeting of the Lake Grace Development Association proved to be as interesting as usual with a large number of topics covered. Some of the items are listed below;

- Ian Menzies gave a report on the meetings he has attended as a board member of the Golden Outback Region. He also reported on meetings he has attended as our representative on the Wheatbelt region of the Golden Outback. WA on Show will be from 27th of August to the 2nd of September in the Convention Centre.
- On The Sheep's Back. The artist is up to the 5th sheep sculpture and all is going according to plan.
- The Stationmasters House Action Group had another very successful busy bee last Sunday with obvious results.
- Tourism. Our region will have a stand at the Newdegate Field Day this year and volunteers are being sought to man the stand for perhaps a few hours.
- Townscape. The area behind the water authority has been ripped for tree planting.
- Youth Advisory Council.. The Youth Station is still being well utilised by members and they look forward to their fortnightly activities which will include soccer, video night and karate for this term. Cadets have made a start at school and this may impact on the Youth Station at a later date.
- Accommodation Committee. There was much discussion about the last Shire meeting, when the majority of council voted to rezone the land required for the new motel development before calling for tenders. It was felt that this will delay the development of this much needed facility.
- Community Builders. They have all been very busy working on getting the replica of a bi plane up before the WA on show key arrives in Lake Grace. Many thanks to Clint Earnshaw for his work on this project.
- ABCDE. Following last weeks public meeting there is to be an official launch on Friday the 13th by Margaret Banks – acting Director General of Education and Training at the Sportsman's Club.
- The 90th year of the Lake Grace School along with the 60th year of the CWA will be celebrated on Saturday the 6th of November at the School.
- The dedication of the clock was discussed it was agreed that this would take place when the Visitors Centre is complete and there are Sheep in the street so that all of the Town Centre Development can be celebrated.
- A Hall of Fame was discussed again, it was thought that we should focus on the Royal Flying Doctor Service as we already have the Australian Inland Mission Hospital here.

The next meeting of the LGDA will be on Monday the 13th of September at 7.30 p.m. all welcome.

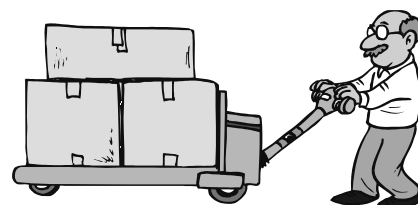
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HIGH SCHOOL BASKETBALL

Kulin have notified us of their AGM to commence basketball for the 2004 season.

Last year Kulin had 4 teams and Lake Grace had two teams. We need to know our numbers this year to see how many teams we can take to Kulin. The teams are mixed and we need at least two girls in each team. Last year we asked year 7's to make up the teams (preference will be given to High School Students). Games are played on Friday nights and are played on the indoor courts.

We have been notified by PCAP that we have funding to take a bus to Kulin each week, last year

the cost was \$3.50 per week for those using the bus.

Names need to be in by Friday the 20th of August. Teams will commence games early in September. Last year subs were \$17, at present we don't know what they will be for this year.

Any parents prepared to assist with coaching, umpiring or managing teams please let me know, we need at least two umpires.

Please phone names in as soon as possible to Mrs Debby Clarke on 98654041, fax 98654032.

Debby Clarke

YOUTH ADVISORY COUNCIL

This Friday the 13th of August we will be playing soccer on the town oval starting at 4.00pm (members to go to the oval), the evening will finish at 7.00p.m. at the Youth Station.

The cost for the evening will be \$6 per person which includes the evening meal. The supervisors

for the evening will be Donald and Nannette Wallace.

Our supervisor for Wednesday the 18th is Linda Hunt and for Wednesday the 25th of August is Debby Clarke.

Debby Clarke



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Government of Western Australia

Expression of Interest

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at the Departments
Lake Grace District office

For registration of interest contact
Chris Kimber on 9865 1205.

**Closing date: Thursday 26
August 2004 at 11.00am WST at
the Lake Grace District Office.**

*With the warmer weather approaching
please be aware that*

sprinkler restrictions *are in place permanently.*

The only time you are allowed to use a
sprinkler is **between the hours of**

6:00pm and 9:00am





LAKE GRACE HOCKEY CLUB

Finally the season has ended. Only the fun stuff left with the Senior Wind-Up and trophy presentation in just over a week on the 21st August. Please get your orders in to Danielle before

the 14th, so we can let the Club know how many to expect.

Narembeen v Lake Grace

31st July

Junior Boys 1-0 Narembeen

Coaches award Harley Pittard

Full of optimism our Junior boys travelled to Narembeen to secure their place in the top four.

The game proved to be an unsettling one for Lake Grace which gave Narembeen some confidence. Narembeen played hard in the forward line using every opportunity and that paid off. Lake Grace midfielders pushed the ball hard to the forward line, however the strength just wasn't there in the circle to hit home. Two of our boys sustained leg injuries and another played the full game despite feeling quite sick, so well done boys.

C Grade 0-0

Coaches award Phoebe Robertson

C Grade played a wonderful team game this week with all players contributing to the game. Good direct passing between players down the wings kept the ball in our forward half for much of the game and great defence by the full backs stopped Narembeen from scoring. Emily Howe and Phoebe Robertson came particularly close to scoring in the second half, with even the umpire cheering them on (oops!). A few wild swings saw a couple of the Narembeen players leave the field but luckily nothing requiring further treatment. A great effort by all the team, well done.

B Grade 3-0 Narembeen (half time 0-0)

Coaches Awards Karel Walker (2)
Mae Connelly (1)

Missing the B Grade coach this week and the team had Anna Taylor on the sideline directing them. We aren't sure who was more frustrated!

Despite the score line the game was evenly spread between the two teams and also around the field. Good defence kept Narembeen out of their circle for the first half. Christine Fyfe copped a lovely ball to the head in the first half but was able to go back on without any ill effects. Unluckily for her, after returning to the field she scored

another one to the eye which sat her out for the rest of the game. Vanessa Ward also had an unlucky break, literally, she went down and chipped her ankle bone which will put her out for the last game. Unfortunately three quick and sneaky goals settled the game in the second half. Better luck next week.

A Grade 1-0 Narembeen (half time 0-0)

Coaches Awards Nat O'Neill (2)
Di Desmond (1)

A fast and physical game with the reserves all being used up this week to enable the flow of the game to continue. Good defence kept Narembeen unable to convert in the first half, despite many attempts. Well done to Di and Belinda. Fiona Chatfield was kept busy and effectively kept her player's impact on the game to a minimum.

Narembeen had some wild passes straight out the back line which gave us many chances to regroup and get the play our way. Great passing though the field and clearing hits by Jodi and Di kept the ball moving up to our forward half. A lucky goal in the second half sealed the game for Narembeen.

Club person Award this week went to Lois Dickens in appreciation of the effort she makes to travel to all our games and umpire for us.

Lake Grace v Kulin

7th August

Junior Boys 3-0 Kulin (half time 3-0)

Coaches Award Beau Bowron

This week the boys ran out in their last ditch effort to score a place in the finals.

With additional players to field a side in Daniel Trevenen and Kyal Carruthers they ran with fire in their bellies to beat the top side.

Kulin, had other idea's and came out with all guns blazing and scored their first goal within 10 minutes of play. Lake Grace did however have their fair share of possession and opportunities but the passing shots let them down. By the half time whistle Kulin had scored a further two goals. After some strong words of encouragement from Lindsay and a few positional changes, Lake Grace dominated the second half obtaining quite a few opportunities off penalty corners. Kulin maintained a strong fast and overpowering back line, leaving Lake Grace scoreless. The game did reflect Kulin's experience as a team and that's what paid off. Lake Grace however can be very proud of their efforts they worked hard and certainly gave Kulin a run for their money.

We would like to take this

Continued next page

LAKE GRACE HOCKEY CLUB...CONT

opportunity to thank Lindsay McGlinn for coaching the boys, he has done a fantastic job in bringing them where they are so watch out next year!! Junior Boys finished 6th on the ladder.

C Grade 9-0 Kulin

Coaches Award Sheridan Fyfe

Lake Grace had their work cut out for them this week with Kulin fielding a much older and more experienced side. Sheridan Fyfe put pressure on the opposition with some good channelling of the players and some effective defence along with John Hendry. Maddy Walker positioned herself well for free hits and Chiara Nolan showed some good running to catch the ball. Tarnie Bird, playing her last game with the C grade side, also did some good running through the right side of the field. Your improvement over the year has been remarkable Tarnie and you will be missed next year. Ellie Naisbitt took a ball to the eyebrow in the second half and should be matching her Auntie Christine by now. Hope it feels better soon Ellie. A disappointing way to end the season, but everyone played to their best ability and we look forward to next year.

C Grade finished 6th on the ladder.

B Grade 5-0 Kulin (half time 3-0)

Coaches Awards Alison Medlen (2)
Coralie Pinney (1)

B Grade finished 8th on the ladder.

A Grade 3-2 Kulin (half time 1-0)

Coaches Awards Amanda Milton (2)
Tina Keys (1)
Goal Scorers Anna Naisbitt
Jodi Pearce

I didn't take any notes this week so had to rely on the coach to help out, here's what she thought before we went on the field.

"Anna Taylor starred as Jodi had a crook neck and Fiona sulked as she had to play left half. So the fantastic coach of A Grade stepped up and scored

3 solo goals. Plus stopped 10 goals. The only other member of the A grade side who played well was Belinda. She threw herself in defence and stopped 20 goals. Amanda M. displayed amazing aerobatics that looked like something out of the Matrix. During the second half Fiona stopped her sulking and ran like Marion Jones to score a solo."

Close, but not quite what happened. The whole team contributed to the game, and there were no solo goals at all, one field goal by Anna Naisbitt and one off a short by Jodi Pearce. And Fiona only sulked for a little bit.

For our last game of the season everyone stepped up and made Kulin have to work very hard for the goals they did score.

A Grade finished 7th on the ladder.

We had a good final game night at the Club afterwards with all members dressing up to the theme of 'H'. Even a few of the late comers from the football got into the swing of things and dressed up too. See photos below.

Club Person Award this week went to Danielle Robertson.

Thank you to all our sponsors, The Sportsman's Club for Coach's Awards. Sab's Fish and Chips for Club Person Awards. Walkers Wines for the game balls. Neu-Tech Auto Electrics and ConsultAg for the Junior Boys shirts.

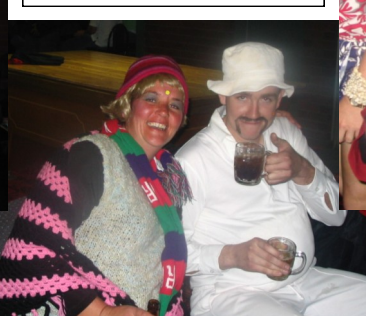
Could all senior members please return their game shirts and junior members their club jackets, washed and in a plastic bag to Belinda by yesterday. If we get Senior uniforms back by Saturday you will get your \$10.00 back. Please let us know if there are repairs to be made so we can get it done by next season. Better still fix it yourself.

Danielle Robertson, Genni Curtin & Karel Walker with special correspondent Anna Taylor



↑ Hawaiian Hula girls
Nat, Anna, Tina & Karel

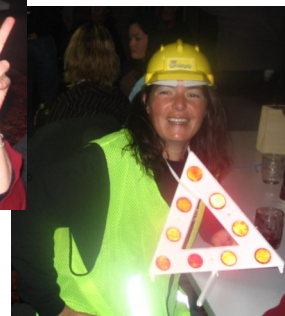
↓ Homeless Hag
with Hughes



↑ The peaceful
Hippie



↓ Fiona the
Hazard



LAKE GRACE HOCKEY CLUB...CONT



↑ Benn Tomkins with coach Lindsay McGlinn on the sideline



↑ Nat Curtin playing his 50th game.



↑ 2004 'C' Grade team, with coach Jodi Pearce.



→ 2004 'B' Grade team and Luke the new team mascot.

← B Grade lining up for a short corner



↑ Tina Keys with control at right wing



↑ A Grade - Fee and Jodi taking off in defence of a short corner with Di, Belinda and Amanda in goals.

↓ Nat O'Neill taking a big wind up on a free hit at right half back.



↓ Belinda Bowron and Di Desmond trying to get back to support Amanda Milton in goals. (There was no goal scored on this occasion)



LAKE GRACE GOLF CLUB

Turkey Day (*continued*)

forgotten about his turkey, only remembering when he went to get his golf sticks out of the boot in time for the following weeks competition. Needless to say this turkey was past its prime.

Over the years there have been some very successful partnerships, none more so than Anna Strevett and Margaret Clarke who have won five times. Ron Jarvis and Kingsley Strevett came up trumps four times. Murray Stanton and Andrew Bozanich have also been successful four times, twice as a pair and the other times with other partners.

For every winner there also has to be someone who was *golf challenged* on the day. Over the years the NAGA's have been presented with the 'feathers', a not-so-glamorous cap decorated with turkey feathers.

Helen Hunt and Michelle Lay continued their successful partnership from 2003, winning once again in 2004 with a score of 44 points. Although Kevin Eggers had won previously in 1998, his partner on the day, Chad Stanton, hadn't previously had the pleasure of 'taking home the turkey', their score was 49 points. Winning for the visitors were Wayne Barnett and Geoff Daniels coming up from Busselton and Mandurah.

Runners-up for the men were Mike Clark and Andy Young on 47 points; and Betty Scheid and Lisa Pearce with 39 points.

'Winners' of the feathers were Lyn Taylor and Laure-Ann Maalouf; and Mark Pearce and John Bennett. Lindsay McGlinn had a fantastic round with 35 off the front 9, easily breaking the 80 mark over the round. Nearest the pins were Graeme Taplin (no. 4), Lindsay McGlinn (no. 6), Lisa Pearce (no. 15) and Mike Clark (no. 18).

Thank you to our sponsors Peter and Lyn Taylor for their continued support.

1st August 2004 was the fourth qualifying round sponsored by Fyfe Transport, played in blustery conditions.

Rex Walker came up trumps with a 91-24-67 followed by Chad Stanton on 91-20-71. For the ladies Lisa Pearce back to her winning streak came in with 102-35-67 followed by Helen Hunt on a 91-18-73.

Nearest the pins were Rex Walker (no. 4), Lindsay McGlinn (no. 6), Michelle Lay (no. 15) and Mike Clark (no. 18).

The birdy hole was no. 7 – still no winners.

8th August was the fifth and final qualifying round sponsored by Lake Grace Rural, with a small contingent playing. Everyone else must be happy with the scores they have already put in.

Winner for the day was Michelle Lay (yawn, yawn) with a personal best of 89-25-64 – watch out for the handicapper. Wayne Barnett was runner-up with 85-16-69.

The **Eastern Great Southern Ladies Championships** were held in Kulin on Wednesday 4th and Thursday 5th August. Three ladies from Lake Grace attended with Michelle Lay winning the bronze closed and open events with a score of 90-26-64 on the first day and 95-26-69 on the second. She was also runner-up nett for the 36 hole event.

Saturday 21st will be Ned Dixon and Bill Walker's ever popular day. It will be an aggregate 4 ball stableford, draw for partners.

Craig Reeves

JUNIOR GOLF

With the excitement of the Talent Identification Clinic out of the way our Juniors are now gearing up for the upcoming Junior Championships to be played on Sunday 22nd August and Sunday 29th August.

Next Sunday August 15 there will be NO junior golf due to the Men's Lakes Carnival at Kukerin so, bearing this in mind, we will see everyone of the 22nd August. Hit off time is 9:00am so names must be in by 8:45 am so we can organise the

draw.

If we can have parents walking around with the groups this would be most appreciated, but its also a chance to see your kids in action.

Our winners last week were Thomas and Aaron Dunham and this week Kyal Carruthers, Jason Lay and Rebecca Reeves. Well done to all these winners, see you all on Championship Day.

Gary Frost

OFA — FOOTBALL

Round 12 – July 31, 2004

LEAGUE:

Boxwood Hills 23 goals 16 (154) defeated Lake Grace/Pingrup 6 goals 9 (45).

*Kent 30 goals 23 defeated Borden 9 goals 7 (61).
Newdegate 12 goals 5 (77) defeated Jerramungup 9 goals 22 (76).
Ongerup 23 goals 19 (157) defeated Gnowangerup 17 goals 9 (111).*

RESERVES:

Boxwood Hills 24 goals 13 (157) defeated Lake Grace /Pingrup 3 goals 8 (26).

*Kent defeated Borden by forfeit.
Jerramungup 10 goals 7 (67) defeated Newdegate 8 goals 5 (53).
Ongerup 16 goals 13 (109) defeated Gnowangerup 6 goals 6 (42).*

JUNIORS:

Lake Grace/Pingrup 10 goals 15 (75) defeated Boxwood Hills 0 goals 1 (1).

*Borden 9 goals 7 (61) defeated Kent 7 goals 7 (49).
Jerramungup v. Newdegate (no results available).
Ongerup 7 goals 17 (59) defeated Gnowangerup 4 goals 6 (30).*

Round 13 — August 7, 2004

LEAGUE:

Gnowangerup 18 goals 12 (120) defeated Lake Grace/Pingrup 11 goals 6 (72).

*Boxwood Hills 27 goals 13 (175) defeated Kent 3 goals 12 (30).
Jerramungup 22 goals 14 (146) defeated Borden 11 goals 11 (77).
Newdegate 17 goals 9 (111) defeated Ongerup 12 goals 13 (85).*

RESERVES:

Lake Grace/Pingrup 8 goals 7 (55) defeated Gnowangerup 7 goals 10 (52).

*Boxwood Hills defeated Kent by forfeit.
Jerramungup defeated Borden by forfeit.
Newdegate 13 goals 7 (85) defeated Ongerup 9 goals 4 (58).*

JUNIORS:

Lake Grace/Pingrup 13 goals 18 (96) defeated Gnowangerup 2 goals 0 (12).

*Boxwood Hills 9 goals 14 (68) defeated Kent 0 goals 1 (1).
Jerramungup 5 goals 6 (36) defeated Borden 4 goals 3 (27).
Newdegate 6 goals 8 (44) defeated Ongerup 3 goals 4 (22).*

OFA — D GRADE FOOTBALL

ROUND 12 – July 31, 2004

Lake Grace/Pingrup 10 goals 15 (75) defeated Boxwood Hills 0 goals 1 (1) at the Pingrup oval.

'Fed by Ted' awards went to:
Harrison Slarke – He played with great confidence in the forward pocket and kicked 1 goal and 1 point.
Kane Pinney – A dangerous and committed player in the forward line.

ROUND 13 – August 7, 2004

Lake Grace/Pingrup 13 goals 18 (96) defeated Gnowangerup 2 goals 0 (12) on their ground.

'Fed by Ted' awards went to:
Sam Willock – For his consistency as a team member and versatility in playing different positions on the field.
Reece Smith – For his continual and valuable on

ball contribution.

Next week is our last game at home against Newdegate before the finals.

Linda Hunt



Expressions of Interest Sought

Do you require selective humane culling (under CALM guidelines) of kangaroos, including carcass removal, on your property.

Contact Jason 9865 1676



LAKE GRACE GYMNASTICS CLUB

Olympic Coaches train Lake Grace Gymnasts



Wow! Fourteen Lake Grace gymnasts, with 40 other children from our region, attended an awesome camp in Perth last month.

Our first destination was the Len Fletcher Pavilion which was also to be our home for the night. The first workshop was run by well-respected and experienced coach Alida Scott and staff. After splitting into groups, the children alternated activities based on the theme of the circus. A wonderful time was had by all.

The circus theme continued after lunch with a visiting group Bizircus. The children played many games and learned a lot of circus tricks.

In the early evening, we were treated to an AMAZING performance by Skadada, a group of young people aged 11-23. Adults and children alike were awe-struck by the contortionists, trapeze acts, 10 metre suspended silk acts and suspended hoop performances. This group trains 3 hours per day, 6 days per week and performs nationally and internationally. Anyone wishing to buy gold hot pants for their son, please place orders with Jenni Wyatt.

After dinner and showers, the kids bedded down for the night on the sprung floor and mats to enjoy a new release movie. Exhausted from the day's activities, most children were watching with their eyes closed!

Early morning rise, breakfast and we were off to the playground at King's Park. The rain did not dampen the kid's spirits and an enjoyable morning tea was had at the park café.

Our final session was a clinic at Challenge Stadium with elite and Olympic coaches alike. The stadium and apparatus were (of course) first-class, the favourite being the foam pit. The gymnasts learned nearly as much as we coaches.

Thanks must go to Maria Arendte, our Perth coordinator and to Katanning Gym Club for the wonderful catering. Last, but not least, thank you to our marvellous and dedicated parents for attending with their children.

Can't wait to see you all there again next year!

Wendy O'Neill



Photos from gym camp courtesy of Natalie Gambuti.

LAKE GRACE GYMNASTICS CLUB

Gym Camp

It's good to see that the gymnasts who attended the gym camp had such a great time. By all accounts it was a wonderful experience, with both children and Coaches improving their skills in a world class environment. Thank you to all the parents who took the time to transport and accompany their children to the camp, and to Wendy, Christine and Karen for helping out.

Boy's Uniforms

Our boys are looking very athletic in their great new gym singlets, made so beautifully by Pat Robins from Kulin. They really looked the part at the gym camp, and Lake Grace were among the few teams with matching boys' and girls' uniforms. Thank you to Christine for organising these.

Change of Day

Due to the Margaret Cotton Festival and the Newdegate Field Day, there will be a change of gym day from Wednesday to Monday in weeks 5 and 6. New gym dates for these weeks are Monday, August 23 and Monday, August 30. All rosters will change from Wednesday to Monday on these days too, so please check your roster to see if this will affect you. Please make your own swaps if there is a problem or call Donna on 9866 8025.

Big Pack-up

After gym on Monday, August 23, all equipment must be removed from the hall in preparation for the Margaret Cotton Festival, to be held later on the same week. Please could we have as many people as possible present at 4.45pm on that day to help shift equipment.

Men are needed desperately, please!

Rosters

Helpers for the next 2 weeks are:

Wednesday, August 18;

Set-up (1.15) Maria Taylor, Kate Sweck, Donna Hendry.

Main session (3.30 –5.00pm); Julie Bushby, Yvette Downey, Donna Hendry.

Monday, August 23;

Set-up (1.15)

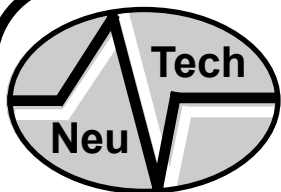
Narelle Leo, Marnie West, Helen McWhirter

Main session (3.30-5.00pm) Trish Cameron, Jeni Wyatt, Helen McWhirter.

4.45pm BIG PACK-UP... ALL HANDS ON DECK, PLEASE!

Please note change of day from Wednesday, August 25 to Monday, August 23.

Donna Hendry (secretary)



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Ring Liam on 9865 1038

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PUBLIC NOTICES

Lake Grace & Newdegate General Practice

There will be
NO DOCTOR
In Lake Grace
From Friday 13th August 1:00pm till Monday
16th August 2:30pm.
Surgery will be open on Friday till 2:00pm for
ordered medications only.
Sorry for any inconvenience.

Dr Jane Spencer

Please note that Dr Jane Spencer will be
coming to Lake Grace on
Thursday 9th and Friday 10th September
Thursday 7th and Friday 8th October
Thursday 4th and Friday 5th November
Thursday 9th and Friday 10th December

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Darcy Roberts (President)	9874 4013	9874 4068
Andrew Walker (Vice President)	9865 1241	9865 1921
Ian Woods	9872 0011	9872 0050
Royce Taylor	9865 1507	9865 1320
Helen Bennett	9865 1026	9865 1568
Ollie Farrelly	9865 1304	9865 1188
Allan Lansdell	9874 4033	9874 4033
Meighan Stewart	9871 2042	9871 2042

ANGLICAN CHURCH OF LAKE GRACE

Sunday 15th August

9:00 am Lake Grace
5:30 pm Pingaring

Sunday 22nd August

8:00 am Newdegate
5:30 pm Lake Grace

Enquiries:

Captain Derek McArtney 9865 1064
Deacon Michael Lloyd 9871 2041

CRISIS CARE NUMBERS

Doctor's Surgery	9865 1208
Hospital	9865 1206
Ambulance	9865 1444
Police Station	9865 1007
Fire Brigade	9865 1250
Emergency Services	000
Electricity Faults	13 13 51
Water Faults	13 13 75
Directory Assistance	12455
Crisis Care Unit	9325 1111
Women's Refuge Group	9227 1642
Family Violence Intervention Programme	9336 2144
ACRAH Men's Refuge	9272 1333
Domestic Violence Legal Aid Unit	9328 7602
Family Court of WA	9224 8222
Youth Legal Service	9227 4140
Citizens' Advice Bureau	9221 5711
Samaritan Befrienders	1800 198 313
Margaret Cole	0427 441 459
Poisons Information	13 11 26
Kids' Helpline	1800 073 008
Seniors' Information	1800 199 087
Family Helpline	1800 643 000
Southern AgCare Counselling	
Sat - Mon (ph/fax)	9865 1014
Tues - Fri (Evenings)	0427 441459

Lake Grace Uniting Church

Sunday 15th August

10:00 am

Sunday 22nd August

Contact below

Enquiries:

Keith and Joan Fleming 9871 9025
Bob Burbridge 9865 4020

LAKE GRACE CATHOLIC CHURCH

Mass Time-Table

Sunday 15th August

10:30 am Varley
6:00 pm Lake Grace

Friday August 20th

5:00pm Newdegate

Sunday August 22nd

10:00am Lake Grace

Inquiries: Fr Pierre 9865 1248

Gnostic Catholic Church of Lake Grace

Sunday 19th September 2004

Enquiries to Mark 9865 1990

Justices of the Peace

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

COMMUNITY CALENDAR

August

Fri 13	Fish & Chip Night - LGS Club Chase the Ace - LG Hotel Launch of ABCDE Project Bingo at the Village Hall 10:00am Narrogin Vet 10:00am at the sportsground	Sat 21	OFA - First Semi Final at Borden Golf - Bill Walker & Ned Dixon's Day Hockey Windup Steak Night - LG Sports Club Junior Golf - 10:00 am
Sat 14	Steak Night - LG Sports Club Golf - Men's Carnival at Kukerin Winter Sports - LG/P v Newdegate LG/P Football Fancy Dress Party	Sun 22	LLN Deadline
Sun 15	NO JUNIOR GOLF Golf - Men's Carnival at Kukerin OFA Fairest & Best Vote Count - Ongerup	Mon 23	Men's Darts Diabetic Clinic Physiotherapist Chair/SOYF Aerobics Speech Therapist Occupational Therapist
Mon 16	Men's Darts LGDHS P&C Meeting	Tue 24	Ladies Darts Lakes Link News Playgroup - 9:30 am Anglican Ladies Apple Stall
Tue 17	Lakes Village Choir — 11:30 am Chair/SOYF Aerobics	Wed 25	
Wed 18	Pizza Night at Rosies Gym Club Ladies Darts	Thur 26	
Thur 19	Playgroup - 9:30 am Asthma Educator		
Fri 20	Fish & Chip Night - LG Sports Club Chase the Ace - LG Hotel Daffodil Day Stall Narrogin Vet 10:00am at the sportsground		

Coming Events:

27th August - Stamping 10:00am at CWA
7th Sept - 14th Sept - Mobile Mammogram Van
9th & 10th Sept - Dr Jane Spencer
29th October - Quiz night at the Sportsman's Club
2nd November - Melbourne Cup Luncheon and fashion parade at the Sportsman's Club
6th November - Spring Ball and Fair at LGDHS to commemorate the schools 90th birthday

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