

LAKES LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
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13th August 2009

\$1.10 inc GST

Vol 15 Issue 15

We're Going on a Book Hunt



Mia and Dale Gooch check out the books available at the Book Fair.

It was open season on books at the Lake Grace Library as the annual Book Fair kicked off on Monday.

Running for two weeks the Book Fair has approximately 200 titles on offer, all aimed at the primary school reader.

It was disappointing for library staff to find that they had received a lot less books than in previous years; and that there was a shortage of non fiction. Aside from that the book fair has been well

received by children, parents and school teachers.

The bonus of purchasing a book through book fair is that up to 30% of what you spend is credited to the Lake Grace Library. These credits are then used by library staff to purchase new titles for the Lake Grace Library.

Linda Carruthers and Lois Dickins would like to thank everyone for supporting their book fair, which runs until Friday 21st August.

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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 and Friday

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

CLOSED on Wednesday

Deadlines & Editions

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



Next Deadline

Monday 24th August

Next Edition

Thursday 27th August

LAKES LINK NEWS

2009 Advertising Rates

	Non Profit Org.	Business / Personal
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Public Notice	FREE	N/A
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1/2 Page	\$15.00	\$25.00
Full Page	\$25.00	\$45.00
Insert (d/s)	\$20.00	\$30.00
Thank You's	FREE	FREE
Editorial	FREE	FREE
<i>Conditions do apply.</i>		

Thanks

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

Elsie Bishop
Gwen Oliver
Jane Bushby
Michelle Dunham

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

- ☺ We still have a few giveaway software items at the Telecentre, versions of office (2002) and publisher (2000, 2002). We really don't want to throw these items out so if you would like some free software please drop in.
- ☺ We will be upgrading the local telephone book over the next fortnight so if you have spotted anything that needs changing or would like your number added in then PLEASE let us know.
- ☺ The Telecentre is inviting entries for the Local History Awards. Items must be submitted by Friday 16th October. Don't feel that you have to write reams of material, it would be expected that items submitted would be at least 750 words but no more than 2000 words in length. It's amazing how quick the words add up!!
- ☺ Do you want to get your forklift ticket? If so then please let me know as we have the opportunity to run a forklift ticket workshop in the near future. This will be a one off opportunity for at least the next 12 months.
- ☺ In the order of saving some of my sanity (the little bit I have left) could everyone who is submitting items to the paper please get their stuff in by the cut off. Thanks!!

Suzanne Reeves



To the Collators of the Last Edition

Maurie Gilson	Alex Reeves
Mary Naisbitt	Trish Medlen
Eileen Mather	



Local Telephone Book

The Lake Grace Telecentre will be upgrading the local phone book over the next month. If you have any alterations or additions could you please fax these changes through on 9865 1471 or email them through on lakelink@treko.net.au

Lake Grace - Local History Awards

With an increase in the popularity of written memoirs and a need to consolidate Lake Grace's history, the Lake Grace Telecentre are once again holding the local history award.

There will be two categories, a researched topic and a life story. Prizes will include a youth award, years 8-12 (must be enrolled at Lake Grace District High School) and an Open Award (entrants must be a permanent resident of the Lake Grace Shire). The entry may be any topic relevant to the history of Lake Grace.

The following are examples.

- History of a family or business
- History of a building, house or street
- History of a sporting or social club
- Memories of a particular decade

Categories

1. Lake Grace Stories - researched topic
 - This should acknowledge sources

used, including oral sources.

- The entry may include photographs, drawings or maps.

OR

2. Lake Grace Life Stories

- This may be autobiographical or based on an interview with another person.
- The entry may include photographs, drawings or maps.

Prizes

Youth Awards

- \$75 for each category

Open Awards

- \$200 for each category

For further information, conditions of entry or an entry form please contact Suzanne Reeves at the Lake Grace Telecentre on 9865 1310 or lakelink@treko.net.au

Closing date Friday 16th October

What Did You Say? Preventing Farmer Hearing Loss.

Have you ever noticed that many farmers have trouble hearing when in a room full of people or when there is background noise? Over 60% of farmers have hearing loss as part of their work.

Farming is a noisy industry, with a large number of activities undertaken involving exposure to noise levels which can cause permanent hearing loss. Although not life-threatening, the impact of hearing loss is often

The NiteStar Program

(NiteStar) is an innovative, nationally recognized, adolescent theatre company with a multi-component education and early intervention program for at-risk children, adolescents, families, educators and other professionals that work with young people.

The NiteStar mission is to use theatre to assist young people in identifying and clarifying the health and social challenges they face; to help change negative or unhealthy attitudes; and to promote and model healthy behaviors and relationships by mirroring attitudes and actions in both dramatic and musical scenarios written by the youth company members.

To register to the Community Consultation/Workshop which is be held at Narrogin Primary Health at 1pm til 4pm on September 1st. Please phone 9881 0385 or Alisha.wells@health.wa.gov.au.

LOOKING FOR ACCOMODATION??



Located in the nearby town of Kukerin.

Only 1/2 hour drive to Lake Grace

Available to rent

- ✓ Brick and Tile home
- ✓ 4 bedroom 1 Bathroom
- ✓ New varnished floors, carpets and curtains
- ✓ Recently renovated
- ✓ Newly painted interior

External has

- ✓ Sheds
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- ✓ Plenty of room for a family, couple or individual looking to rent.

Short or long term lease available

Local amenities include Shops, Kukerin Hotel (with excellent food, drinks and entertainment) Post Office and Tyre and Mechanical Workshop.

Any enquiries please phone
Paul Wheeler on 9864 6262 or 9864 6261.

forgotten. However, hearing loss still results in major health and social impacts on farmers and their families. "Once your hearing is damaged, it cannot be repaired", said Tony Hiscock, Chairman of Farmsafe WA Alliance.

Ways to reduce farm noise and hearing risks include eliminating the hazard, buying quiet machinery when replacing old machinery, regularly maintaining machines, insulating cabins, limit exposure to the noise or where Personal Hearing Protection (PHP).

How do you know when to use Personal Hearing Protection?

- ◆ If, when in noise, you have to raise your voice to be heard at a distance of 1 metre
- ◆ When the noise level is greater than 85dB (A) eg. Auger, angle grinder.

Choosing Personal Hearing Protection can depend on personal preference however some things to consider are:

- ◆ Comfort – unless they are comfortable, they will not be worn
- ◆ Compatibility – able to wear with other safety equipment (eg. Welding mask)
- ◆ Australian standards approved – look for the 'tick stack' symbol
- ◆ SLC Rating or Class – this will be on the device packaging.

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ABOUT TOWN

- Congratulations to Jacinta and Colin Holmes on the safe arrival of Sienna Lucy at Narrogin Regional Hospital on Thursday 6th August. Sienna weighed 7lb 7ozs and is a welcome little sister for Rhylee and Tayah and a new granddaughter for Lucy and Ollie Farrelly.
- Sympathy to the Marshall family on the passing of their father and grandfather, Mr Harry Marshall.
- Congratulations to Emily Gray, who competed at the Junior Eventing, Pony Club Australia National Championships 2009. The team won 1st place and she was placed 1st in the individual.
- Condolences to Natalie, John, Thomas and Ashley Gambuti after the recent passing of Natalie's mother, Mrs Yvonne Mouritz.

**Happy 80th Birthday
John Lay**
Afternoon Tea celebrations
will be held at
John and Nellie's home,
8 South Rd Lake Grace,
on Saturday 29/08/09 from 2.00 pm.
Friends and Family are invited to
drop in for a cuppa!

HAPPY BIRTHDAY



13th August	Chloe Robertson	19th August	Sam Stubberfield
14th August	Kevin Bushby	20th August	Colin Argent
	Justin Wright	21st August	Merv Spurr
15th August	Doug Clarke (? 0)	22nd August	Michelle Marshall
	Josh Pearce	23rd August	Symone Reynolds
16th August	Leon Clarke (21)		Chelsea Walker
	Kingsley Strevett		Connie Argent
	Murray Hardy		Terry Smith
17th August	Tahryn Gray	24th August	Matthew McWhirter
18th August	Emma Folz (nee Marshall)	26th August	Brady Carruthers
19th August	Dylan Dowling		Madeline Walker
	Lisa Clarke		



HAPPY ANNIVERSARY

14th August - Jeanette & John Bennett
16th August - Arthur & Glenda Slarke
19th August - Jason & Penny Willocks

That 70's Show



**Dig out your best boogie gear and get set for a meal followed
by a night of dancing with DJ Disco Stu.**

Saturday 29th August 2009

Lake Grace Sportsman's Club

7.00 pm - \$30 a head

Tickets from the Hockey Trolls



Lake Grace Weather

- Terry Gladish



Extremes for August:

Highest Monthly Rainfall	104.3mm	1955
Lowest Monthly Rainfall	5.2mm	1995
Highest No. of Rain Days	24	1942
Lowest No. of Rain Days	4	2008
Highest Daily Rainfall	61.3mm	15/8/1976

Date	Min	Max	Rain
29/7	-0.5	17.0	
30/7	1.5	18.1	
31/7	1.3	20.0	
1/8	1.5	20.0	
2/8	2.5	18.8	
3/8	2.0	18.4	
4/8	2.7	18.8	
5/8	4.4	18.4	
6/8	8.5	17.4	1.4
7/8	7.8	20.0	
8/8	7.2	20.0	2.8
9/8	8.5	15.3	1.4
10/8	7.8	18.6	
11/8	3.2	14.2	2.6
12/8	7.0		

Home For Sale

"Fish's Place"

13A Bennett St, Lake Grace

Modern 3x2 house with huge games room for the kids or home office.

Great location, close to shops, sporting facilities and school.

Fully reticulated established gardens with fruit trees, 2 garden sheds, undercover parking for

2 cars and a great undercover entertaining area.

Currently rented at a good return on investment until the end of August, with quality tenants, this is a perfect opportunity for an investor looking for secure return for this executive house or great family home with no work required.

Inspections by appointment only.
Phone Peter on 0427 353 028.



2009 Annual General Meeting

The AGM for the Kulin Junior Basketball Club will be held on Wednesday 19th August 2009 at 1:00pm At the Freebairn Recreation centre.

Agenda:

1. Election of Office Bearers inc. Canteen & Aussie Hoops Coordinators (President, Secretary and Treasurer are willing to do another term?).
2. Start and finish dates.
3. Subs.
4. Distribution of funds.
5. General business inc. town reps, 2010 year 7's in High School Competition.

If you are unable to attend the meeting or have any queries please contact Katheryn Wilson on 9880 1298 or Tracey Noble on 9880 1394.

Holland Track Inspirational Walk

Commences: Hollands Track Farm, Newdegate for tea (provided) at 6pm Friday 28th August.

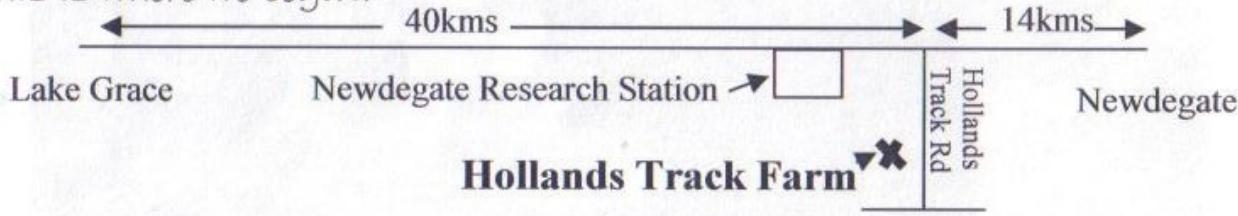
Concludes: Sunday afternoon around 4pm.

Bring:
Personal camping gear.
Meals for the weekend (BBQ food)
Musical instruments
A heart for advent

- A conventional car can access the track at commencement and conclusion.
- Tents are available on request.
- Transport along the track can be arranged for those not wishing to walk

Please return to Cathy Kelly, Hollands Track Farm, Newdegate 6355 **By August 16th 2009** or phone Malcolm and Cathie on 9871 9032 or 0488 719 032 or Mary Nenke 9864 6054 or 0414 953 674.

This is where we begin:



_____ of us want to walk some of Holland Track

(an easy walk at a moderate pace).

_____ We can bring everything required.

We Need: _____

Signed: _____

Cruising with the Seaman's

After our overnight trip from Singapore the ship berthed at Port Kelang at 8am on 9th May.

This was the disembarking port for the city of Kuala Lumpur, or once you have been there it is just known as KL.

The following is an extract from our port guide to give you an insight into the capital of Malaysia.

Modern skyscrapers jostle with ancient minarets, colorful sikhs' turbans mingle with black Muslim veils, tranquil English cricket pitches border labyrinthine shopping alleys - all combining to make Southeast Asia's most beautiful and fascinating city.

Unlike cities that developed without thought of the future, KL was planned from the start. True, in her infant years she was a wretched town. Of the 87 miners-prospectors who poled up to where the Klang and Gambok rivers meet, 70 died from fever and tiger attacks the first month. They called the settlement Kuala Lumpur, "muddy estuary." It was an isolated outpost, surrounded by hostile jungle, but the mines produced and the town grew.

Building and carving a new city out of the Malay jungle a hundred years ago was a monumental achievement. Architects, designers, stone masons, sculptors and craftsmen had to be imported from abroad, in a time when travel was much slower and arduous. However, the mammoth task continued in spite of the difficulties and unseen problems. For example, prior to construction, all building plans had to be approved by the Foreign Office in London. There's the story of the plans for the railway station being rejected until another design of the roof was made. It had to be constructed to hold three feet of snow!

True or not, the construction of Kuala Lumpur was unprecedented and the KL of today rivals any city throughout southeast Asia in beauty and forethought. The city's green heart is the Padang, flanked by the Selangor Club on one side and a row of minaret-topped government houses on the other. Not far away is the unparalleled Secretariat building. "Too far ahead of its time," said Sir Charles Mitchell, governor of the Straits Settlements, as he reluctantly placed a yen note, several straits coins, a hunk of tin and a copy of the Selangor journal in a niche below the foundation stone.

At the confluence of the Klang and Gambok rivers is the traditional Arabic/Moorish style Jame Mosque with its Kiblat or altar facing Mecca. Like most mosques in Malaysia, the Jame is open to visitors. The only requirement is that one must remove their shoes before entering and don a light robe.

While some cities struggle to keep their lawns green, KL wages a constant battle to keep the dense jungle at bay. As one public official put it, "leave a seed unmolested on a pavement overnight, and it starts to

grow through the concrete by next morning!" Through planning and care, KL has become a pleasant garden city which has successfully transformed a threatening jungle into 33 public greens of various sizes. It is a city more vibrant and charming today than ever before and a showcase of economic and social development.

What did the day trippers do in KL? We chose to do the tour of highlight of Kuala Lumpur on the bus. Our first impression of the city was that it was nowhere near as neat and tidy as Singapore and the traffic, trucks and road trains would certainly test your driving patience. The layout of the city with its road systems and flyovers in and out and over the top of pristine buildings was quite an engineering feat.

The highlights on our trip took us to see the Blue Mosque Temple which is the largest mosque in Southeast Asia. Although we could not enter the building it was an impressive and majestic site. Situated amongst glorious gardens the striking texture of blue marble stood out against the skyline in all its glory.

The Twin Towers.

These twin buildings stood alone and way above any of the surrounding buildings. Just looking at them brought to mind of the devastating event of the twin towers in America. And what devastation and tragedy would unfold when planes were flown into them. These were an awesome sight.

Railway Station.

This spectacular building was completed in 1911. The station is a superb example of the Edwardian era. The Moorish influenced colonial architecture style of building is to be found a lot in KL.

National Movement.

One of our favourite places to visit in Australia is the War Memorial in Canberra, dedicated to those who have given the ultimate sacrifice for their country of going to war to fight for freedom and justice.

The national monument in KL. A bronze sculpture of seven different soldiers from seven different countries that commemorates the heroes of World War Two and the communist insurgency.

To stand before this awesome figure filled me with an overwhelming feeling of pride that I will always get when remembering these places of tribute. If you ever get to KL it is a must to visit this national monument in its wonderful garden setting.

So with a mystic feeling still with us it was time to reflect on our impression of KL, which I will say was very enjoyable and head back to the ship and set sail for Penang.

Sunday 10th May 8am. Penang (Malaysia).

What a way to spend a Sunday, nothing to do but enjoy being a tourist and being ferried around the city of Penang as your read the following extract from our port

Cruising with the Seaman's (*cont.*)

guide you will see that Penang is a really beautiful island but unfortunately lack of time prevented us from enjoying it all.

With its mountainous interior and narrow coastal plains it is a beautiful island; this is immediately apparent to the visitor whether he approaches Georgetown, the capital, by the North or the South Channel. It is not a true island now, since an eight-mile long bridge, the third largest in the world, links it to the mainland on the eastern side. The natural harbor offers a foretaste of the attractions in store. The panoramic views from the hills are said to exceed all others in Malaysia, while the coastal vistas have been compared to those of the French Riviera.

Penang is the commercial center for North Malaysia with a very busy port, concerned not only with the transhipment trade from neighboring islands but also with the export of the extensive tin, rubber and copra industries on the mainland. And Penang in original Malay is Pulan Penang, taking its name from the penang, the betel nut, which grows on the palms found all over the island. For those who might be interested in betel-nut chewing, just be aware it makes your teeth black and lips look bloody.

There was a time, when Britain ruled the waves, when her sons planted the flag in all four corners of the earth and won enormous economic and military prestige from the heroic endeavors of a tiny number of dedicated men. The British may have come late on the scene as empires go, but when they did come, they made a thorough job of it and Penang, the Pearl of the Orient, is a fine example.

Trade led the way, and a foothold between India and China was essential for the sailing ships to rest up with their valuable cargoes of tea and opium. An island was the best proposition for occupation and defense; Singapore had not yet been founded, but Penang at the entrance of Malacca Strait was the brainwave of Captain Francis Light. Unfortunately, it belonged to somebody else - the Sultan of Kedah. The captain made an agreement with the Sultan for Penang to be ceded to the East India Company on August 11, 1786. Soon after the agreement was made, the Sultan realized that he had let this almost uninhabited island go too cheaply; unprovoked by twenty chests of opium, he settled for only 6,000 Mexican silver dollars annually..

Penang got off to a good start, attracting Arabs and Indians, Burmese and Sumatrans, Chinese and even Bugis from Sulawesi. Today the Chinese comprise over half of the half million population; enterprising traders, they flocked to Penang like honey bees, Hokkien and Cantonese as well as many coming from Malacca where the Dutch had introduced restrictive trading policies (Penang was a tax-free and duty-free port). Malays account for about one-third of the population and Indians for about seven per cent. This mixture of

races and therefore creeds has created an ethnic kaleidoscope. Buddhists and Muslims, Hindus and Christians live cheek by jowl in reasonable amity, and the visitor is constantly surprised and delighted as he strolls through this microcosm of Asia.

In 1805, Penang was made a separate Presidency and in 1832 became capital of the newly-formed Straits Settlements, comprising Penang, Malacca and Singapore. But Singapore's more central position meant that Penang found itself out on a limb, though the discovery of tin on the mainland in the 1850's and the growth of the rubber industry early this century spelled economic boom for the island. Camphor, rattan and pepper were other valuable commodities, and tourism has recently brought in millions of dollars.

Occupied for four years by the Japanese during the Second World War, Penang was one of the eleven states which achieved independence as the Federation of Malaya and since 1963 has been an independent state in Malaysia. The island is combined with a strip of land named Province Wellesley on the mainland opposite, separated by the Penang Strait which varies in width from two to ten miles. The state is in fact now called Penang and the island is Pulan Penang, though until 1867 it was Prince of Wales Island.

Named as were so many capital cities around the world in honor of George III, who ruled effectively for 50 years, Georgetown is situated on the eastern headland of the island and sheltered on the west by the central mountain range. The best way to visit the oldest part, downtown on the tip of the headland, is on foot or riding in a trishaw. The "five foot ways," as the narrow streets with their covered arched pavement are called, make an ideal shelter from the elements.

Our tour for the day was to see the reclining Buddha and Butterfly Farm. On the way we viewed the causeway bridge connecting the mainland with the island of Penang. This causeway bridge is eight miles long, the third largest in the world. Very impressive structure and unless you go by boat or plane it is the only access to Penang. We also visited the Batik factory to watch them doing the silk printing. Very interesting. Off to the reclining Buddha Temple. Now in the Temple lays this figure of a golden Buddha over 100 feet long. Very unique but that is all I am going to write about it, if you want to know more I will tell you. Then off to what we came for. The Butterfly Farm. This is one of the largest farms in the world with over 100 species of butterfly and some 3,000 butterflies. The colours, shapes and size kept us entranced for a long time. Being in a tropical environment the palms and plants really made it home for the butterflies. As an added bonus they also had ponds of Koi fish and not having seen my fish pond for a while it was good to see. A wonderful day trip and time always goes too quick if you are enjoying yourself. Back to the boat to set sail for Phuket.

Continued page 34



Lake Grace Artists' Group Notes



Today is the **closing date for entries into the Newdegate Field Days Art Exhibition!** If you still want to enter a work you can pick up an entry form from the Artspace or else contact Melissa Cugley, quick smart, on (08) 9871 9080.

For those interested in the **Banner-making Workshop with Jenny Abbott, it's been postponed till later in the year.** Unfortunately we had too many people away on the planned weekend in August, so now we've made a tentative date for a workshop on October 11 & 12. Please mark it in your diary now so we don't have the same problem again. At the September Art Group meeting we'll be putting together some designs for the banners, so if you have some ideas, get them on paper or come along to the meeting. To find out more, contact Tania Spencer on 9865 1339.

Don't forget, **international artist Eames Demetrios will be in Lake Grace next weekend (August 22 & 23)** to install some permanent plaques as part of his global art project "Kcymaerxthaere". Eames has been installing these markers at significant sites around the world – each one telling a story from a community in another country. This is quite a unique event, so if you're interested in seeing this artist at work, or being

involved in the making and installing of the markers, contact Michelle Slarke on 9890 2500. To get an idea of what Eames has been doing in other countries, go to <http://www.kcymaara.com>

Our **August meeting is next Tuesday the 18th** at 9.30am at the Multi-Artspace. This is going to be an important meeting, so please make an effort to be there. **Marco Marcon of IASKA will be joining us to discuss our involvement in the Biennale of Site Specific Art** later in the year, where we'll be hosting an international artist in the town. We also need to keep forging ahead with plans for Art in Motion, and for that reason, we need everyone to bring along some kind of chime, trinket, streamer etc so we can string up a display outside the Artspace to advertise the event – **bring along anything that will fly, flap, whistle or spin in the breeze.**

Also, if you've yet to drop your Art 2 Wear costumes back off, bring them along to the meeting so we can do a change over in the window front.

For any queries before then, email thesleepingtree@bigpond.com or contact Sarah Allen on 9864 9043.

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providing 24 hour emergency health care services to Lake Grace and the surrounding area

TEL: 98902222 FAX: 98902202

What's available at Lake Grace:

Well Womens Clinic

Next clinic on **Tuesday 25th August**
Call Jill Dykes on ph: 9871 9024
for an appointment.
* * * * *

Swimability—Hydrotherapy program
Every 2nd Monday: 17th August, 31st August
Call the hospital for more details or to register
your interest on ph: 9890 2222.

Physiotherapist

Available every Tuesday— at the Lake Grace Medical Centre. Ph: 9881 0385

Occupational Therapist available every Thursday. Ph: 9881 0385

Speech Therapist available every Thursday. Ph: 9881 0385

Margaret Cole

Southern AgCare, Clinical Psychologist

Family counseling and Support Services regularly visiting the Lake Grace district
In Lake Grace from 17th—21st August.

Contact on mobile: 0427 441 459
E-mail: colwheat@westnet.com.au

Immunisation



Lake Grace

Thursday 20th August
by appointment only

at the Medical Centre, Lake Grace
Call Elizabeth Trevenen on 9890 2246

Newdegate

Wednesday 2nd September
(on the Newdegate Field Day)
**** 9.30am—10.30am ****

at the Newdegate Surgery
Call Jill Dykes on 9871 9024.

HACC Activities:

Activity Day:

Fatima Care Singers



Tuesday 25th August

Bus to Kulin, leaving 9.30 am

Cost: \$8.00 (for morning tea & lunch)

+ \$5.00 for transport

RSVP to the hospital on 9890 2222

See our monthly newsletter for information about our regular activities and coming events. *If you would like to be on the mailing list call the hospital.*

- ◆ Next Foot clinic is on 15th September
- ◆ Sing-a-long first Wednesday each month, next date is 2nd September (in Hospital Activities Room) All Welcome!



For Sale

1900 recycled & cleaned Bricks @ \$700.00

Proceeds will go towards paying for the new televisions. Enquiries phone 9890 2222. These bricks were kindly donated by Les Oliver.



Government of Western Australia
Department of Health
WA Country Health Service

As an Inpatient in any WA Country Health Service facility you will be asked some questions about your

smoking and drinking.

WACHS has introduced a policy to assist you to assess how alcohol and tobacco might be affecting your health:

- ◆ You may be unaware of the harm to your health, family and community due to your alcohol and/or tobacco use
 - ◆ We are keen to support and motivate you to make an informed decision about quitting smoking or reducing your alcohol consumption
- Please remember that all our health sites are smoke free. You will be asked questions about your tobacco use and be offered free Nicotine Replacement Therapy during your stay in hospital.



Shire of Lake Grace NEWS & NOTES

PO Box 50 Lake Grace

Phone 9890 2500

Fax 9890 2599

Email shire@lakegrace.wa.gov.au

NEWDEGATE MACHINERY FIELD DAYS

**Wednesday 2nd & Thursday 3rd September
2009**

The Shire of Lake Grace is a major sponsor of the 2009 Newdegate Field Days.

We will again be on site over the two days - drop in and talk to your local Councillors and meet our new CEO.

We are located at Site 33 - just inside the main doors of the Pavilion.

**ANNUAL GENERAL MEETING
LAKE GRACE COMMUNITY BUS COMMITTEE
9 September, 2009 at 7.00pm
Shire of Lake Grace - Council Chambers
Open to the Public
*New Members Welcome***

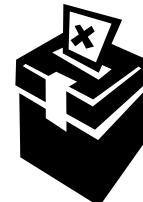
COMING UP Saturday 17th October 2009

LOCAL GOVERNMENT ELECTIONS

**Shire of Lake Grace -
4 Councillor positions are up for election:**

Lake Grace Ward - 2 positions
Newdegate Ward - 1 position
Lake King/Varley Ward - 1 position

Are you enrolled to vote?



Enrolment Forms are available from the Shire Office or online www.waec.wa.gov.au

Close of enrolments 28th August 2009

Watch this space for more details

PLAN FOR THE FUTURE

The Shire of Lake Grace has recently adopted a Plan for the Future, which is to apply in the district for the period 2008-2017.

The Plan for the Future sets out the broad objectives of Council's Strategic Plan in financial terms. It aims to provide an overview of the significant activities and capital works that will be considered by Council during Budget deliberations each year for the life of the Plan.

It should be noted that items or projects included in the Plan are not guaranteed of acceptance by Council in future Budgets, but are an indication of the direction Council would like to undertake.

The Plan for the Future is available for inspection by the public during office hours at Council's Administration Centre, 1 Bishop Street, Lake Grace.

For further information please contact Council's Manager Corporate Services, Mr Mark Burbridge.

COMMUNITY DEVELOPMENT-GRANT APPLICATIONS

Michelle Slarke, Shire of Lake Grace Development Officer, is available to help community groups prepare grant applications for various projects. If you are seeking funding for a particular project, contact Michelle during office hours (Tel: 9890 2500 or michelle@lakegrace.wa.gov.au), giving as much notice as possible in order to meet grant deadlines.

WESTERN POWER BUSHFIRE GRANTS NOW OPEN

Volunteer bushfire brigades operating within the SWIS (South West Interconnected Scheme) network are invited to apply for up to \$5000 in funding to help purchase equipment or update facilities. Application forms for grants can be obtained from www.westernpower.com.au/bushfiregrants. Applications close on Friday, **28 August**. For further information, please contact Community Relations Coordinator - Metro Customer Solutions, Mike Read on 9326 4466.



LAKE GRACE DISTRICT HIGH SCHOOL NEWS



This term the Year 4's have been participating in Reader's Theatre for part of their reading curriculum. By participating in Reader's Theatre the children get to practise reading fluently and with expression. The children also get to develop confidence by reading in front of an audience. The Year 4's are really enjoying Reader's Theatre, here are some of the things they have said about it:

Mitchell, "It gives you an opportunity to read out loud and express yourself."

Tamara, "I liked it when you got to read with good expression."

Kyle, "You get lots of fun out of it."



Above: (anticlockwise) Brad O'Neill, Ben Weaver, Joseph Fonda, Zhane Robertson, Imogen Taylor.



Jack Knight, Miss Chapman

The Year 4s have also had Phys Ed with our Prac Teacher Miss Chapman. They really enjoyed practising their locomotion skills.

Bailey, "Having fun with the people you are reading with."

Shaylah, "I liked that I was 'Mrs Tabby' because I had to ask everyone things."

We are having a great year. We are working hard and learning lots of different things. We Kendrick Harvey, Anna Hunt, Bianca Zweck, Tamara McWhirter hope you enjoyed reading about a few things we do, Mr Cooper and the Year 4 class.

Below: Emma Naisbitt, Casey Pinney, Destiny Moore, Kyle Harradine



Below from right: Nicole Juanillo, Shaylah Medlen, Mrs Kelly, Jack Knight, John Berdin, Bailey McGlinn.



Above: Kendrick Harvey, Anna Hunt, Mr Cooper, Bianca Zweck, Tamara McWhirter

Because to understand rural finance, you need to understand rural Australia.

At Landmark, our strong understanding of the risks, challenges and rewards associated with agribusiness, means we can facilitate a full range of financial services, tailored to meet the specific needs of rural and regional communities.

Our team of rural financial specialists works with you at a local level, so they know that local and seasonal issues can be just as important as wider industry issues when it comes to determining a finance strategy for you.

The benefits of dealing with Landmark include:

- a comprehensive suite of flexible lending solutions
- a national network of dedicated local rural finance specialists working alongside you in rural communities
- a commitment to supplying quality products and services that benefit the rural sector.

At Landmark, we can tailor a comprehensive range of flexible lending products to help you maximise business opportunities now and in the future, including:

- Landmark Advantage
- term loans
- revolving lines of credit
- overdraft facilities
- seasonal finance.

That's why more Australian farmers look to us.

If you would like more information contact
Darren Clifford, Rural Finance Manager, Lake Grace
on (08) 9865 1126 or 0429 821 330

Disclaimer: This information may contain general financial product advice and has been prepared without taking account of your objectives, financial situation or needs. You should, before acting on the advice, consider the appropriateness of the advice having regard to these matters.



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ABN 73 008 743 217

BBQ to Raise Funds for Prostate Cancer Research

September is Prostate Cancer Awareness Month and the Lake Grace Department of Agriculture and Food are doing their bit to raise awareness by hosting a BBQ to raise funds to help in the fight against this disease.

Lake Grace IGA's car park will become a hub of activity on Thursday 17th September as DAFWA staff heat up the barbies, throw on the snags and serve up lunch to the Lake Grace community.

Each year, around 18,700 Australian men are diagnosed and more than 3,000 die of the disease, making prostate cancer the second largest cause of male cancer deaths, after lung cancer. Almost one man in eleven will develop prostate cancer during his lifetime. By attending the barbecue and making a donation, we can make a significant impact in the fight against this disease. A barbecue is also an ideal opportunity to raise awareness about prostate cancer.

The Prostate Cancer Foundation of Australia is the peak national body for prostate cancer in Australia. It is dedicated to:

- funding research into the cause, diagnosis, prevention and treatment of prostate cancer
- raising awareness about prostate cancer
- providing support, information and advocacy to men and their families impacted by prostate cancer

The Prostate Cancer Foundation of Australia receives limited funding from government. It therefore relies on the generosity of corporate partners, individuals and the community to help continue its essential work. One of

the most worrying aspects is that many prostate cancers develop without men experiencing ANY SYMPTOMS.

Prostate cancer is usually one of the slower growing cancers. In the past, it was most frequently encountered in men over 70, and many of those men died of other causes before their prostate cancer could kill them. This led to the old saying "most men die with, not of, prostate cancer". However, that is certainly not true today. Three developments have changed things considerably:

- Men are living longer, giving the cancer more time to spread beyond the prostate, with potentially fatal consequences.
- More men in their early sixties, fifties and even forties are being detected with prostate cancer. Earlier on-set, combined with the greater male life expectancy, means those cancers have more time to spread and become life-threatening unless diagnosed and treated.
- Prostate cancer in younger men often tends to be more aggressive and hence more life-threatening within a shorter time.

Provided appropriate treatment commences while the cancer is still confined to the prostate gland, it is possible to "cure" it. The possibility of cure is the main reason why early diagnosis is critical.

All men should be aware of their risk of the disease and consider being tested for it regularly from age 50 onwards, or from 40 onwards if there is a family history of prostate cancer.

Why go home to an empty fridge when you have been invited to a...

Sausage Sizzle

Where: Lake Grace Plaza Car park

When: Thursday 17th September

Time: Lunchtime (more detail in
next Links)

Why: To



**Hosted by Lake Grace's Department
of Agriculture and Food, this BBQ is
proudly supported by local business.**





NIGHT WATCH

NIGHT WATCH



Welcome to Night Watch for the period from midnight Friday 14 to midnight Friday 28th August 2009. – International Year of Astronomy which is always looking up.

Our Local star "THE SUN" resides in the constellation of Leo all this fortnight. The Sun rises in the east/north/east and sets in the west/north/west. Never observe the Sun without a proper solar filter as the Sun may damage your eyesight forever.

TWILIGHT on Saturday 15th begins at 5:24am and evening twilight ends at 7:04pm. On Saturday 22nd morning twilight begins at 5:16am and evening twilight ends at 7:08pm. Morning twilight begins at 5:09am on Friday 28th and evening twilight ends at 7:11pm.

The 26% **MOON** on Sunday 16th will be 3° (thumb at arms length), north of Mars in the morning sky. On Tuesday 18th at 5am, the 9% Moon will be 1.7° north of Venus in Gemini. The 3% Moon on Wednesday 19th in Cancer will be at Perigee, closest to the Earth at 359,639 km's. On Thursday 20th, the New Moon will occur at 5:54pm in the west. The 1% Moon on Saturday 22nd will be 3° and 7° south of Mercury and Saturn as it crosses from Leo to Virgo. On Thursday 27th in Libra, the 45% 1st quarter Moon will occur at 7:34pm close to the north/west. On Friday 28th in Scorpius, the 55% Moon will be close to the red star Antares at 3° north during the early morning sky.

MERCURY at magnitude +0.5 sets on Saturday 15th in Leo at 7:42pm in the west 40 minutes after end of twilight. On Wednesday 19th Mercury will be within 3° south of Saturn in the west before twilights end. Mercury on Friday 21st will be at Aphelion, furthest from the Sun at 69.7 million km's. On Saturday 22nd Mercury will be 3° north of the 1% Moon on the western horizon setting at 7:54pm in Virgo. On Tuesday 25th Mercury will be at its Greatest Elongation East at 47° and is now the best time for viewing Mercury which sets at 7:56pm on Friday 28th.

VENUS at magnitude -3.8 rises on Saturday 15th in Gemini at 4:38pm on the East/north/east horizon. On Tuesday 18th at 5am Venus will be close to the 9% Moon at 1.7° south. Venus on Wednesday 19th will be very close to the Eskimo planetary nebula at 0.4° west and for which a telescope is needed for viewing. The nebula sits under a small star. On Saturday 22nd Venus will be within 3 fingers at arms length of the bright star Polloxx and rises at 4:43am. Venus on Friday 28th rises in Cancer at 4:46am.

MARS the red planet rises on Saturday 15th in Taurus at 3:03am at magnitude +1.0. On Sunday 16th Mars will be close to the 26% Moon at 3° south. Mars on Saturday 22nd rises at 2:56am and at 2:50am in Gemini on the east/north/east horizon and may be viewed in the morning sky at 5am each morning.

JUPITER the giant gas planet rises Saturday 15th at 5:30pm on the east/south/east horizon in Capricornus at magnitude -2.7, and will also be at opposition when being on the other side of Earth to the Sun. On Saturday 22nd Jupiter will rise at 5:12pm and at 4:31pm and set Sunday morning 29th at 5:55am.

SATURN the ringed gas planet shining at magnitude +1.2 sets in the west on Saturday 15th evening sky at 7:52pm, in Leo, after the end of twilight at 7:04pm. On Saturday 22nd Saturn will be 7° north of the 4% Moon, and sets at 7:28pm. Saturn on Friday 28th sets in the west at 7:08pm before end of twilight.

URANUS the blue/green coloured planet shining at magnitude +5.7, just in naked eye range, rises on the east/north/east horizon on Saturday 15th at 8:08pm in Pisces. On Saturday 22nd Uranus rises at 7:41pm. Uranus on Friday 28th, still in Pisces, rises at 7:17pm.

NEPTUNE the grey/green gas planet shines at magnitude +7.8, out of naked eye range rises on the east/south/east horizon at 5:46pm on Saturday 15th in Capricornus. On Tuesday 18th Neptune will be in opposition, when on the other side of Earth to the Sun at 5am. Neptune on Saturday 22nd rises at 5:17pm and at 4:53pm on Friday 28th. Binoculars or small telescope will pick up Neptune.

The Great Red Spot on Jupiter will be in view (with a telescope) on Monday 17th at 6:04pm, Wednesday 19th at 7:41pm, Friday 21st at 9:18pm and Monday 24th at 6:46pm. All times may be out by 5 minutes.

Jupiter's Moon Europa on Sunday 16th will start to transit the disc at 6:16pm followed by the shadow at 6:29pm. Also at 7:24pm the small volcanic Moon IO will disappear behind the disc at 7:24pm from east to west. Still on the 16th, the Moon Ganymede will reappear from behind the disc at 8:06pm on the east side. At 9:16pm Europa will egress from the disc followed by the shadow at 9:21pm in the west side. On Monday 17th the Moon IO will reappear on the west side of the planet's disc at 6:54pm followed by the shadow 2 minutes later. On Sunday 23rd the Moon Ganymede will move behind the disc at 7:34pm, and at 8:29pm Europa will start to transit across the face of the disc followed by the shadow at 8:56pm and also followed by IO, disappearing behind the disc. A black spot was found on Jupiter on July 19th and it seems it was hit by a comet, so you may still view it if it is still there.

Stars and Constellations in view with the naked-eye after twilight are Scorpius high above followed by Sagittarius (the tea pot), and Capricornus. The bright blue star in the north/north/east is Vega, the main star in the Constellation of Lyra the harp. To the south east of Vega is two stars close together, and between these two stars sits M57 the ring planetary nebula, which looks like a smoke ring at 2,000 light years distant. In the north lies the constellation of Hercules (the hero) and between Hercules and the Scorpion is the constellation of Ophiuchus (the serpent carrier) which is the 13th constellation the Sun passes through. The serpent lies on either side of Ophiuchus. Between the tail of the scorpion and Sagittarius where the bright part of the sky is, lies the centre of the Galaxy and is very good viewing with binoculars and Telescopes of any size.

Early in the morning sky you may view up to 30 meteors an hour in the constellation of Orion (the saucepan).

Ring for information at any time of day or night and especially if you view any unknown light or object in the sky. One bright object is the space station, which may be as bright as the planet Venus and travels fairly quick across the sky.

Viewing through my telescope at my house is free of charge, as well as the pointing out of Constellations and major stars.

Maurice Gilson.

16 Clarke Avenue Lake Grace.
Phone: 9865 1516 or mobile 0458 538 388.

Working with children number 277357.
Email: mgi11687@bigpond.net.au

WA Trashed in Annual Litter Report

Western Australians are still among the country's worst litterbugs, Keep Australia Beautiful Council WA chair Mel Hay said after the release of Keep Australia Beautiful's *National Litter Index 2009* report.

He said although the statistics showed there had been a slight decrease in the volume of litter in WA, down from 13 litres per 1000sqm last year to 12 this year, there had been an increase in the average number of items, up from 85 per 1000sqm in 2008 to 87 in 2009.

"This means there was an increase in litter in WA, it just comprised smaller items – and, as always, cigarette butts have come out as the most littered item," Mr Hay said.

"It is extremely disappointing that, since the surveys started in 2005, there has been an overall trend of increasing amounts of litter and, based on number of items, WA is the most littered State in Australia.

"It is even more disappointing to see that almost every other State has managed to reduce the average number of items littered – we have to do better.

"Our highways are an eyesore and although industrial sites showed an improvement on last year, these are still among our most littered sites in terms of volume and number of items with plastic material accounting for the biggest volume of litter.

"Shopping centres and retail sites are among the

worst sites for the number of items. "I strongly urge all Western Australians to make an effort to clean up our State, to support Keep Australia Beautiful Council WA's anti-litter programs such as Adopt-a-Spot, the Litter Reporter Scheme and Bin Your Butt."

At the other end of scale in the national picture, Victoria was the least littered State according to the report.

National Litter Index counts are conducted in 983 sites across Australia in November and May every year. The sites are classified by type: beach, car park, highway, industrial, recreational park, residential and retail.

National Litter Index 2009 – WA snapshot:

The dirty dozen by volume in descending order are:

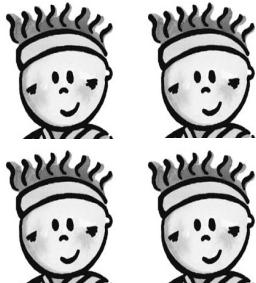
- Plastic – domestic and industrial containers, sacks, sheeting, polystyrene boxes, straps and tapes
- Non-alcoholic beverage containers, plastic
- Illegal dumping
- Alcoholic beverage containers, glass
- Food containers or utensils, paper/paperboard
- Non-alcoholic beverage containers, paper/paperboard
- Alcoholic beverage containers, metal
- Non-alcoholic beverage containers, metal
- Plain water container, plastic
- Food containers or utensils, plastic
- Publications, paper/paperboard
- Miscellaneous – clothing, construction materials, nappies, tyres and pieces, syringes.

The dirty dozen by item number in descending order are:

- Cigarette butts
- Paper/paperboard – packages, boxes, bags, dockets, tickets
- Plastic – domestic and industrial containers, sacks, sheeting, polystyrene boxes, straps and tapes
- Food containers or utensils, plastic
- Metal – industrial cans, bottle tops, ring pulls, metal pieces, foil.

Photo ID's

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



The Telecentre are able
to take and print
your photos.

\$12 for a set
of four (4)

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
15/8	6:44am	5:37pm	1:51am	11:48am	22/8	6:36am	5:42pm	7:24am	7:56pm
16/8	6:43am	5:38pm	2:56am	12:48pm	23/8	6:35am	5:43pm	7:56am	9:02pm
17/8	6:42am	5:39pm	3:57am	1:57pm	24/8	6:34am	5:43pm	8:28am	10:08pm
18/8	6:41am	5:39pm	4:50am	3:10pm	25/8	6:33am	5:44pm	9:02am	11:11pm
19/8	6:40am	5:40pm	5:36am	4:25pm	26/8	6:32am	5:45pm	9:39am	D.N.S
20/8	6:39am	5:41pm	6:16am	5:38pm	27/8	6:30am	5:45pm	10:21am	12:13am
21/8	6:38am	5:41pm	6:52am	6:48pm	28/8	6:29am	5:46pm	11:07am	1:12am

Mains Powered Smoke Alarms

The State Government has gazetted new regulations that will make mains powered smoke alarms mandatory for all properties built before 1997 that are being sold or rented.

The new regulations will come into effect from 1 October 2009.

Once the new regulations are introduced you will need to get an electrical contractor to install mains powered smoke alarms in your home before you sell it or risk a \$5,000 fine.

All new houses are already required to have mains powered smoke alarms.

An awareness campaign will be run to ensure buyers and sellers are aware of the changes.

The rules will also apply to investors who have a property to let. Once the regulations take effect main powered smoke alarms will need to be installed prior to signing new tenancy agreements.

If there is no tenancy change within two years of the regulations coming into effect, then main powered smoke alarms will need to be installed at that stage.

FESA Manager Fire Investigation John Haddon said an

average of five people die in property fires in WA every year.

"Research shows working smoke alarms save lives and mains powered photo electric smoke alarms are the most effective," Mr Haddon said.

"If you are getting electrical work done even before the regulations come in, you can save yourself an additional call out fee by getting mains powered smoke alarms installed now."

"It will soon be law and will help save lives."

"You need to ensure the alarms meet the Australian Standard and are installed by a licensed electrical contractor and all main powered smoke alarms need to be replaced every ten years."

In any building where there is no hidden space to conceal the necessary electrical wiring, the regulations will permit a long life 10 year battery smoke alarm being installed.

More information will be available from FESA at www.fesa.wa.gov.au as the commencement date for the regulations gets nearer or you can call FESA on 9323 9816.

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Local Government Elections Approaching

Just over half of Western Australia's 139 local authorities have opted for the WA Electoral Commission to conduct their local council elections, to be held on Saturday October 17th.

Seventy-one local authorities, 28 in the metropolitan area and 43 from regional WA, representing over 90% of electors eligible to vote in these elections, have committed to the Commission to conduct their postal or in-person voting for them.

The Commission will conduct 69 postal elections from Esperance to Ashburton, including some populous councils in the metropolitan area, and in-person elections in Broome and Halls Creek.

Commenting today, WA Electoral Commissioner Warwick Gately said the numbers were indicative of the continuing confidence local governments had in the efficiency and cost-effectiveness of the electoral services provided by the Commission and an affirmation that postal voting was a proven, secure and convenient means of voting.

"The number of councils using the Commission's

services in local government elections has risen steadily from 50 in 2005 and 65 in 2007 to the very satisfying 71 we have today, and means that the Commission now provides electoral services to the majority of local government electors in Western Australia," said Mr Gately.

"That postal voting increases elector participation is well documented and it seems this factor, combined with cost-effectiveness and convenience, has resulted in this vote of confidence from local governments in the proficiency of the electoral services we can provide to them."

The electoral roll for the October 17th local government elections closes at 5:00 pm Friday 28th August, with candidate nominations opening on Thursday 3rd September and closing a week later at 4:00 pm Thursday 10th September.

The Commission will commence sending out postal voting packs during the week of 21st September.



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If a plane crashed on the border of England and Scotland, where would they bury the survivors?
You don't bury survivors!

A man went outside into the pouring rain with no protection, but nor a hair on his head got wet... how come?

He was bald.

What has a mouth but doesn't eat, a bank with no money, a bed but doesn't sleep, and waves but has no hands?

A river

A cowboy rode to an inn on Friday. He stayed two nights and left on Friday. How could that be?

His horse was called Friday.

If the red house is on the right side and the blue house is on the left side where's the white house?

Washington DC

Mr. Budeselik's Visit *by Michaela Hendry*

This year Mr John Budeselik visited the yr 6/7 class three times.

Mr Budeselik is a keen writer, he writes poetry, songs and descriptive diaries. He has published some poetry books and sold them in book shops Australia wide. He encourages all students to have a go and helps them with any problems they have with their English work. He is also quite a keen musician, he has written some songs like 'Speedy the Emu' and many others. 'Speedy the Emu' is about an emu who tries to fly by running down an airstrip but fails to fly and keeps going down the airstrip and crashes into a termite nest.

On Thursday 19th March 2009 Mr Budeselik came to the yr 6/7 class and we looked at descriptive writing and wrote a story about a Granny and how she got a brand new hot rod delivered to her door. Later that day he showed us RASMOP (repetition, alliteration, similes, metaphors, onomatopoeia and personification) and what it is. In class after Mr Budeselik left we wrote a detailed description of an Albert Namatjira painting using RASMOP in it.

On Tuesday 19th May 2009 he also visited us and we looked at poetry. First off we set out to the school garden and drew a detailed picture of a rose then we came back into the classroom and wrote a poem about the rose that we had drawn. When we finished Mr

Budeselik read us a few poems one of them was the famous 'Highway Man'. In the weeks after Mr Budeselik visited we studied 'The Highway man' in class and did some activities on it. Our last activity to do with 'The Highway Man' was to write an epitaph. We had to choose a character and write a short epitaph on them. An epitaph is a piece of writing done about a person that has died.

On Wednesday 22nd and 23rd July Mr Budeselik came for the last time this year. This time we looked at Drama. First up we got put into groups and wrote a song that we had to later on perform to the class. Then when we finished that we wrote a play script as a class called 'Australia Has No Talent'. Hopefully we will get to perform our play later on this term.

Overall we all had a great experience and learnt heaps! I am sure Mr. B's help will surely give us all a chance to get good English marks in our report.

Right: Describing our roses.
Below: The girls hard at work, writing their script.





The Howe

Poll Dorset Stud

Lake Grace

On property sale

Tuesday 29th September 2009

Inspection from 11am

Sale starts at 1 pm

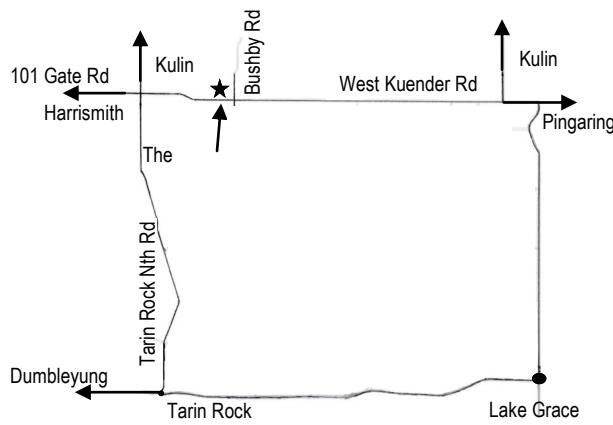
70 Poll Dorset Rams

10 White Dorper X Poll Dorset Rams

Lambplan tested

Light lunch available

Enquiries to Kevin and Jane Bushby 9889 8041 mob 0427 041 875
or Graeme Taylor mob 0428 642 004



Elders





Visitors Centre

(Stationmaster's House)

Thank you so very much to all our volunteers who help out. We really do appreciate all your help and valuable time that you put into the Visitors Centre.

Shop Local and buy all your Gifts at the Lake Grace Shire Visitor Information Centre. Gift Vouchers now available.

We are constantly looking out for new people to join our volunteer group so if you have 3 hours to spare and love to meet new people from all over the world "literally" we would love to hear from you. Either drop in and talk to one of the volunteers today or write your name down in the roster book. For more details please phone Mary on 9865 1321

SALE 10% off River-Gum Lavender Skin Products
30% off Tea Tree Oil

★ August & September 2009 ★ Next Meeting—Tues 25th August @ 3.30pm—ALL WELCOME

Mon 17th * Bill Jenks *	Tue 18th * * Betty Daly-King	Wed 19th * * Val Whiting	Thur 20th * * Elsie Bishop	Fri 21st * *	Sat 22nd * *	Sun * *
Mon 24th * Bill Jenks *	Tue 25th * * Betty Daly-King	Wed 26th * * Val Whiting	Thur 27th * * Elsie Bishop	Fri 28th * *	Sat 29th * *	Sun * *
Mon 1st * Bill Jenks *	Tue 2nd * * Betty Daly-King	Wed 3rd * * Val Whiting	Thur 4th * * Elsie Bishop	Fri 5th * *	Sat 6th * *	Sun * *

MARKET DAY IS ON AGAIN — October 2009, watch this space for more details.
For further information phone Trish—9865 1120

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- Ferti - Zinc S Chelate- 14%
- Ferti- Manganese Chelate 14%
- Ferti- Copper Chelate 12%
- Ferti- Potassium 21%
- Ferti- Potassium Fulvate 8%- multi action growth stimulant. Add to liquid N for added leaf uptake and more efficient use. Reduces leaf burn.
- TwinN- nitrogen fixing microbes.

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Consultant Brett Biglin, on 0427 896 023 or
9889 6023 or email him on
brettbiglin@bigpond.com

website- www.fertitech.com

Security – What Does It Mean?

Security is a thing we all seem to crave. It means many different things to many people and at a number of levels. In recent years we seem to have become obsessed with national security, security in our homes even worried about how secure and safe we are on public transport.

All of the above things are relevant, but the more we talk about beefing up all forms of security, I wonder, how does it impact on how secure we in ourselves feel? I often think that the more we try to make things secure the more vulnerable we seem to get and the more loopholes people or nations find in our defence.

As people it is one of the fundamental needs to feel "safe" and something most men as providers and protectors of their families take very seriously. I also think it is one of the things partners and children also value very deeply, and they appreciate having a safe and secure place to live in and share with family.

While on the surface we all seem to value the same thing, there is growing research evidence that security has different meanings to men and women.

When asking men what they think about when it comes to security their focus is usually on being financially secure and making sure their loved ones are well provided for in this area thus providing protection for the future.

On the other hand women were more inclined to want a secure relationship. Financial security was still seen as important but when asked, what was most important was a secure and supportive relationship, even if this meant less financial security.

Often this difference in interpretation can cause tension in relationships. A man may feel working those extra hours to provide the extra dollars to create a more secure future will work wonders for his wife or partner. To the woman this can be seen in almost the opposite light, she wants more of her man involved with the family creating a tangible sense of security by his presence.

Unfortunately these little misunderstandings create an undercurrent of misunderstanding, and if left and not discussed, it can create resentment.

If you haven't discussed these things with your partner or wife ask her/him how he/she feels. When we understand each other's opinions on such things we can adjust, make allowances or change what we do to create better harmony.

As with most things knowledge is power and ignorance doesn't achieve bliss. I hope you can have a deep sense of security in your personal life as it helps us cope in so many other aspects of our lives.

Julian Krieg - Wheatbelt Men's Health



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A part of the Australia's Farming Future initiative, FarmReady is a national program, and available to all primary industries.

Lake Grace Meat Supply

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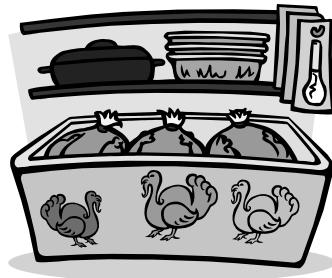
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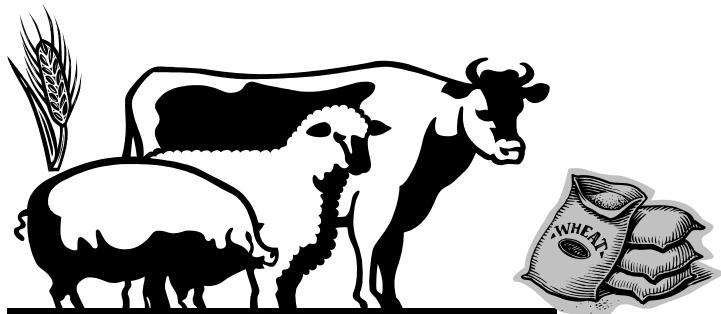


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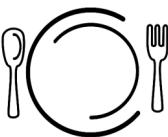
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SCIENCE AND STUFF

ANTI-AGING DIET WORKS IN MONKEYS: A sparse diet has extended the lifespan of monkeys, adding support to the notion that eating less slows aging in people too.

"Caloric restriction" makes worms, flies and mice live longer, so to see if it works for primates, a team led by Richard Weindruch of the University of Wisconsin Madison monitored 76 rhesus macaques for twenty years. The team fed half of them 30% fewer calories throughout adulthood. Today, 37% of these animals are alive, compared with 13% of the control group (Science, DOI: 10.1126/science.1173635). "If caloric restriction does not extend human lifespan, we're an exception on the planet," says gerontologist David Sinclair of Harvard University.



BLINK AND YOU WILL IT – THE BRAIN HIGH-SPEED REWIRING TRICK: Our brains can rewire themselves in just seconds to compensate for a break in incoming data, suggesting they are even more flexible than previously thought. We already knew that the brain is constantly adapting throughout our lives, for example by generating new neurons well into adulthood. But just how quickly can it adapt – and does it always involve creating new circuits? To investigate these questions, Daniel Dilks and his colleagues at the Massachusetts Institute of Technology took advantage of the blind spots that occur naturally in our eyes where the optic nerve exits the retina. The brain normally combines images captured by both eyes to fill in the resulting gaps in vision, but Dilks prevented this in 48 volunteers by patching one eye. After identifying where the blind spot was for each volunteer's other eye, he then presented an image of a square right next to it. The volunteers initially saw a square, but reported that within seconds it had morphed into a rectangle, by extending its edge into the blind spot (Journal of Neuroscience). The change in what the volunteers saw was so fast, Dilks says, that it must be due to the brain redirecting signals through pre-existing circuits rather than forging new connections. The team concludes that the neurons which would normally fill the blind spot using data from the patched eye compensated by stealing data from neighbouring neurons that were "seeing" the square, making it appear like a rectangle.

ARAL SEA BLUES: Once the world's fourth largest inland body of water, irrigation shrank the Aral Sea dramatically, and by 2000, had split into three parts. Now images from Europe's Envisat satellite show that 80% of its large eastern lobe has disappeared, just in the last three years.

LIGHT'S THE KEY FOR A LAKE FULL OF LIFE: Add nutrients and a lake's ecosystem flourishes – or so the thinking goes. But new work suggests that light, rather than food, is key to lake productivity. The idea that productivity is limited by the availability of nutrients is based mainly on studies in surface waters. So when

Jan Karlsson from Umea University in Sweden and his colleagues studied 12 lakes in Sweden, they measured the productivity of the whole ecosystem, from deepwater algae to fish. Light levels dropped sharply with depth in the lakes but they all contained enough nutrients to be highly productive. However, the less the light penetrated, the less productive the lake was (Nature, DOI: 10.1038/nature08179).

LAZY GENE FAVOURS ADVENTUROUS CHOICE: In a restaurant, do you order the dish you know you love or try a new one, in case you like it better? The level of the reward chemical dopamine you have in a brain region may determine your reply. The COMT gene codes for an enzyme that breaks down dopamine in the prefrontal cortex. People with a less efficient version of COMT have more dopamine in this region, and this makes them good at storing multiple ideas in the short term. To see if COMT affects decision making too, Michael Frank and colleagues at Brown University in Providence, Rhode Island, asked volunteers to stop a stop clock hundreds of times in exchange for points. Sometimes stopping it early garnered most points, while at other times a late response did best. This forced volunteers to keep changing their strategies. When people were clocking up points, and so could be fairly confident in their current strategy, those with the inefficient version of COMT were more likely than people with the active version to switch strategies to try to do even better (Nature Neuroscience, DOI: 10.1038/nn.2342). The team concludes that high levels of dopamine in the prefrontal cortex make people more adventurous, even when the status quo is fine.

PLANTS FEEL THE LOVE: The "cuddle chemical" oxytocin is being put to a different use by farmers in India: boosting the growth of pumpkins and cucumbers. The Indian Ministry of Agriculture wants to ban the practice. Oxytocin is known to effect social behaviour in humans, as well as facilitating birth and breastfeeding. However, the precise mechanism by which an animal hormone might stimulate plant development remains unclear. Plant experts are sceptical of any claims that oxytocin improves plant growth. The Indian government had previously stopped the use of oxytocin in lactating animals to increase their milk production.

WHERE LURKS THE WORM? The search is back on in Idaho for the Giant Palouse earthworm, a near-legendary creature said to grow up to 1 metre long, spit at predators and live in burrows 5 metres deep. Conservationists want to protect the worm, though there have been few sightings and little research on it.

Maurice Gilson

State or Federal System – Which Laws Apply to You?

If you are an employer of staff it is vital that you understand the two systems of industrial relations operating in Western Australia. These are the State and the federal systems.

As an employer you need to know the Federal and State labour relations laws that apply to your workplace and the responsibilities you have under these laws.

Generally, if your business is Pty Ltd it is covered by the federal system, and if you are a sole trader or partnership you will fall within the State system. The two systems have different rules and obligations for you as an employer.

Will State laws still apply to your workplace?

Although your business may be covered by the federal labour relations system, Western Australian laws may continue to impact on federal awards and agreements. Employers and employees covered by federal awards and agreements can be subject to the following State laws:

- long service leave;
- discrimination and equal opportunity;
- children in employment;
- occupational safety and health;

- workers' compensation; and
- training arrangements (as set out in the *Industrial Training Act 1979* for the employment of trainees and apprentices).

To clarify whether your business falls under the State or federal system, or if you are unsure what industrial award or agreement applies to your business, you can contact Wageline on 1300 655 266 for advice.

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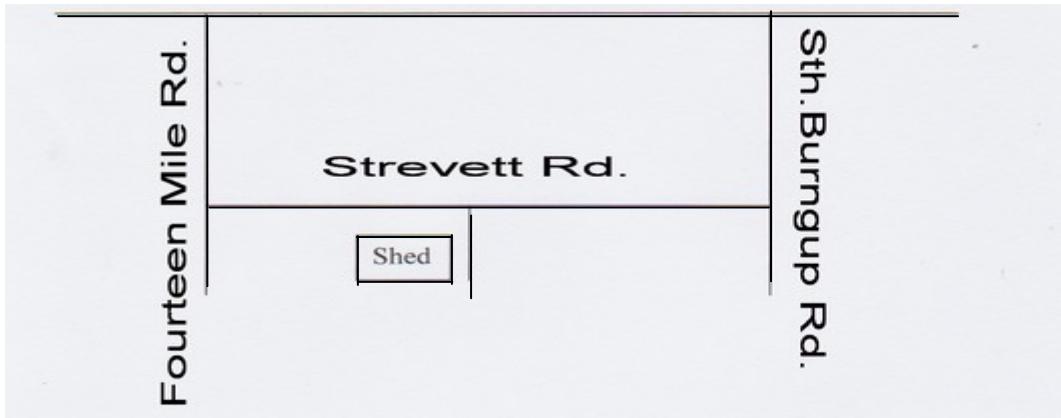
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Lake Grace – Newdegate Rd.



Lake Grace to Join Global Art Project

Lake Grace is to become part of an exciting global art project that will celebrate our salt lakes, our stories and link our place to art sites all over the world. US artist Eames Demetrios will visit Lake Grace next week and work with local people to create a permanent artwork on a salt lake.

Eames, an artist and filmmaker based in Los Angeles, travels the world exploring stories of imaginary peoples, creatures and places - and then commemorates these stories on bronze plaques. He is the creator of Kymaerica, an alternate history of the world; artworks located in forty six sites around the world, including a village in India, an old Woolworths building in Paris, a cabin in California and desert in the USA. Eames describes the project as creating three-dimensional fiction - like writing a novel and putting every page in a different place. The Lake Grace site will represent South-western Australia.

Lake Grace locals are invited to be part of the project - to tell stories, make art and help install the concrete slabs. Eames will first meet with local people to talk about his project and then ask them to contribute stories, ideas and drawings for the artwork.

The artwork will be installed on a lake on private property with public access. It will be an archipelago of concrete islands imprinted with story and images. Each island will tell fragments of a story - a story which is continued not just elsewhere in Australia, but around the world. Like Antony Gormley's collection of people sculptures at Lake Ballard, this project has the potential to become an important cultural attraction.

The project happens on the weekend of August 22 and 23 – it is an experience not to be missed!

How you can be involved

Come to the Eames Demetrios talk and ideas session

Saturday 22 August at Lake Grace Artspace (afternoon/evening – time to be confirmed). Everyone welcome – children and adults and you don't have to be an artist or a writer, just have some ideas.



Help create and install the artwork

Sunday 23 August at Clarke's lake, Lake Grace-Newdegate Road

We need fifteen volunteers to help layout the concrete islands and apply the stories. (We will get a concreter to mix and pour the concrete).

Contact Michelle Slarke (Tel: 9890 2500 Work; 9865 1878 Home or email slarke@hotmail.com) if you would like to be involved.

Visit the websites below for further information:

<http://www.kcymaara.com>

<http://www.flickr.com/photos/kymaerica/>
sets/72157609402370679/

<http://kymaericablog.com/?p=88>

The list of plaques world wide: <http://www.kcymaara.com/plaques/list/>

Review from Edinburgh: [www.metro.co.uk/metrolife/edfest/article.html?](http://www.metro.co.uk/metrolife/edfest/article.html?in_article_id=263526&in_page_id=300&in_a_source=)

[in_article_id=263526&in_page_id=300&in_a_source=](http://www.metro.co.uk/metrolife/edfest/article.html?in_article_id=263526&in_page_id=300&in_a_source=)



Above: Making Eine Schrift erscheint (A Writing Appears), near the town of Kautzen in Austria



Above: First underwater Kcymaara plaque near the island of Mull, Scotland.

Left: Eames Demetrios.

Sailing the Leeuwin

Day 1:

The first day began with an early start to the day with the FESA cadets from all over the state turning up at the Fremantle Wharf at about 9:15am, all scared. Harley and I were glad to know each other. Some others weren't quite so lucky, but it didn't take long to make friends. When we arrived it was into the Leeuwin Office to sign some papers to give consent to be photographed by Channel 9. From there our names were called out to be ticked off the list and put into watches. There were four different watches of people on the ship. Green, blue, red and white watch. Each watch consisted of about 10 FESA cadets plus one of two watch leaders. The watch leaders were volunteer crew who wore red shirts.

As soon as we stepped foot on the ship in our watches, we went down to our allocated cabins to put our belongings onto the bed of our choice. I found that there were bunk beds to sleep on, which were so squishy that you could only sit up onto your elbows before hitting your head on the above bunk. We then set up our bed by putting our sleeping bags over the bunks and then went back up onto the deck! After that we sat down into our watch and went around the circle telling each other in our group our name and a little bit about ourselves, our watch leaders name was Rachael. She brought a pen into the circle and we had to go around remembering each others name as we threw the pen to them. We continued this until we could go around remembering everyone's name which was hard but fun. We were also numbered from 1-10, I was number 3.

We were then introduced to the boat by going around having all the different parts and different ropes explained to us. At about 12:30pm during our watch we had a very yummy cooked lunch, we had the Channel 9 news crew on board photographing us as we worked. After lunch the captain introduced HERself, the cook and the cook's helper and a lot of other staff onboard who were to be with us on our voyage. She then talked to us about the rules, the things we were to do on the voyage, fun activities we were going to do on the ship and all about the night watches we were to undertake each night throughout the voyage. We also were told about the Channel 9 news team that was on board to do a promotional article for the Leeuwin and would be photographing us during our voyage. We were told what not to do to the camera! The Channel 9 crew also stayed on the ship the first night.

We got back into our watches after the talk and were told that we were all to do just an hour watch between two of us in every watch. That evening we had a nice hot dinner and then free time until 9pm bedtime. Most of us went up stairs on deck to get some fresh air while others went straight to bed.

Day 2:

We were all woken at 7am to a freezing morning with the alarm which was music and orders for all the leaders to be on deck warming up by jogging around

and around the deck, in the cold I must add. After the exercise on deck two watches at a time were called down for breakfast, the other watches were to make their beds and get ready for the day ahead with our harness on and be up on deck to wait for our names to be called out. My watch was called down to brekky second so we were all very happy to eat the nicely provided hot breakfast in front of us (bacon, baked beans, toast). After breakfast we set sail and were heading out further to sea for a new adventure. The camera crew finally left, still taking pictures of us from a boat a little way off.

Every watch was allocated different tasks from steering the boat, learning how to work the helm and all the buttons on it and what they were for. Another task was climbing the mast and the correct way to do so, or maybe working and checking all the ropes and learning their usages and what they do. Another task was heaving the sails up and down and learning how they work.

We were first on the steering and working the helm, then we went to climbing the masts and then to rope work. These activities and other exciting ones brought us through to lunch which was the two watches that didn't have breakfast first went to lunch first. I forgot to mention before, but every time there was breakfast, lunch or dinner the decision on who does the dishes after it would be the number that was called out over the speakers and it went from 1 up, so any way it was unfortunately my turn to go up as the 1's had done their dishes last night and the 2's this morning. I went down and did the dishes which was a loads as we had to do the dishes for all the people on the boat. The great thing was that we got to eat lunch first before any one else.

After lunch we just finished off doing all the activities, (for us the green team) we finished doing the ropes and then numbered off (which was we had to call out our number in order). The activities filled the day and before long it was free time before dinner, the lucky number 4's got to eat dinner first, but also had to do the dishes after.

We anchored down after dinner a few kilometres from the port; the lights of the city were a dull glow in the distance. When every one had eaten their dinner we came together in the lobby, which was the dinner place, and the captain came and spoke to us about "night watch", how it worked and our rosters. Night watch was done in groups, the responsibilities included checking that the anchor was still secured, checking and recording the wind speed and the direction we were facing. Green watch (which was us) was allocated first night watch which went from 9:00 - 12:00pm. Then we could go to bed! YAY SLEEP!!

DAY 3:

Again an early 5:30am rise and unfortunately more exercise and another big day of sailing. With the anchor now up and fun activities of group bonding

Sailing the Leeuwin (*cont.*)

things, like getting into groups if you had blues eyes, or any other coloured eyes or if you had x amount of people in your family (the only problem there was that I was in a group all by myself as no-one else had 11 people in their family). It was all fun. We then played a game which was a paper, scissors, rock game and the transformation from an egg to a monkey to a sales person to a then to a president. Before long it was lunch time and the number 5's were to go and eat and do dishes.

After lunch the activity was to prepare a presentation on how to set up a mast, it had to include a diagram and written instructions. We were to present this to the other groups. More rope stuff before dinner then we got some free time so we scattered in different directions to either climb the main mast of the top, or sit on the rope netting at the front of the ship. For me I chose to climb the main mast right to the top to read the secret message, this was fun but a little scary.

Dinner came around fast and the number 6's were told to head to dinner then do the dishes, like always it was a yummy cooked dinner with dessert afterwards. That night we were told to do watches in pairs and only for an hour. I was on from 10-11pm with another girl from my watch. When we anchored we couldn't see land or lights at all and it was VERY dark.

DAY 4:

Day 4 was a 5:30am start, exercise on deck then breakfast. Two groups went down to eat breakfast while the other groups were having free time or steering the boat. This day brought us a day of cleaning, cleaning and more cleaning which included cleaning all the brass with polish, cleaning the deck with water, cleaning the bathrooms, bedrooms, lobby and cleaning the tables and seats.

After lunch there was a little bit of excitement when we spotted a submarine on the water, this brought the cameras out. After the excitement died down, we were put back into our groups and numbered off before each group had to do their mast presentation.

Dinner was called and the number 9's were down the lobby eating theirs and then waiting for the dirty dishes to arrive. Dinner was yummy and so was the dessert!!!!

Unlike previous nights we sailed through the night so once again we did group watch for 4 hours (our group was from 12.00– 4.00am). We had to get back past Rottnest and closer to the Port. The hours were so very long but after a 1001 jokes were told and laughed at, the time was up and we were relieved!! Off to bed Yah!

DAY 5:

Was excitement, for some the novelty of the trip wore off. The early wake up call - FINALLY DECENT MUSIC - was great and again exercise and cleaning, cleaning started again after breakfast. The number 10's reunited with us after the dishes and it was our turn to clean the deck which was much fun. Cleaning ALL the brass on

top and then washing the deck with water and the side of the boat which had a lot of salt on it.

Morning tea crept up on us and a number was picked out of the hat to do dishes. Number 4's were the unlucky ones, today they had sandwiches.

Port was entered at about 10am and people were everywhere waiting for their children on the boat. When we pulled up at port and tied to the wharf, we were handed certificates by our watch leaders and hugs were shared as we departed the boat and left our new friends.

CONCLUSION:

The trip was a life changing experience. It was an awesome opportunity to make new friends, learn new things, take on responsibility and meet new challenges. For me the climbing of the big masts and reading the plaque at the top was awesome (there was a lot who were unable to achieve this). I thoroughly enjoyed myself!, I advise people "take the challenge and sail the Leeuwin as I have done and this will change your life". I am very grateful to the Lake Grace branch of the FESA Cadets for nominating Harley and I as representatives from our branch to sail on the Leeuwin. Thank You.

Gabrielle Trevenen

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Mob 0428 253 033
amuri1@bigpond.com



Basketball Notice

Basketball backboards will shortly be installed at our sporting grounds, probably after the winter sports are wound up so as not to interfere with the Netball Grand Final.

This means we are going to have a basketball competition commencing this October on Tuesday nights. Competition will include Sub Juniors (U10), Juniors (U14) and Seniors (everyone else). The Sub Juniors will be a short game with coaching session in the half time break, to learn one new skill each week. Junior and Seniors will compete for the Premiership.

Junior players will be allocated a team at the beginning of the season to enable a more even competition. Seniors are left to their own devices to arrange their own teams, please note this is not a mixed competition, there will be separate Men's and Ladies competitions. If you don't have a team already organised we will arrange for you to be included.

Jeanette Trevenen has called for interest for high school students to travel to Kulin and join their competition on Friday nights. The Lake Grace Basketball Association supports this and hopes that high school students will support Kulin Association and take the opportunity to play with their peers. Please

contact Jeanette if you are interested, details on page 7 of the Link.

Kulin is also still holding their primary aged competition on Friday afternoons and we encourage primary school students to participate in this competition as well as the local one. More details will be available from LGBA Junior Coordinator, Diedre Trevenen.

We are seeking nominations for two people to complete our committee after the departure from town of two members. Please contact Danielle Robertson with your nomination.

As this is restarting a competition that has been dormant for nearly ten years, we are seeking financial help to purchase equipment to get up and running. If you wish to contribute in any manner please contact Danielle Robertson or Stephen Chappell.

So start thinking of teams and contact either myself on 9865 2406 ah or Danielle Robertson on 9865 1676 and we'll keep you updated on the future of the comp in Lake Grace.

Help us bring back this fun and exciting sport.

Stephen Chappell

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Cruising with the Seaman's (cont.)

Monday 11th May Phuket - Thailand

At 8am we docked in Phuket which is hailed as the "Pearl of the Andaman Sea". The island off Thailand's long southern coast boasts a colourful history. A crossroad for trade, Phuket has been a melting pot of Thai, Malay, Chinese and western influences. Its importance over the last 500 years stemmed from the islands natural resources which include tin, hardwoods and rubber. In the past half century Phuket has enjoyed wide popularity as one of the premier travel destination in Southeast Asia. Travellers are drawn to the islands beaches, crystalline waters and forested hills. Our day trip was going to take us to see Chalong Wat temples - lunch - and to the island safari.

Chalong Wat Temples.

Our drive to the temple gave us a look at the city which was very clean, tidy and well laid out. The amazing thing was their mode of transport; motor bikes. Cars here in the minority comparing to motor bikes, literally thousands of them everywhere we went.

The temple, which was like a village, is the largest and most venerated of Phuket's 29 Buddhist temples. It was truly a spectacular setting with the large main temple set in gardens and ponds surrounded by the smaller temples and buildings. Very colourful and one of the best we visited.



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 - BBQ
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See you there!!

We travelled to lunch at a Thai village outside eatery. The menu included sweet and sour fish, beef curries - cooked in Thai fashion with fresh fruits. Something different but very enjoyable. Then off to the island safari.

The island safari is dedicated to the role the elephants play in the traditional culture. Before riding the elephants we watched demonstrations of their skills and demos of monkeys picking coconuts, riding bikes and many other tricks.

The skills which the elephants were performing included participation with some humans. So when the ring master called for volunteers, Jeannie was the first to push me out in the ring.

Soccer. Now I had to stand in front of the goals while the elephant lumbers towards me and kicks the goal. Not to be outdone I caught the ball. Mistake number one. I think I was supposed to let the elephant get the goal because the trainer said let's do it again. Mistake number two. I said OK. Big boy got his ball, looked at me, dropped the ball on the ground and came charging at the goals with me standing in front of them to try to stop his scoring.

Now not too many people have stood in front of a charging upset elephant intent on scoring a goal. Let me tell you I was not really frightened, just bloody scared, but as the elephant kicked the ball instinct took over. I grabbed the ball threw it back to the trainer, and ran back to my seat as fast as I could. Very exciting performance.

Next trick. Lay on the mat on the ground and let an elephant put his big foot on you and give you a big smooch with his trunk. Not Jeannie again but Kev. If you get a chance to do it don't miss it you will treasure the memory.

Then the big ride. We mounted on the seat on the back of the elephant with a Mahout guiding the animals through the rainforest trail, showing us that riding elephants is the way to go. It was good that the Mahout was on the elephant with us and Jeannie was not in charge (ask her about the camel she was in charge of in Stuart wells.)

So after a very, very enjoyable day we once again headed back to our home on the waters to set sail and this time we head for India.

Medicare

Lodge your claims via direct line

**no phone queues,
no forms to fill in**

At the Lake Grace Telecentre

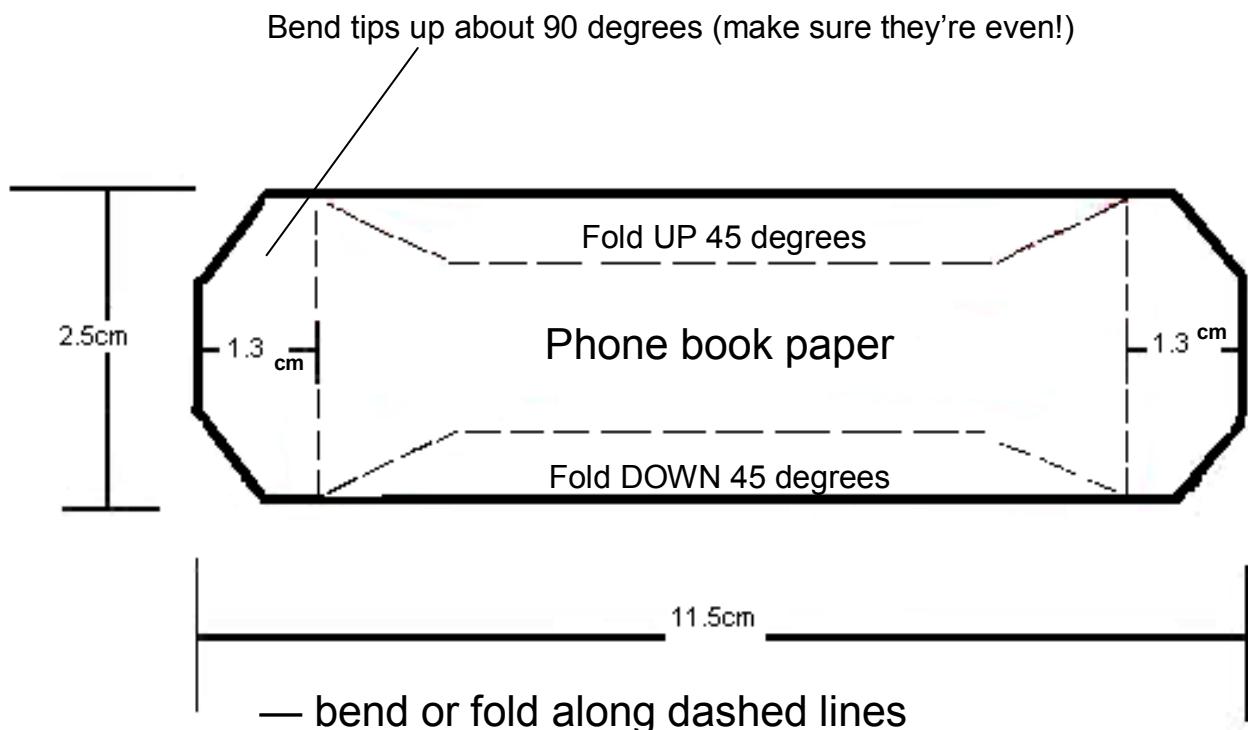
It's windy in Lake Grace—especially in October. So this year we're going to make good use of it. October 2009 will be host to *Art in Motion: driven by wind*, a celebration of the amazing power of wind. So when that Albany doctor roars up in the evening, expect to see kites, flags, windsocks, spinners, streamers and more covering the town—ready to harness that cool breeze (or gale). Anyone can take part. Here's something to think about...



Tumble Wing Walk-along Glider Design

This design is essentially a paper airplane.

It is much easier to build, trim and fly.



To fly; hold a 25.5cm x 38cm rectangular piece of cardboard by the top (long edge) in one hand. It should be angled back 15-20 degrees from vertical. Release the tumble wing overhead and bring the cardboard up behind it. Keep moving the cardboard slowly behind it so that it keeps spinning. The tumble wing should be spinning a couple of inches in front of the cardboard, and centered near your knuckles.



**INTERNATIONAL CORPORATE ENTERTAINMENT
PROUDLY PRESENTS: DIRECT FROM MELBOURNE:**

ABARATION



WHAT A WAY TO WIND DOWN AFTER THE NEWDEGATE MACHINERY FIELD DAYS AND THE WINTER SPORTS GRANDFINAL

**SUNDAY 6TH SEPTEMBER, 2009
NEWDEGATE STADIUM
6PM – 9.30PM
\$35 PER HEAD**

(Primary Children accompanied by an adult are free)

TICKETS AVAILABLE NOW
Newdegate Telecentre 9871 1791
Roz Lloyd 9871 1534
Field Day Office 9871 1655

Bar facilities are available. Please BYO own supper/nibbles.

Setting will be cabaret style with room for dancing.

This entertainment is proudly promoted by the Newdegate Machinery Field Days and all funds raised will go towards the Newdegate Medical Centre Project.

CALL FOR NOMINATIONS FOR ADVISORY GROUP LAKE GRACE SPORTING PRECINCT WORKING GROUP (LGSPWG)



The LGSPWG meets on a regular basis to consult, plan and prepare for upgrades to the Lake Grace Pavilion facilities. Currently the groups main focus is now on Stage Two of the project.

LGSPWG has requested that, at its August meeting, Council select 6 committee members to form a LGSPWG **Advisory Group** to oversee Stage Two planning that will form a Department of Sport and Recreation CSRFF funding submission. *All users will have input to the project through the Advisory Group.*

Possible candidates should have a demonstrated working knowledge and understanding of sport and recreation within the community, good communication, problem solving, decision making skills and an ability to consider a wide range of views from individuals and community groups.

Nominations will be received in writing and should address the following format:

- Nominee:(signed)
- Print Name:
- Address:
- Phone
- Email:

Please outline your involvement, knowledge and understanding of sport and recreation within the community. Also include how you communicate, problem solve and make decisions in an informed and unbiased manner.

******NOMINATIONS CLOSE - 4:30 PM MONDAY 24TH AUGUST 2009******

Nominations marked attention: LGSPWG Advisory Group Nomination, can be:

- mailed to Shire of Lake Grace, PO Box 50, Lake Grace, WA, 6353
- faxed to 9890 2599.

HANDYMAN IN LAKE GRACE AREA

Home Maintenance and Repair

- Painting
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Richard Jones
Mob: 0427 817 891



Aerial Spraying

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Albany WA 6331

Phone: 9844 4785
Mob: 0427 206 210

LAKE GRACE GOLF CLUB NOTES

Sunday 2nd August was the semi finals of the championship with all competitors champing at the bit with expectations of greatness.

A Grade

The first semi final was the battle of the titans, Gary Frost v Graham Milton. After a long day in the park, Gary eventually edged over the line.

The second semi final was left to the big hitters, Corey Lee v Steve Hunt. With a round filled with mind games a plenty it was Corey who finally did the victory lap.

B Grade

First semi final was fought out between "Mr Smooth Talker" Justin Wright and "Mr Laid Back" Ren O'Halloran. It seems the laid back approach was the way to go in this match with Ren coming out on top.

Second semi final was played between Rex "I Drive Holdens" Walker and Nick "You Need To Drive A Ford" Maalouf. After a great walk it was Rex who got his nose in front.

The men's C Grade and the women's A and B Grade all had a bye to conserve their strength.

Sunday 9th August saw all competitors lining up to hit off for the 36 holes of The Finals at 8.30am on an overcast, drizzly morning.

A Grade Men

Gary Frost and Corey Lee trudged off down the fairway and when they returned at the end of the day it was Gary who was the new A Grade Champion.

B Grade Men

The final was eyed off between Rex Walker and Ren O'Halloran and after both players taking turns at the lead it was Ren on the 36th hole who came out B Grade Champion.

C Grade Men

Another 36 hole shoot out between Steve Crook and Alex Reeves with Alex holding



Back L to R: Michelle Lay, Cara Thomson, Helen Hunt, Ren O'Halloran, Gary Frost & Alex Reeves.

Front L to R: Tania Bray, Rex Walker, Corey Lee & Steve Crook

his buggy aloft in victory as the C Grade Champion.

A Grade Women

This was always going to be a great game to watch with Michelle Lay taking on Helen Hunt. After the dust settled it was Helen who emerged as A Grade Champion.

B Grade Women

This must have been an extremely funny game of golf if the laughing and drifting across fairways was any indication. Tania Bray and Cara Thompson had a fun day but at the business end of things it was Cara who was the B Grade Champion.

The Plate was played between Milton Reynolds and Kevin Eggers on Saturday 8th August as the boys were scared to get wet! After a great round it was Kevin the winner.

All in all a great day was had by all. Congratulations to all the winners and runners – up. Thanks also to the supporters who cheered everyone on.

Rex Walker
Vice-Captain



Left: Corey likes the feel of the cup in his hands.

Lake Grace Ladies Darts

17-6-09

Stingers def K-Mums
 Just Us def Comets
 Highest Ave: Kim Chesson - 39.15
 Velia Crook - 33.73
 Highest Score: Fitz Komene - 120
 Kim Chesson - 101
 Highest Peg: Velia Crook - 25
 Maggie O'Brien - 20

24-6-09

Stingers def Just Us
 Comets def K-Mums
 Highest Ave: Kim Chesson - 39.90
 Helen Hunt - 37.88
 Highest Score: Delys Giles - 140
 Kelli Gross - 140
 Highest Peg: Kim Chesson - 42
 Delys Giles - 32
 Maggie O'Brien - 32

1-7-09 - Singles

Champion - Fitz Komene
 Runner Up - Delys Giles

8-7-09

Stingers def Comets
 Just Us def K-Mums
 Highest Ave: Courtney Withnell - 48.30
 Fitz Komene - 38.77
 Highest Score: Fitz Komene - 125
 Lisa Lindley - 118
 Highest Peg: Natalie Gambuti - 37
 Robyn Taplin - 34

15-7-09

Stingers def K-Mums
 Just Us def Comets
 Highest Ave: Fitz Komene - 43.25
 Nat Gambuti - 40.95
 Highest Score: Kim Chesson - 137
 Debbie Bell - 130
 Highest Peg: Robyn Taplin - 38
 Kim Chesson - 38

Newdegate Machinery Field Day Art Exhibition

Entries closing 13th August
 Theme for this year 'Carbon'
 Over \$3500 prize money!

Oil & Acrylic, Watercolour,
 Pastel, Small Painting,
 Open Section and Photography sections

Phone Melissa Cugley for entry form 9871
 9080

22-7-09

Stingers def Just Us
 Comets def K-Mums
 Highest Ave: Delys Giles - 40.30
 Kelly Stewart - 38.87
 Highest Score: Vanessa Nayda - 123
 Velia Crook - 115
 Highest Peg: Michelle Lay - 104
 Kelly Stewart - 36

29-7-09 - Doubles

Champion - Delys Giles
 Kelly Stewart
 Runner Up - Kelli Gross
 Debbie Giles

Ladder

Stingers - 44
 Just Us - 24
 Comets - 20
 K-Mums - 8

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**Grant Oborne - Lake Grace
 Ph/fax: (08) 9865 1367
 Mobile: 0427 651 367**



Aquatics and Recreation in the Community NEWS & NOTES

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

ARC - WINTER FITNESS

DAY	AM	PM
Monday	• 6.00 - 6.50 FORCE (Sharon)	• 5.45 - 6.35 FORCE (Letisha/Anna)
Tuesday	• 9.20 - 10.00 ATTACK (Letisha)	• 6.30 - 7.20 BEGINNERS MENEZES PILATES (Tahryn)
Wednesday	• 6.00 - 6.50 BOOTCAMP ARC (Sharon) • 9.10 - 10.10 MENEZES PILATES (Tahryn) • 10.20 - 11.20 BEGINNERS MENEZES	• 5.30 - 6.10 MAX TRAINER (Tahryn)
Thursday		• 5.45 - 6.35 CARDIO FITBALL (Tahryn) • 7.00 - 8.00 MENEZES PILATES (Tahryn)
Friday	• 6.00 - 6.50 FORCE (Sharon)	

- PLEASE INFORM YOUR INSTRUCTOR AT THE BEGINNING OF THE CLASS OF ANY HEALTH ISSUES YOU MAY HAVE
- Unless otherwise informed, classes are designed to cater for all levels of fitness.
- Please bring water bottles, a towel and correct footwear to all classes.
- Early morning classes may be cancelled without notice due to unforeseen circumstances. notice will be given where possible.
- Please bring a hat, sunglasses and sunscreen to outdoor classes.
- Due to participant safety, please arrive at classes on time. Participants will not be permitted to join class if more than 5 minutes late.
- Classes may be cancelled due to unforeseen circumstances, where possible notice will be given.

Memberships Available

- \$150—12 month unlimited land and water classes plus all pool usage
- \$100— 12 month unlimited land classes
- \$30— 3 month unlimited land classes
- \$3 —for a normal class
- \$6 —for a pilates class

Memberships can be purchased from the Shire of Lake Grace office

NEW Beginners Menezes Pilates Class

Wednesday at 10.20am

Recommended for anyone who hasn't attended a class and is interested in attending. For more information please see your ARC Fitness Instructor.

For further information regarding ARC please contact Letisha at the Shire

Tel: 9890 2500 or email letisha@lakegrace.wa.gov.au

**FOR THE COMFORT OF ALL ARC PARTICIPANTS PLEASE
BRING A SWEAT TOWEL TO ALL CLASSES**

TROLL TALES

Lake Grace vs Karlgarin/Hyden - 1/08/09

C Grade 5-0

Coaches Award: Harmony Moore

B Grade 2-0

Goals: Narelle (seagull) Hutter, Penny Willcocks

Coach's Awards: Caryn Kirk, Narelle Hutter and Phoebe Robertson.

A Grade 2-1

Goals: Lyn Carruthers

Coach's Awards: Fiona Chatfield, Lyn Carruthers and Belinda Bowron,

Bruce Rock v Lake Grace - 8/8/09

C Grade 1-4

Goal: Phoebe Robertson

Coach's Award: Travis Hutter

B Grade 1-2

Goal: Kelly Gross

Coach's Awards: Kelly Gross, Caitlyn Trawinski and Mae Connolly.

A Grade 1-2

Goal: Lyn Carruthers

Coach's Awards: Danielle Robertson, Lynda Trawinski and Belinda Bowron.

Last weekend's loss to Bruce Rock for all grades made our journey to the flag a little harder.



C Grade unfortunately are out of contention this year, finishing 5th on the premiership table. Well done to all the junior players this season, all have improved their hockey greatly under the direction of Tahryn Gray. Thank you to Tahryn for taking on the coaching role of the juniors this year, hopefully they haven't put her off and she will continue in the role for next season.

B Grade finished in fourth place and will play Kulin in the first semi final on Saturday in Kulin.

A Grade finished second on the premiership table and will face 'arch nemesis' Narembeen in the second semi final on Saturday also in Kulin. Times are uncertain at this point but would love to see supporters there cheering on both teams. Check out the notice board at the Plaza late in the week for times.

Mark a date in your calendar for "That 70's Show", a fancy dress dinner and DJ up at the Club on 29th August after the Roe Districts Grand Final. Tickets are \$30 each and are available from any of the Lake Grace Hockey Club members.

Danielle Robertson

Ongerup Districts Mobile Sheep Shower Service



Ring Doug on 0428 282 068
a/h 9828 2068

BAPTISTCARE PARTNERS IN PURPOSE

- ❖ Have employment available, supporting people with disabilities in Lake Grace.
- ❖ Experience is always preferred, but NOT essential, just a positive and caring attitude.
- ❖ Duties will include supporting people with varying degrees of disabilities, manage daily living tasks, community integration, assist with developing friendship networks and maintaining existing networks, menu planning, shopping cooking, etc.

If you are interested to join our team, we have 18 hours per week available, or however many hours that would suit you up to 18. If you can help please contact:

Fay Panizza
Baptistcare
Partners in Purpose
0448 971 109



D GRADE FOOTBALL PLAYER PROFILES

NAME:	Jack Knight
NICKNAME:	Not telling (Sorry)
AGE:	9
FAVOURITE FOOD	Chocolate
PREFERRED POSITION:	Fullback
PREFERRED SIDE:	Left Hand/Left Foot
FAVOURITE TEAM:	Essendon Bombers
LOCAL IDOL:	"Christo" Trevenen
AFL IDOL:	Alwyn Davey, Essendon
GOAL:	To play in a Premiership Team

COACHES COMMENT: Tried to weasel the nickname out, but Jack wouldn't budge. He's played at each end of the field and will develop his left foot to the same precision as his local idol. I'm sure!



NAME:	Mitchell Smith
NICKNAME:	Smithy
AGE:	11
FAVOURITE FOOD	Spaghetti
PREFERRED POSITION:	Centre Half Forward
PREFERRED SIDE:	Right Hand/Right Foot
FAVOURITE TEAM:	West Coast Eagles
LOCAL IDOL:	Reuben Smith
AFL IDOL:	David Wirrpanda
GOAL:	Win a Premiership this year

COACHES COMMENT: This guy is the master of his own destiny and has helped pin down the backline this year. I'm looking for goal sneaks in the finals Smithy, keep stretching those hammys!



LAKE GRACE D GRADE FOOTBALL NOTES

Last fortnight we travelled to Borden for our return match against an anticipated much improved side. Weather forecast was for a fine day, and it didn't disappoint, it was like a day in spring not winter. About half an hour before the game was due to start we found out the jumpers were left behind and going to be late getting here. I'm predicting some 'donated refreshments' on the footy trip for that one.

Our guys took to the field in old long sleeve jumpers, Lake Grace footy and Lake Grace hockey shirts. We looked a bit ramshackle and that's about how we played in the first quarter. Borden's bigger players in the centre controlled the game and had penetrating kicks that was causing our defense all sorts of problems.

Before we knew it we were three goals down before Jack Trevenen gave us a steadier. By quarter time Angus Hunt had a 'run with' role on their #14 who was giving us trouble.

At quarter time we got our jumpers (thanks Damo Pelham) and collected ourselves mentally. A more determined attack on the ball was required and we had to keep the ball moving forward at all cost. Brady Carruthers was challenged before the game to get into the game, he had a killer of a first quarter taking at least five marks and really giving us drive from his flank, up the wing.

Throughout the second quarter the boys tried hard with

LAKE GRACE D GRADE FOOTBALL NOTES

Jock and Travers sweeping the ball across the half backline. I'm sorry my memory is a bit shady who got the goals, but I know we outscored Borden in the second half to be only three points down at half time. Angus really shut Borden's big bloke down, limiting the range and quantity of his disposals. It was a warm day and some of our guys looked tired from the hockey match so Peter Downey went to fullback and Jock had a spin further up the ground. Liam was his usual dynamo self and was really giving us drive out of the centre.

A quick pat on the back at half time and reinforce the front position scenario and the boys were back out there again. Brock Bowron and Bailey McGlinn were giving plenty of run on the wings and covering lots of territory. We started to get our run on game going and this brought the younger players into the game as defenders were scrambling to cover up. Kendrick Harvey marked and took a shot on goal but it was touched over the line, which seems to be the story of our game this year. Great efforts by Brad O'Neill, Joe Fonda and Jack Downey in our last line of defense saved at least two certain goals. Well done boys!

In the last quarter, Peter shifted back up the ground and with Jack Trevenen on fire up forward, we slowly wrestled the game from Borden's grasp. In the end we won by fourteen points. Morton boys award went to Brady Carruthers and Mitchell Shalders.

Our last home and away fixture was played in Lake Grace against Ongerup this Saturday just gone. Ongerup sorted us out when we met in the first round, however their recent results led us to believe they must have lost some older players on Saturday. Ongerup took to the field with 13 boys and 4 girls who hadn't played with the team before. We lent them a player (Kernan Harvey) for the first quarter and although it drizzled rain for the next 10 minutes the game standard was quite high. Lake Grace put on three goals something to Ongerup's single goal but the pressure around the ball was quite good.

At the end of the first quarter Mitchell Shalders took Kernan's place on Ongerup's team and we shuffled our on ballers and backline around a bit to try and even it up a little. Our guys cut loose a bit once the Ongerup midfield runners started to tire, but our style of play suffered, not hitting targets or playing as a team. After putting another three goals on the board, we decided to swap a couple of players at half time.

Mitchell Shalders returned to the fold and Angus Hunt and Liam Baker went over to play for the Kangaroos. The looks on the boys faces upon hearing this ranged from disbelief, to shock, to anger and disappointment. We needed a challenge so close to the finals though and after a come from behind win against Borden I was fairly sure we could hang on. Angus and Liam had an immediate impact and were moving the ball forward with purpose. Jock Harrington and Mitchell Smith were working hard to repel all advances and Brady

Carruthers and Mitchell Shalders started to become more involved in the game. With no Travers Wright at half back and Jack Trevenen at half forward it was game on! Ongerup scored three goals in the third quarter and although we had several advances we kept on getting cut off on the goal line.

At three quarter time there was some agitation and pleas to swap Angus and Liam back, but we were still in front, albeit only by two goals. The now unpopular coach Rosco gave a little pep talk in regards to playing as a team and controlling the half back to half forward line. Once play resumed we had a bit more composure and a better attack on the ball. Brock Bowron continued recent good form moving the ball on quickly and Cent Amores started to have a bit of an influence on the game. Peter Downey continued to work tirelessly up and down the spine and when late in the quarter the scores drew level he really went up a gear.

The mutterings behind the coach were growing as people started to look around for suitable objects to club me with, umbrellas and things like that. Ongerup surged forward but the ball was turned over and went to our end where the end result was a point. Another passage of play up and back the ground again eventually saw a free kick reward within range. Lake Grace capitalized and sank the goal and soon after ran out winners. The Morton boys award went to Mitchell Argent and hmmm...Alzheimer's strikes again!

The boys are now through to the second semi final where they will meet Boxwood Hills at Jerramungup. We haven't beaten Boxwood in either of our two encounters this year although the last game was only lost in the last 5 minutes. The boys can't wait to have another go and we look forward to seeing a large contingent of Lake Grace supporters to cheer us on.

Happy to report that after the kids narrow win against Ongerup I wasn't maimed by an umbrella or such. Some people in the dugout did say I was 'retarded' and nearly cost us the game though, fine line between hero and zero I suppose.

Ross Bowron

Elisabeth Hawkins Rural Service Officer

Elisabeth has a mobile office and helps all rural businesses and farming enterprises with their Centrelink enquiries.

If you would like to make an appointment with

Elisabeth please give her
a call on 9841 9126
or 0447 891 985.



Centrelink

LAKE GRACE/PINGRUP FOOTBALL

Round 13

League Results

Lake Grace / Pingrup 18 goals 21 (129) defeated Borden 12 goals 15 (87).

Best: Alex Duckworth, Michael Trevenen, Marcus Argent.

Goal Scorers: Karl Fleay, 4; Alex Duckworth, 3.

Newdegate 14 goals 11 (95) defeated Ongerup 10 goals 8 (68).

Gnowangerup 29 goals 14 (188) defeated Kent 6 goals 13 (49).

Jerramungup 17 goals 10 (112) defeated Boxwood Hills 11 goals 9 (75).

Reserves Results

Lake Grace / Pingrup defeated Borden by forfeit.

Ongerup 5 goals 7 (37) drew with Newdegate 5 goals 7 (37).

Kent 14 goals 12 (96) defeated Gnowangerup 6 goals 13 (49).

Boxwood Hills 15 goals 6 (96) defeated Jerramungup 5 goals 5 (35).

Juniors

Lake Grace / Pingrup 8 goals 7 (55) defeated Borden 6 goals 5 (41)

Newdegate 13 goals 17 (95) defeated Ongerup 2 goals 3 (15).

Gnowangerup bye.

Boxwood Hills 8 goals 8 (56) defeated Jerramungup 3 goals 1 (19).

Round 14

League Results

Ongerup 19 goals 16 (130) defeated L-Grace / Pingrup 17 goals 10 (112).

Best: Karl Fleay, Gary Leo, Damon Pelham.

Goal Scorers : Karl Fleay 11, Tristan Scorer 5.

Newdegate 15 goals 10 (100) defeated Kent 7 goals 8 (50).

Jerramungup 17 goals 9 (111) defeated Gnowangerup 14 goals 19 (103).

Boxwood Hills 22 goals 14 (146) defeated Borden 13 goals 13 (91).

Reserves results

L-Grace/Pingrup defeated Ongerup by forfeit.

Kent 25 goals 10 (160) defeated Newdegate 1 goal 5 (11).

Gnowangerup 12 goals 10 (82) defeated Jerramungup 4 goals 3 (27).

Boxwood Hills defeated Borden by forfeit.

Juniors Results

L-Grace/Pingrup 8 goals 11 (59) defeated Ongerup 8 goals 3 (51).

Newdegate Bye.

Gnowangerup 6 goals 12 (48) defeated Jerramungup 1 goal 1 (7).

Boxwood Hills 14 goals 7 (101) defeated Borden 4 goals 6 (30).

From the Footy Scribe....

Round 13-Lake Grace/Pingrup vs Borden

With two games to go the Bombers went head to head with the Borden Magpies with the loser claiming bottom spot on the table. With their pride at stake the boys went down focused on the four points and from the first bounce every player put their body on the line for the team. The inclusion of 'sledgehammer' Storer back in the forward line gave the boys a target ahead with himself and Karl 'drop-punt' Fleay working well together when given their opportunities. The 'Janitor' Alex Duckworth could be found across the field mopping up any messes that came his way, while this round's rising star nominee went to young superstar 'Mad Dog' Mickey Trevenen, who kept his eye on the ball with the class of a 400 gamer. The Bombers never looked like losing it as they ran away with the win in the final quarter, fitness and class shown throughout the day. The win cemented Lake Grace/Pingrup into seventh spot getting them off the bottom.

Round 14-Lake Grace/Pingrup vs Ongerup

The last game of the season for the league saw the Bombers go up against Ongerup in a grudge match

which would rival the ANZAC day clash between Essendon and Collingwood. Being played at the house of pain Ongerup were looking to regain respect after the Bombers snatched victory from them during their last encounter in Round 7. Ongerup controlled the first three quarters with their full forward Craig Boulton kicking true and heading towards 100 goals for the season. Up the other end though the Bombers had their own super forward Karl 'Drop Punt' Fleay finding the goals consistently. The game was a battle of the forwards with Craig kicking 11 goals down one end and Drop Punt Fleay kicking 11 goals down the other. At the final change Ongerup had complete control of the game with close to a 10 goal lead. The task seemed impossible: Enter Gary 'Hitman' Leo, with a late hit that turned into an all in brawl that could only be compared to a mixture of the International Women's Jelly Wrestling world titles and a scene from Rocky III. The boys rallied together to close the margin back to 18 points at the final siren. This sees the end of the Leagues season. Best players for this game were 'Drop Punt' Karl Fleay along with Gary 'Hitman' Leo and 'Meerkat' Damo Pelham.

From the Footy Scribe.....(cont.)

I would like this opportunity on behalf of the team to thank all people involved from committee members to coaching staff and supporters. I would also like to farewell a couple of players that won't be back next season Mighty Matty Brown and Tristan 'sledgehammer' Storer, thanks for being a part of our club and all the best for the future. For everyone else, one month break before we start pre-season. We would also like to wish Damo and the reserve boys all the best for the finals, we will be cheering you on. No pressure but a whole towns hopes and dreams hang with you, along with the A grade Netballers.

On a final note, well done to all teams, for a terrific season of winter sports.

This is your life Brendon Desmond:

Brendon Cecil Desmond aka Big Red was born in a small village in the heart of Cambodia. An illegitimate love child of a Cambodian Princess and Hagrid from Harry Potter, Brendon was taken from his mother at birth and raised by the Cambodian mafia where he worked as a hit-man.

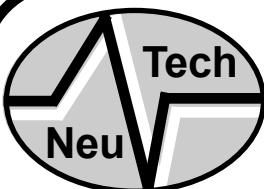
Growing tired of this profession, Brendon decided to flee Cambodia to follow his childhood dream of playing

Dorothy in the Broadway readaptation of the Wizard of Oz as this seemed to be an ideal disguise for a 6ft 8" Redhead.

Unfortunately this did not last as Brendon, while touring Western Australia, discovered he was wasting his talent on the Broadway stage and joined a travelling road show known across Australia as Man Power. Here he was the main act with courageous feats of daring flexibility and agility that only he could perform. Some say he had the motion of a Gazelle and the reflexes of a jungle cat.

While touring Western Australia Brendon took a liking to a small town called Newdegate where he quickly adopted the local culture of the art of growing a mullet. Brendon decided to spread his new found love of mulletry around the world but only got as far as Lake Grace where he met a man of the same last name. Geoff, who also had a passion for mulletry, became Brendon's best friend and locals say that you can still find Brendon popping around to Geoff's palace for a quick feed each evening. Brendon is now a living icon of Lake Grace and the Mullet world.

Dennis Gittos



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Recently had our stocktake and listed below are some slow movers I want to clear.

- 1 x dual battery carrier suit HJ/HZJ 75.
- 1 x dual battery carrier suit 100 series wagon.
- 1 x Warn winch. Suit portable yards, light recovery.
- 1 x Bogaard turbo timer suit 3.0L Navara.
- 1 x pair 'Nite Workz' LED multivolt tail light assys.

Vehicles

- 2005 Ford courier 2.5L turbo diesel single cab. Alloy tray, dual battery, UHF, spotlights, towbar, a/con, 140k. \$15,000 ono.
- 2003 Honda XR100. Great kids bike, reliable. \$1,800 ono.



CLASSIFIEDS

PUBLIC NOTICES

SENIOR CITIZENS LUNCHEON 2009

1st Thursday of every month.

September 3rd	CWA
October 1st	Red Cross
November 5 th	Playgroup
December 3rd	Anglican Ladies

Lake Grace CWA would like to say thank you to all groups for continued support of this wonderful service to our Senior Citizens.

CWA Meeting

Next meeting will be held on Tuesday the 8th September, at 1.30pm. At the CWA building.

All welcome.

Shire Council Meetings 2009

The next council meeting is Wednesday 26th August 2009, 1pm at the Lake Grace Council Chambers
Members of the public are welcome to attend meetings.

Volunteer Fire Brigade

Next meeting will be held on Wednesday 9th September.
8pm start. All welcome.

Notice of AGM

Lake Grace Swimming Club Inc AGM
Thursday 20th August
3.30pm LG Telecentre
Notice is given that the Club Constitution is to be reviewed and possibly amended.
Enquiries Yvette Downey 9865 3046.

Donut Machine for hire

The LGP Netball Club has a donut machine available for groups and clubs to hire.
This would be a great fundraising idea, Donut recipe and instructions are included.
The Netball club would ideally like a group to use it as a fundraiser at the Football, Netball and Hockey Grandfinal on the 5th of September.
Contact Amanda Trevenen 9865 2252.

The Grand Lodge of Freemasons WAC

The Kulin Lodge No. 160



Meets 7:30 pm

Gordon St. Kulin

3rd Monday of each month

Dedicated to Charity and Support in the Community

NEW MEMBERS WELCOME

Telephone 9880 1360 or 0427 654 090

Lake Grace St John Ambulance

First Aid Kits

A variety of kits are currently on sale from the Lake Grace Medical Centre (previously from Bankwest).

There is a range to suit most needs.

Contact Heather on 9865 1208 or call in to the Medical Centre.

Lake Grace St John Ambulance offers a restocking service for First Aid Kits. Have your items in your kit expired or have you used items and need more??

Please call Lynda on 9865 1405 to get your kits restocked.

All proceeds from the sale of kits and restocking go to the Lake Grace St John Ambulance.

FOR SALE

20' Millard Caravan

Reverse Cycle Air Cond. Full annexe.
Brand new full size fridge. Freezer.
Twin axle, licensed, new tyres.
Excellent Condition. \$11,500.00
Contact Hank on 0417 969 461 or 9865 1225.

Lounge

2 seater + 3 seater. Sofa bed.
Beige, good condition. \$650.00
Call a/h 0429 207 863 or 9865 2270.

Asst Goods

Nissan Patrol cargo barrier - \$150.00.
Electric treadmill - \$150.00
Phone 9865 1212.

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Andrew Walker (President)	9865 1241	9865 1921
Ian Chamberlain (Vice President)	9871 6001	9871 6035
Amanda Milton	9865 1960 0429 654 011	
Ollie Farrelly	9865 1180 0427 651 180	9865 1188
John Dunkeld	9871 2059	9871 2094
Jeanette de Langrafft	9838 9062	9838 9041
Royce Taylor	9865 1507	9865 1320
Wally Newman	9871 1582	9871 1587
Dean Sinclair	9874 7045	9874 7005

CRISIS CARE NUMBERS

Doctor's Surgery	9865 1208
Hospital	9890 2222
Ambulance	000
Police Station	9865 1007
Fire Brigade	9865 1250
Emergency Services	000
Electricity Faults	13 13 51
Water Faults	13 13 75
Directory Assistance	12455
Crisis Care Unit	9325 1111
Women's Refuge Group	9227 1642
Family Violence Intervention Programme	9336 2144
ACRAH Men's Refuge	9272 1333
Domestic Violence Legal Aid Unit	9328 7602
Family Court of WA	9224 8222
Youth Legal Service	9227 4140
Citizens' Advice Bureau	9221 5711
Samaritan Befrienders	1800 198 313
Margaret Cole	0427 441 459
Poisons Information	13 11 26
Kids' Helpline	1800 073 008
Seniors' Information	1800 199 087
Family Helpline	1800 643 000
Southern AgCare Counselling	0427 441 459

Justices of the Peace

Mr Neil Bishop	ph 9865 1632
Mr Colin Connolly	ph 9865 1010
Mr Ron Dewson	ph 9865 1224
Mr Len Elliott	ph 9865 1137
Mr Geoff Sabourne	ph 9865 1171
Mrs Amanda Milton	ph 0429 654 011

ANGLICAN CHURCH OF LAKE GRACE**Sunday 16th August**

Newdegate	8am
Lake Grace	10am

Sunday 23rd August

Lake Grace	9am
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Enquiries:	Father Dave	0427 545 560
	Terry Gladish	9865 1022

LAKE GRACE CATHOLIC CHURCH**Saturday 15th August**

Vigil Mass	
Hopetoun	6pm

Sunday 16th August

Ravensthorpe	8.30am
Kukerin (C/S)	9am
Varley	11am
Lake Grace	6pm

Sunday 23rd August

Kukerin	8am
Lake Grace	10am
First Holy Communion	

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

Scanning

Have your family photographs scanned
and saved to CD at the Telecentre.
We can also download from your
digital camera.
Enquiries on 9865 1470.

NEED A RUBBER STAMP??

TO PLACE AN ORDER
OR OBTAIN A QUOTE
CONTACT THE LAKE GRACE
TELECENTRE 9865 1470

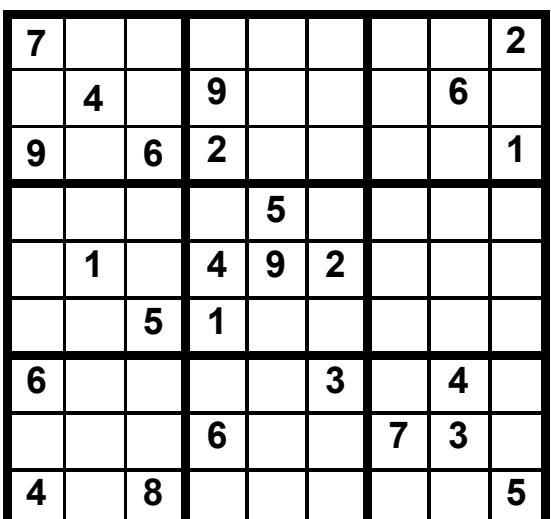
COMMUNITY CALENDAR

August

Fri 14	Fish & Chip Night - LGS Club Driving Assessor in Lake Grace	Sun 23	International artist Eames Demetrios in LG Golf - Stableford Junior Golf - 9:30am
Sat 15	Steak Night at Sportsman's Club Winter Sport - First Semi Final @ Box Hill Hockey - Semi Finals at Kulin Golf - Lakes Carnival at Varley (Men)	Mon 24	International artist Eames Demetrios in LG Gym Club
Sun 16	Junior golf - 9:30am Golf - Lakes Carnival (Men)	Tue 25	Physiotherapist Weight Watchers
Mon 17	Recycling Collected Gym Club LGDHS P&C Meeting		Netball Training - 6-7:30pm Snr Football Training Pingrup Potters
Tues 18	Physiotherapist HACC Chair Aerobics & Exercises Weight Watchers Netball Training - 6-7:30pm Snr Football Training Pingrup Potters LG Artists Group Meeting	Wed 26	Tourism Group Meeting 3:30pm Well Women's Clinic HACC Activity - Fatima Care Singers LG Hockey Club Training
Wed 19	LG Hockey Club Training Junior Netball Training Building Surveyor in Lake Grace Kulin Junior Basketball Club AGM	Thur 27	Junior Netball Training Shire Council Meeting Tiarri Samm Stud Field Day LG Playgroup - 9:30am—11:30am
Thur 20	Pizza Night - Rosies LG Playgroup - 9:30am—11:30am D Grade Football Training 3:30pm-5pm Netball Training - 6-7:30pm LGDHS Newsletter Snr Football Training LG Toy Library Open Occupational Therapist in Lake Grace Speech Therapist in Lake Grace Immunisation Clinic in Lake Grace LG Swimming Club AGM		Pizza Night - Rosies D Grade Football Training 3:30pm-5pm Netball Training - 6-7:30pm Occupational Therapist in LG Speech Therapist in LG
Fri 21	Fish & Chip Night - LGS Club		
Sat 22	Steak Night at Sportsman's Club Craft at CWA Winter Sport - Second Semi Final @ Jerr Hockey - Prelim Final at Bruce Rock		

Coming Events

- August 28th - Close of enrolments for Local Govt Elections
 August 29th - That 70's Show Hockey Troll disco
 August 30th - Under 13's Southern Football Carnival
 September 2 - Building Surveyor in Lake Grace
 September 2/3 - Newdegate Field Days
 September 6 - Abaration in Newdegate (p.36)
 September 8 - CWA Meeting
 September 9 - Fire Brigade Meeting
 September 9 - LG Community Bus AGM
 September 16 - Building Surveyor in Lake Grace
 September 17 - Sausage Sizzle (p.15)
 September 29 - The Howe on property sale



Sudoku

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

