

LAKE LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
Cnr Bishop & Absolon Sts
PO Box 177 Lake Grace WA 6353
Ph (08) 9865 1470 Fax (08) 9865 1471
Email: lakelink@treko.net.au
ABN: 19 498 730 152

25th August, 2005

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Vol 11 Issue 15



Above: Mrs Pat Strevett (nee Pelham) and Mrs Jessie Altham (nee Marshall)

On August 15th, communities across Australia gathered to commemorate the sixtieth anniversary of VP Day – Victory in the Pacific. Sixty years have not dimmed the loss and suffering endured by not only those who played an active role in the war effort, but also those who lived through such desperate times. It was gratifying to see Lake Grace turn out and show their gratitude and respect to the World War II veterans who attended the VP day celebrations.

The idea of holding a VP Day celebration bounced around the table at a number of Lion's Club meetings. It was only when Lion Allan

Zweck asked others at the meeting about their memories of VP Day that they realised that all those present were either too young or simply had memories of a day off school. World War II veterans were still on active duty so had no personal experience of the euphoria that swept through the nation. It was realised that it was important to capture the memories before it was too late, and backed by the Lions Club, a committee was soon formed to collate memorabilia and organise an event acknowledging the anniversary. Allan Zweck interviewed local residents and their memories were published along with photographs in the Lakes Link News.

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Telecentre Opening Hours

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

Library Opening Hours

Monday, Tuesday, Thursday, Friday 9 - 5 pm



Advertising Charges

All prices inclusive of GST

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

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

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

Deadlines & Editions

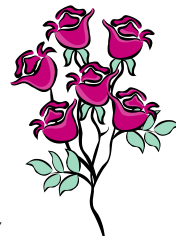
All articles, news & advertisements should be submitted to the Telecentre by close of business on Monday of paper week.

Next Deadline: Monday 5th September
Next Edition: Thursday 8th September

A very BIG thank you

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

*Dot Kennedy
Lyn Whaley*



Thank you also to our many contributors of articles.

DISCLAIMER

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- 2) While the Lakes Link News aims to publish all material submitted, Lakes Link News reserves the right to refuse to publish or re-publish any contribution or advertisement without giving any reason.
- 3) No articles, letters or advertisements will be accepted which may appear to be defamatory or accusatory, or to favour one side in a legal dispute.
- 4) Lakes Link News reserves the right to shorten or otherwise amend any contribution other than advertisements.

EDITORIAL

- ☺ A cantankerous flag that didn't want to go up or down did nothing to dampen the spirits or success of VP Day. Luckily Laurie Dickins was on hand and able to use his fabulous rope 'de-tangling' (if there is such a word) skills to coerce the flag into doing the right thing. Well done to Allan Zweck and his many helpers for organising such a fitting occasion.
- ☺ It's saddle up and off we go for the *Breast Cancer Fundraiser* troupe. Media Liaison officer, Audrey Evans, has promised us plenty of news as their trek unfolds (they leave early September). Everyone will be glad to know that a date has been set for the fundraising night, it will be **Saturday 15th October**, so keep that date free.
- ☺ First Click is up and running from 8th September (some info on page 5). I apologise for not having more information in the paper, but please ring me for details.
- ☺ There are places still available in our forklift course, so make the most of this opportunity and book yourself in. It's on Wednesday 14th September. This is a very economical course (only \$140), with national accreditation. There's training dollars available to help subsidise the cost. Please ring the Telecentre if you are interested.
- ☺ We are still interested in having more volunteers for the paper. If you're thinking about increasing your computing skills with the aim of getting back into the workforce, (or for any other reason) the paper is a good place to start. Please give me a ring or drop in if you are interested.

Suzanne Reeves

Thanks to Collators of the Last Edition



Eileen Mather
Dot Kennedy
Trish Medlen
Michelle Lay

Daffodil Day

Many thanks to all those who contributed to making the recent Daffodil Day Street Stall such a success. A grand total of \$1,851.75 was raised.

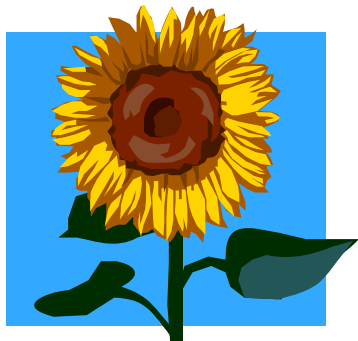
Raffle Winners:

Lamp
Hair Care Products
Pot Plant
Champagne glasses and goodies
Flask and Mugs

Pam Gardiner
Terry Gladish
Angela Walker
Ann Franks
Todd Duckworth



Thanks again, Devon.



Terry, Lenore and family wish to thank
all
who offered condolences following the
passing of Mum.
Please accept our sincere appreciation
for the telephone, verbal and



Thanks

The veterans from World War II wish to express their appreciation to Allan Zweck and his committee for their outstanding effort in organising the 60 years celebration

Many Thanks

I would like to extend my thanks to the many people who assisted with the planning of VP Day, and with carrying out the programme. I must give a special mention to the headmaster of the school, Mr Grant Draper, for his good understanding of the cause, the direction he gave and the bringing together of the team at the school to make it all happen. It was a most difficult time on the school calendar, with the trip to Canberra followed by the MSE testing and the Margaret Cotton Festival and its preparations in the two weeks preceding VP Day.

Thank you to the Committee who brought forward ideas and helped put them into action, and to those who assisted on the day in preparation at both of the halls, with seating, decorating, displays, and setting up of sound systems. Thank you to the Police and the Shire who gave us the ultimate protection during the Parade, to Mr Ian Menzies for his talk and the Local Ministers for their participation and leading with prayers at the Thanksgiving Service. Thanks to Paula for playing the piano, Attila with the digital slide projection, Helen for the wreath and Suzanne at the Telecentre who scanned many pictures, kept the news up to us in the Lakes Link and produced the souvenir programmes.

I was touched by the humility of our Veterans - so many of them thought that their role in The War was of little importance and tended to "downplay" their contribution. However, when one of them said that all he did was "carry the fuel for the planes", the telling point was made, "Well I would like to see them try and fly without it!". Surely this underlines the importance of the efforts of each! And the same applied to the helpers at our VP celebration - everyone's contribution was important, and I thank you all!

In conclusion, I must extend my sincerest congratulations to the School Cadets for a wonderful exhibition of their craft, and I am sure that all those present would agree it was a fine performance. Dressed so smartly in uniform, their drill was a most spectacular presentation throughout the ceremonies. "Cadets, you did Lake Grace proud!"

Many thanks to all involved with VP Day!

Allan Zweck

Be Aware, very, very aware

It's going to happen.....

The Breast Aware Fundraiser will be on Saturday 15th October

So keep this date free for a special night out. Entertainment guaranteed.

All donations will be gratefully accepted and can be sent to Audrey Evans
or Rachel Pelham, c/o Post Office Lake Grace.

Fundraiser for the Breast Cancer Foundation of WA Inc.



ABOUT TOWN

- Congratulations to Chad and Shelley Stanton on the arrival of Ruby Mae. Ruby was born on 11th August and weighed in at 6lb 10oz. Mum, Dad and baby are doing fine; but Grandad and Grandma Stanton are barely coping with the excitement.
- Sympathy to Brian and Jenny Bidwell and family on the recent passing of Brian's sister.
- Condolences also to Darren, Tania and Elizabeth Spencer following the death of Darren's mother.
- Well done to the junior sports people in Lake Grace who are blazing a path into the finals. Following their victory last weekend the Junior Boys Hockey team will be playing Narembreen in the grandfinal at Narembreen this weekend, alas it's a 9am start. The junior netball team had a loss last weekend so will have to play in the preliminary final against Boxwood at Boxwood Hills, also this weekend. The junior football team had the right idea and have skipped the preliminary, going straight into the grand final which will be in Jerramungup on September 3rd. I'm sure these teams will welcome as many supporters as possible over the next two weekends.

HAPPY BIRTHDAY



August 26
August 27

Madeline Walker
Alex Duckworth
Sam Curtin
Louise Trevenen
Mandy King
Gary Frost
Diana Kuchling
Justin Carruthers

August 30
September 1
September 2
September 6
September 7
September 8

Ryan Carruthers
Ed Naisbitt
Magdalen Trevenen
Ken Medlen
Clinton Trevenen
Grant Medlen
Shirley Duckworth

HAPPY ANNIVERSARY



September 5 - Ross and Belinda Bowron

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

Treasurer

The Lake Grace Telecentre needs a Treasurer. There would be on the job training.
Some relief work available also.
Please ring Suzanne at the Telecentre on 9865 1470 for more details.

First Click

Free computer courses available.
Evening and day time.
Will be starting Thursday 8th September, please register your interest.
There will be more courses in November and 2006.
Contact Lake Grace Telecentre for more details.

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Contact Justin Wright at Elders Insurance Lake Grace on 9865 1001.



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Head Office: 27 Currie Street, Adelaide, SA, 5000.

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22/23 Stubbs Street, LAKE GRACE
Telephone 9865 1465

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Accessories*

50% off

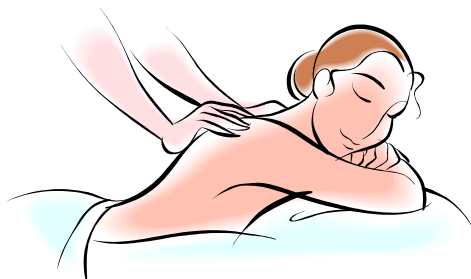
Children's clothing

Winter

Massage

Sports ● Swedish ● Huna (Hawaiian)

Appointments Essential



Call Marion Price on 9882 4062 or
0427 824 062

Shop 3, Church Square
Fortune Street

Lakes District Well Women's Clinic

The next

Well Women's Clinic

will be held at the
Lake Grace Medical Centre
Tuesday, 30th August

To make an appointment,
Please phone

Jill Dykes on 9871 9024



WA U16's State Schoolgirls Hockey Bring Home Bronze

Welcome home to Fleur O'Neill who competed with the WA Schoolgirls hockey championships in Canberra.

The team flew to Canberra via a 4½ stopover in Melbourne on Saturday 6 August at 6.00 am arriving in Canberra at 5.00 pm. After checking into their accommodation and having tea, it was off to bed to arise at 5.30 am for a brisk run!

WA met the top team NSW first up Sunday morning at 8.30 am. The turf was still covered in frost at 8.00 am!! NSW were a very fast and proficient team and although our girls tried hard WA were soundly beaten 6 -1. NSW dominance continued throughout the tournament and until the finals WA were the only team to score a goal off them.

After each game all the girls had to have an ice bath. This involved filling a spa bath with cold water then adding ice, standing in it for a minute then getting the legs rubbed for a minute, in again then off to a hot shower. You can imagine the squeals from 16 girls! This is recovery time and does help the legs.

Monday was our double header. WA played SA and won 3 - 0. It was a good game, fast and skillful with Fleur scoring 2 goals.

Later in the afternoon WA took on Tasmania and after a slow start and different set of strategies (the girls were a bit tired after their morning game) WA won 2 - 0. Both

games were excellent to watch, great passages of play and good ball skills from all sides.

Tuesday WA took on the Vic's. Once again a great game to watch - the ball skills which all these young girls display are amazing. This game ended in a draw 2 - 2.

Wednesday was a compulsory school excursion day for all teams, so the parents went on a tour to the snowfields and played in the snow! Great fun sliding

down a slope on a garbage bag, building snowmen and standing in a bit of a blizzard!! Incidentally it actually snowed in Canberra city while we were up in the snow.



Fleur O'Neill competing in the WA Schoolgirls hockey championships.

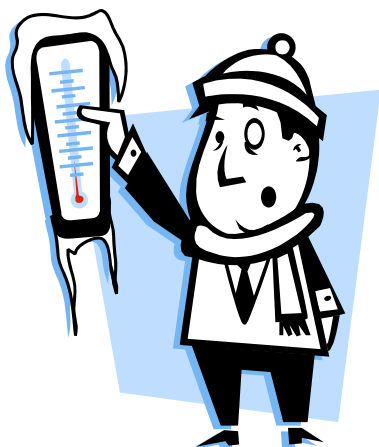
Continued page 22

Lake Grace Weather

- Terry Gladish

Rainfall Extremes for Lake Grace

Highest monthly rainfall	104.3mm	1955
Lowest monthly rainfall	5.2mm	1995
Highest number of rain days	24	1942
Lowest number of rain days	4	1956
Highest daily rainfall	61.3mm	15/08/1976



Date	Min	Max	Rain
11/8	2.1	20.0	
12/8	3.1	21.6	2.2
13/8	5.4	16.2	1.8
14/8	3.8	14.0	
15/8	1.9	15.0	
16/8	2.0	15.3	
17/8	2.4	13.4	4.4
18/8	4.3	12.3	13.8
19/8	0.5	15.4	
20/8	1.5	14.9	
21/8	8.0	18.1	
22/8	8.6	18.2	
23/8	6.6	16.3	
24/8	10.5		

Margaret Cotton Festival 2005

The annual Margaret Cotton Festival held at Dumbleyung on 12 August was a wonderful occasion. Students from schools in our area did themselves proud with the quality of their performances. Lake students excelled in this environment with four wonderful performances.

The year 3-4 students were highly entertaining with 'Summer Holiday'.

As Margaret Cotton put it, "You all looked the part for the song. All your movements were so well coordinated and I loved the sound effects. Congratulations on a great performance."



The year 3-4 students on 'their summer holiday'

Our Year 5, 6 and 7 group did a great job in taking off the popular children's TV group Hi-Five.

Margaret Cotton wrote: "The audience really enjoyed your performance, loved the Tele Tubbies — Well done! I loved the great energy in your dancing, you must be so fit and clever to dance and sing at the same time. This was a fabulous item. Congratulations!"

Our year 8 students were not to be outdone. They gave an equally wonderful performance of 'Barbie Girl'. Margaret Cotton commented: You looked great in your fabulous outfits. You have certainly entertained us today, it is obvious you have worked very hard to produce such a wonderful performance".



The year 7, 9 and 10 group

Our other item was the year 7, 9 and 10 group. Margaret Cotton commented; "What a fantastic opening, you grabbed everyone's attention. It is great to see you enjoying what you are doing so much. It was a wonderful performance with excellent coordination and movements. A great deal of work went into this performance. I am so pleased to see boys performing, you were great."

Congratulations to Mrs Draper for all your work, your students excelled. As Mrs Cotton stated; "you are so lucky to have Mrs Draper to work with you. There is lots of fun happening at your school".

Mrs Natalie Gambuti was a great help to Mrs Draper with the costumes, getting students ready and driving the bus.

It was a great day for our students, they should be very proud.

Would you like your child to learn self-defence?

Instructors from the State Martial Arts Academy will come to Lake Grace to conduct a weekend course for children.



They specialise in self-defence and helping your child to deal with bullies.

It is proposed that this weekend workshop would be held later this term, after sporting commitments have finished.

For boys and girls aged 6-12 years.

To be held in the Lake Grace Shire Hall.

Approximate cost would be \$30-\$45 per child, depending on numbers. If instructors (2) can be billeted it would help with the cost.

**To register your interest please phone
Donna Hendry: 9866 8025.**

See their website: statemartialarts.com.au

FOUR YEAR OLD ENROLMENTS FOR YEAR 2006



The Year 2006 enrolments for four year olds to attend the Lake Grace Kindergarten Centre are now being called.

Children eligible to be enrolled must be 4 years of age as at 30 June 2006.

The Registration Days will be held on both Tuesday 6 September and Tuesday 13 September

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

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



Shire of Lake Grace

NEWS & NOTES

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

LOST DOG

A puppy was found on Monday morning near the Roadhouse and is residing in the Shire Pound until her owners can be found.

She is probably two to three months old, black with tan markings, (looks like a Kelpie cross) and is wearing a black collar with red stitching.

Please contact the Shire office to collect her if this is your dog.



Please remember that all dogs over three months old must be registered.

For more information and registration contact Betina at the Shire on 9865 1105.



Rates

Rates notices were sent out the first week in August. If you haven't received yours, please contact the Shire office to arrange a new notice to be printed and sent.

Payment is due by the 9th September 2005 with the remaining installments, if this is how you choose to pay, due on: 11th November 2005, 13th January 2006 and 17th March 2006.

If you have any queries about your rates notice please don't hesitate to contact Danielle at the Shire on 9865 1105 to discuss your concerns.

VP DAY Commemoration

Congratulations to all those concerned with the recent, very well organized, VP Day commemoration ceremony and parade.

It was wonderful to see so many people taking part in the celebrations, especially the younger generation. It is prudent that we teach our children to remember those who fought for our way of life and pay our respects to them for the sacrifices they made.

Next Council Meeting

Wednesday 28th September 2005

Lake Grace Council Chambers

Commencing 1pm

Lake Grace Sporting Precinct Meeting

Tuesday 16th August 2005

Meeting attended by Lesley Solly, a consultant appointed by Council to assist with the development of Lake Grace Sporting Precinct.

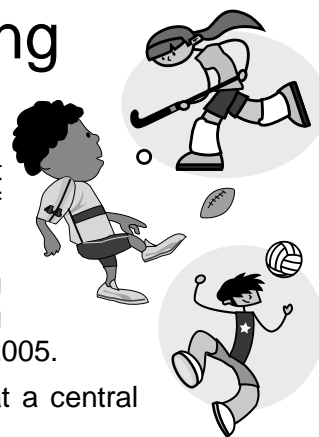
The committee discussed options with a view to having an application for funding with Community Sporting Recreation Facilities Fund for new facilities by October 2005.

All present at the meeting agreed on priorities and that a central location for all clubs was the best scenario.

Stage one priorities were the netball/basketball and tennis courts, seating and shade, change rooms and lighting. All of which could, in all probability, be improved before the 2006 winter sports season begins.

Stage two priorities were to consolidate all facilities into a central area.

The next meeting of the Lake Grace Sporting Precinct group is at 5.30pm on Tuesday 20th September 2005 in the Council Chambers.



VP Day Celebrations



Mr Zweck also spoke to each LGDHS class about daily life during WWII, and what VP meant to local people. The school embraced the event and students who formed the Emergency Services Cadets took part in the formalities.

Celebrations began at 1pm with the parade leaving from the school. Bearing the Australian flag and representing the Parents and Citizens, Ross Chappell (who's uncle, Flight Sergeant John Chappell, lost his life over Berlin on 21st July 1941) led the parade. The cadets followed, carrying the services and RSL flags. Students from pre-primary to year 10 and school staff next, waving miniature Australian flags; community members closely followed them. The community bus, carrying veterans and our elderly citizens, completed the parade.



The parade walking east along Stubbs Street footpath, led by Ross Chappell and the LGDHS Emergency Services Cadets.

With a police escort, the parade marched along School Place before turning into Bishop Street. Upon reaching the Shire offices, the parade travelled east along the Stubbs street footpath, collecting more participants along the way.

Allan Zweck welcomed everyone to the RSL Memorial Hall. In his opening address, Allan honoured and thanked those from our district who had served or been manpowered for securing our freedom. The names of the six men from our district who lost their lives were read, with a wreath laid by cadets Rhiannon Wallace and Nicole Chappell. Following the unveiling of a commemorative plaque by Mrs Pat Strevett and Mrs Mary Eggers, the parade adjourned to the Shire Hall.



Showing their respect were cadets Andrew Grant-Williams, Dylan Jackson, Hamish McArtney and Sam Curtin

Excited children frenetically waving Australian flags met the veterans (led by the cadets) as they entered the Hall. Guest speaker and Vietnam War Veteran, Ian Menzies, gave a personal account of his family fleeing Singapore after it fell to the Japanese.

Local clergy Rev Captain Derek McArtney, Fr Pierre Repuyan and Rev John Whaley officiated the thanksgiving service and throughout the proceedings a digital slideshow of memorabilia, articles and photographs of veterans was shown.

VP Day Celebrations (cont.)

The Hall looked fabulous with enormous displays of our natural flora. After the formal proceedings were finished, an afternoon tea was served and those attending had the opportunity to look at the memorabilia displayed in the lesser hall.

Organiser Allan Zweck said, "There was no better time to celebrate this important anniversary. It was important for the children to see what their

forebears had sacrificed to give us the security that we have now."



Cadets Nicole Chappell, Lisa Clarke, Caitlyn Beggs, Brayden Frost and Rebecca Bushby.

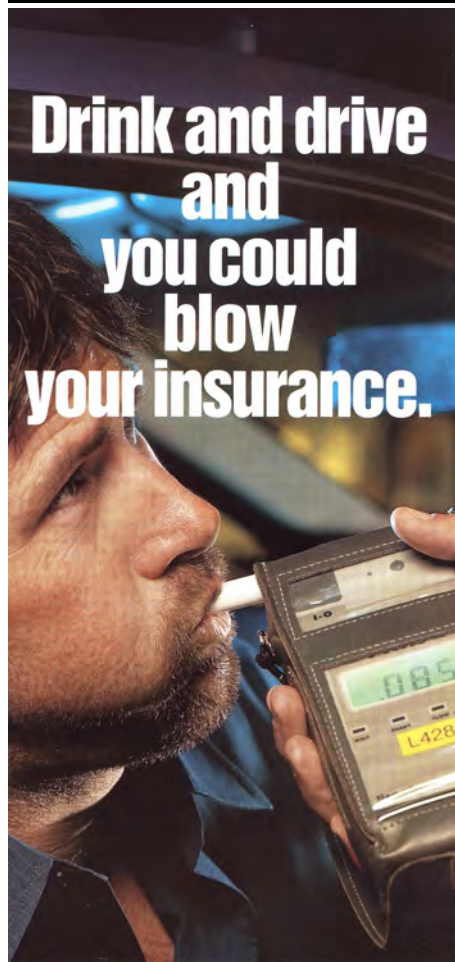


Cadets Rhiannon Wallace and Ben Haines



World War II Veterans

*Back L to R: Gordon Pelham, Pat Strevett, Henk Doelman, Len Elliott, Neil Bishop and Arthur Duckworth
Front L to R: Mary Eggers, Marj Clarke, Horace Smith, Bill Jenks, Joe Pearce and Jessie Altham.*



Drink Driving Facts

- ★ Intoxicated drivers involved in fatal crashes are three times more likely to have been speeding than sober drivers.
Federal Office of Road Safety, 1997, monograph 15: Risk Taking by Intoxicated Drivers and Riders.
- ★ Fatal alcohol related crashes in 2002 occurred mostly in the age groups 21-24 (31%), 30-39 (23%), 40-49 (17%), 17-20 (14%), and males were over-represented in fatal alcohol related crashes (74%), as were rural drivers and riders (60%).
- ★ In Western Australia in 2002, 50% of pedestrians killed had a BAC of at least 0.05g/100ml. A majority (54%) were killed in the metropolitan area.
Legge M., Gavin A.L.O., Cercarelli L.R. (2004) Reported Road Crashes in WA 2002. Road Safety Council of WA. (unpublished at time of printing).
- ★ In WA in 2002/03, 14,325 drivers were charged for drink driving. Previous research has shown of these, approximately 60% were under 30 years of age.
2002/03 Annual Report. WA Police Service 2003. Ryan G, Ferrante A, Loh N, Cercarelli R. 1996, Repeat Drink-Driving Offenders of WA, 1984 to 1994. Report CR 168, The Federal Office of Road Safety.

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Lake Grace Telecentre





**24 HOUR EMERGENCY
SERVICE PH: 98651206**

LAKE GRACE & DISTRICTS HEALTH SERVICE

Immunisation Clinics

Lake Grace

Date: Thursday 8th September
Time: 12:30—1:30 pm
Venue: Lake Grace Medical
Centre



Newdegate

Date: **Wednesday 31st August**
(change of date due to Field Days)
Time: 12:00—1:00 pm
Venue: Newdegate Surgery

For further information contact Elizabeth
Trevenen ph: 9865 1251

Hospital Happenings

Allied Health Professionals visiting Lake Grace
or you can see them in Narrogin—

- Podiatrist
 - Physiotherapist (fortnightly)
 - Speech Therapist
 - Occupational Therapist
- Contact Narrogin Primary Health to make an
appointment on ph: 9881 0385.



Result = 238kgs lost

which is nearly a quarter of our target!

BUT we know there are more kilo's that
are not yet recorded—**PLEASE** call in at
the hospital and **weigh in** (at any time!) so
we can see how successful this program
has been.

**Join in with the "Spring into Spring"
day on Thursday 1st September:**

Twilight walk at 6:45 pm
(leaving from LG Swimming Pool)

"Getting Motivated"
presentation by Rochelle Walker
at 7:30 pm
in the Lake Grace Telecentre

There will also be information on:

- Taking your measurements
- Monitoring your heart rate

Hope you can make it!

Well Women's Clinic

Tuesday 30th August

- Have your regular Pap Smear
 - Health risk assessment
 - Information and health advice
- Contact Nurse Practitioners
Jill Dykes ph: 98719024
or Anna Taylor ph: 98651507
to make an appointment

Seniors Games, March 2005

Any club or organization willing to do some
catering, the Seniors Games will need you.

Expressions of interest are sought for :

**Morning tea / lunch / afternoon tea plus
Dinner in the evening.**

**Volunteers to assist with marshalling would
also be appreciated.**

Canberra Camp 2005

Well what an amazing action packed camp we had. Parents - all the fundraising was worthwhile! Twenty seven students from Years Seven to Ten, along with four teachers and four mothers, embarked on what would be for many the onset of the travel bug. These ten days will give taste of a world beyond Lake Grace and indeed Western Australia.

3:00pm, Friday July 29th – There was an air of eager anticipation as the group gathered around Mr Draper at Perth Airport, getting tickets and identifying luggage. Once the bags were safely through x-ray, it was time for us to bid goodbye and board our plane for Sydney. Our coach driver Greg was there to meet us at 10:00pm EST and we boarded the coach for the short drive to Sydney YHA (youth hostel). Once rooms were allocated, beds made and showers had, we all tried to sleep. In the centre of a city that does not sleep, it proved elusive. Obtaining ear plugs the next morning ensured that bad habit did not continue.

Saturday July 30th – Can't believe how hot Sydney is. I hope we're going to use these expensive thermal undergarments – NOT. Today we spent sightseeing Sydney – first stop the Opera House. Our guide Thomas, who had an uncanny resemblance to Mr Bean, gave us a great tour after which we walked to Circular Quay. It was then on the Sydney Harbour Bridge with the idea of walking to the centre and back, but the weather was lovely and the group in the mood for walking, so we walked over, had lunch and walked back, climbing a pylon on the way to get the view in perspective. That night after dinner, we boarded the coach for a look at Sydney by night – truly spectacular.

Sunday July 31st – A group of early walkers set off with Mr Draper and a map to see more of this remarkable city. We took a ferry to Taronga Zoo and spent a delightful few hours with the animals. One group managed to round up a stray emu and return it to the appropriate area. Country kids – nothing fazes them! Our next stop, a real hit with all the kids, was the Sydney Aquatic Centre. After a tour, it was on with the togs and into the water. But there was still more – we took a ride on the monorail and had a chance to shop at the market before having tea and going by train to see Oztrek, a movie with a difference.

Monday August 1st – This day was spent travelling from Sydney to Snowy Valley Resort at Jindabyne. Upon arrival we were allocated rooms then off to the hire shop for skis etc. The food was magnificent and it was pretty cool but not quite thermal cool; a few of us mums discovered the heated pool, spa and sauna.

Tuesday August 2nd – We headed to Smiggin Holes on the snowfields, put on the gear and went to our

first lesson. There were some spills – one or two on video. Some people picked it up easier than others and we headed out to challenge the slopes. A few of us took the shuttle bus to Perisher Blue and caught a chair lift and, nearly at the top of the mountain, discovered a delightful café selling delicious hot chocolate. That night, students took to the heated pool before settling in to playing pool.

Wednesday August 3rd – Back to the snow and another lesson for some while the accomplished took the shuttle bus to Perisher Blue. Around lunchtime the weather turned quite bad so we decided to call it a day and return to Jindabyne.

Thursday August 4th – The early morning walkers took a walk down to Jindabyne. Then, over breakfast, Rhiannon Wallace thanked our hosts for their hospitality and it was back on the coach for the trip to Canberra. After dropping the bags off at the Canberra Motor Lodge, we went back into Canberra to Questacon (like SciTech). There was plenty of hands-on stuff like the freefall jump/slide that really got the heart started.

Friday August 5th – Early morning walkers took a bush walk – no map needed – and while frosty to start with there was no call for thermals. First stop today – The Mint. Plenty of people printed their own \$1 coin, a bargain at \$2.50. A bike ride around Lake Burley Griffin after lunch was followed by a visit to Parliament House. Our students got a taste of parliament (the real thing) when they debated a bill. Our Prime Minister (Ben), Madame Speaker (Nicole) and Usher (Shenae), with members from all over the place, kept us very amused, better than Question Time. And no-one was called scumbag!

Saturday August 6th – First up the War Memorial. This proved a moving experience where many of us needed more time and whilst coins were tossed into the pool housing the eternal flame, Alysha decided her personally minted \$1 coin was staying in her pocket. After lunch it was off to the Institute of Sport followed by a visit to a museum.

Sunday August 7th – Bags packed, some a little overweight. Ben and Caitlyn did a very humorous job with the thanks over breakfast. We flew from Canberra to Perth via Melbourne and the final leg for our travel weary group was by coach to patiently waiting parents in good old Lake Grace.

Now what to do with those freeloading well travelled thermals? Thank you to all for making this a memorable trip, one I wouldn't have missed for the world.

Jane Bushby



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SCIENCE AND STUFF

DON'T DRINK THE WATER:

According to conventional wisdom, athletes should down fluids even before they feel thirsty. But excessive hydration can be deadly, says a study of Boston marathoners. It may lead to hyponatremia, the potentially fatal depletion of sodium, an electrolyte essential for cellular function.

Normal number of millimoles of sodium per litre of blood: 135 to 145.

Number of marathoners studied: 488.

Number with hyponatremia at finish: 65.

Percent who drank every mile:

Among runners with normal levels: 54.

Among those with hyponatremia: 75.

Percent who drank more than three litres during race:

Among normals: 26.

Among those with hyponatremia: 42.

Percent who weighed more at the finish [from fluid intake]:

Among normals: 29.

Among those with hyponatremia: 71.

Source: New England Journal of Medicine, April 14.

SPELLBOUND:

What gives mediums their seemingly uncanny ability to read minds? Do you know anyone who has consulted a professional medium, astrologer or fortune teller? Or you may have yourself?

One of the most remarkable features of such encounters is the uncanny insight that many psychics seem to have about their customers. In fact there are myriad psychological techniques that allow someone to appear as if they know a great deal about you. Collectively known as cold reading, these tools are basic yet can be startlingly effective, particularly when the customer is willing to be convinced. One important ruse is to make general statements that apply to most people, yet can seem uniquely relevant to the sitter. This is known as the personal validation fallacy. Imagine, for example, reading the following description of yourself in a horoscope: "Disciplined and self-controlled outside, you tend to be worrisome and insecure inside. At times you have serious doubts as to whether you have made the right decision. You prefer a certain amount of change and variety, and become dissatisfied when hemmed in by restrictions," This is from a general personality sketch drawn by psychologist Bertram Forer back in the 1940's. When unwitting subjects are asked to rate on a scale of 0 (very poor fit) to 5 (excellent), the average score is 4.2.

The phenomenon doesn't just apply to personality sketches. People who consult clairvoyants tend to do so for broadly similar reasons, so generic hints at health, work or relationship worries usually have good hit rates. And statements such as "I see ill-health in your family," will often be recounted to friends later as: "she knew all about dad's heart attack." Even specific pronouncements can apply to many people. For example, a survey of 6000 people showed that one

third agreed with the statement: "I have a scar on my left knee," and over a quarter with: "someone in my family is called Jack." As long as the psychic makes numerous guesses, the odds are that a few will hit the mark. And thanks to our selective memories, we tend to remember the hits and forget the misses. Psychics are usually skilled at reading body language so they know when they are onto something and should elaborate. Many sitters will help by verbally acknowledging a correct guess-and may even provide extra details. Consulting local newspaper archives about their sitter, and at stage shows, they may choose volunteers with whom they have previously corresponded. Richard Wiseman, a psychologist, tested five mediums, who each gave readings for five sitters. In each case, the mediums' statements were recorded while the sitter was located in a different room, to exclude all feedback. The sitters were given transcripts of all 25 readings and asked to rate them for accuracy, not knowing which five referred to themselves. The mediums were a flop-no reading for any sitter was rated as significantly more accurate than the control readings. These findings were published in the (*British Journal of Psychiatry*, vol 96, p 165). Around about twenty years ago, one of the best known clairvoyants in Britain died from food poisoning.

GLACIER SPEED:

One of Greenland's largest glaciers is crashing into the sea dramatically faster than before, reigniting fears about the stability of the island's ice sheet in the face of local warming. The glacier is flowing into the sea at 1.6 metres an hour, three times as fast as when it was measured in 1988 and almost as fast as the World's speediest glacier, West Greenland's Jakobshavn Isbrae. The Greenland ice sheet, which is thinning, holds enough ice to raise sea levels by 7 metres and these two speedy glaciers between them drain 10 per cent of Greenland's ice. Unless the melting ice is replaced with greater snowfall inland, which appears unlikely, it will raise sea levels Worldwide. (*British Antarctic Survey*).

MICROCHIPS:

14.8 per cent of microchips sold this year will come from China, making it the 3rd biggest producer in the World.

ARSENIC POISONING:

Arsenic poisoning may have contributed to the madness of Britain's King George III. The arsenic poison may have come from his Medication for porphyria, a genetic defect that leads to faulty protein synthesis in the body, and accounts for the King's physical and psychiatric symptoms.

(*The Lancet*, vol366, p 332).

Hoping you enjoyed these stories.

Maurice Gilson.

Heart Foundation and Kellogg Award Shire of Lake Grace for Best Practise Heart Health Project

The Shire of Lake Grace was a winner in the 2005 Heart Foundation Kellogg Local Government Awards which were announced recently.

The Shire received the award in the 'Small Rural and Remote Community' category for its ARC (Aquatics and recreation in the Community) project. The Shire of Lake Grace is one of four local governments across Western Australia recognised with a state award for projects, policies and programs which encourage better heart health in their community.

Heart Foundation Chief Executive Maurice Swanson said the Awards are important because they recognise the work of local governments in the fight against heart and blood vessel disease.

"Local governments play a pivotal role in introducing structural change, implementing policies and creating supportive environments which allow people to be physically active, reduce smoking and improve their nutrition", said Mr Swanson.

The ARC project was developed to promote physical activity, health and well-being, and the use of current recreational facilities in the Shire of Lake Grace. The Heart Foundation, through the support of Kellogg, presented them with a commemorative trophy.

Kellogg spokesperson, Ms Rebecca Boustead, says that Kellogg is pleased to be able to acknowledge and reward the work of local governments in providing healthier environments for their communities.

"Kellogg is proud to sponsor the 2005 Heart Foundation Kellogg Local Government Awards for the sixth year," said Ms Boustead.



ARC Coordinator Letisha Marshall and Deputy CEO Leonie McIlree with the plaque they received.

Kellogg and the National Heart Foundation – a strategic alliance.

The Heart Foundation Kellogg Local Government Awards celebrate local governments that work in their communities to promote and improve heart health. Support of this project is one part of the strategic alliance between Kellogg (Aust) Pty Ltd and the National Heart Foundation of Australia to promote a healthy lifestyle for overall good health.

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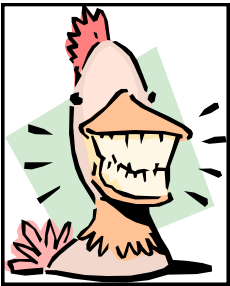
The first activity night for the term was the 'Boys Only Night' on Friday, 12th August, to watch the West Coast Eagles versus Fremantle Dockers. By all accounts it was a most enjoyable night with a few of the Dads stopping in as well. Thanks to Donald Wallace and Kevin Bushby for giving up their time to supervise.

The next activity night on Friday, 26th August, will be Dance taught by Lisa Chapman. She intends to teach the Cha Cha, Jive and Rumba. Members are asked to wear socks and clothes

suitable for stretching and dancing in. Please be at the Youth Station at 6.30pm. Parents are asked to collect their children at 9.30pm. \$6 will cover the cost of the evening meal.

The last activity night for the term will be a Pottery Workshop run by Mrs Bambi Lay on Friday, 9th September.

Debby Clarke



Going somewhere!!! Need a passport photo?

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U/21 National Hockey Championship in Darwin 9th to 24th of July 2005 - *Courtney Gray*

With a disappointing, but encouraging, 3rd at the recent U/18 national hockey championship on the Gold Coast in April, I was extremely pleased at the way I played and wasn't content in finishing WA hockey so early in the year. Although I was still playing club hockey when the opportunity to trial for the U/21 team arose I thought I'd take the chance to play with and against some of the most elite junior hockey players in Australia. As always the trial process is gruelling, but fortunately the selectors knew what they were looking for and to my surprise the team was announced within two weeks. I was one of the 16 girls named. At first it was more disbelief but looking at the team announced there was one player younger than me, three others the same age as me, the rest up to three years older. So I wasn't the only 'youngie' in the team.

Like all national tournaments the 8-10 weeks of preparation are always the hardest and most exhausting so it is important that you are physically and psychologically in the zone. I knew it was going to be a risk playing this tournament, because I started so early on in the year for 18's, so it was a test on my body to see whether I could handle it, without getting worn out and injured. Every week I dedicated four trainings to the U/21's (included one purely for short corner defence and attack) plus the additional two trainings and one game I played for Willetton Goundry League, although it was advised that club hockey was to be taken very lightly. Unluckily, I was plagued by all sorts of illness so it was frustrating not being at the standard I expected for myself. However, this improved closer to our departure date. With three weeks to go, instead of the usual trainings, we played games against a variety of quality sides including the AUS U/21 Junior World Cup Squad, WAIS and the well known Hotspurs – a team filled with Australian and ex-Australian men and women. We also did weight training in heat chambers with the purpose of trying to acclimatise us before having to play in 35°C weather in Darwin. Instead of playing the usual 5,3,2,1 system in normal hockey we adapted a new system that was devised by ex-Australian coach Ric Charlesworth, who used it when the Hockeyroos won the gold medal in the 2000 Olympics. Trying to understand the system was another difficult hurdle but with help from Trini Powell and Kate Starre (Hockeyroos, 2000), who passed on the knowledge and experience of the game, plus numerous black board sessions our team was looking flash and ready to take on the rest of Australia.

Coming into the tournament W.A were already a highly respected team with the reputation of finishing in the top three of most championships at all ages, although QLD, NSW and VIC were huge contenders. Our first game was against QLD and we were happy to accept a 3 all draw. The next 3 games we won 3-1, then a 1-2 loss to VIC. We then played NT who were desperate to finish in the top four in front of their home crowd. They fought

an excellent game but we were the stronger team and won 3-1. Our last team was NSW, who have always been our arch rivals. Luckily we stepped up that extra notch and won 2-0. Of the 7 games we played we lost 1, drew 1, and won 5 so this placed us on top of the ladder before the finals.

By this time in the tournament I was battling serious injuries with my lower legs and feet. Everyday would involve a 9:00am recovery swim (as the recovery walk would flare up my shins), intense stretching, three visits to the physiotherapist for massage and strapping pre-game, anti-inflammatory gel and tablets, massage during the warm up phase and half time. After the game would be a 10 minute walk/run plus 20 minutes of stretching followed by ice-baths, then separate icing for my shins and lastly before bed would be a small massage and acupuncture. All this, just so I could last one game of hockey without too much pain. After all I was playing at least 55 minutes out of the 70 of each game.

Our first final was against the 4th placed VIC who had beaten us in the round, so we needed to show our resilience, turn things around and beat them to make the grand final. To our surprise they came out harder and scored an early goal. As time went on it was us that had control of the game and all the attack although we weren't able to penetrate a goal until the very last 6 minutes of the game. With the final siren going it meant that we had to play golden goal in extra time which finished in 1 minute and 10 secs because we were able to break through their defence and pass their extremely talented keeper. It was now QLD vs WA in the 2005 grand final.

As the game was at 8:00pm at night the day's lead up was so nerve racking. We just tried to stay calm and stick to our usual routine including analysing every aspect of QLDs game and trying to pick out their weaknesses. QLD came out firing but we maintained our composure and both teams had equal opportunity at scoring. In the last minutes of the first half our goalie took on one of their strikers, consequently, giving away a short corner and earning herself a yellow card and was sent off. Our 2nd goalie had been chosen on the day to be our 17th player which meant she wasn't allowed to sit on the bench so we padded up a player to put in goals leaving us with 9 field players. QLD took this opportunity and converted the corner right on half time. The 2nd half was a little more promising with our goalie allowed to come back on in the 10th minute. Yet QLD were still too good and converted another by an unmarked player. With just 15 minutes to go W.A started to pick up huge momentum and put extreme pressure on their defence with shot after shot on goals. Finally we scored from a short corner which had been a huge key for us during the whole tournament. Time got

Continued page 30

WA U16's State Schoolgirls Hockey Bring Home Bronze (cont.)

Thursday WA played our hosts, ACT - another great game which WA won 3 - 2.

Friday was our showdown with QLD. Throughout the week WA and QLD had been jostling for 2nd spot so we knew this was going to be a tough game. QLD scored an early goal which put WA under pressure. WA scored a goal shortly after but was disallowed and we were awarded a short corner which was unsuccessful. WA kept attacking but couldn't break through the QLD defence in the circle. This game was won by QLD 1 - 0. Great saves by the goalies from both teams.

On Saturday WA went into the finals in third place, playing against SA in fourth. This was another hard fought match with both teams trying their best to bring the bronze home to their respective state. The game ended in a draw and there was no time on or penalty flicks for 3rd and 4th place so WA ended up winning the bronze. A great team effort from the girls. Throughout the tournament the teams display of sportsmanship on and off the field were a credit to their coaches, managers, parents and their state. Congratulations girls and well done.

NSW defeated QLD 3 - 2 in a thriller match. At the end of the game it was 2 all so they played another 7½ minutes and during that time an infringement occurred which resulted in a penalty flick for NSW. Great game

to watch and NSW deserved to win.

After an exciting week watching the hockey, parents sightseeing etc, it was back onto the plane Saturday afternoon to return home.

Special thanks to the Lake Grace Hockey Club for their encouragement, coaching skills and patience that they have passed onto the juniors over the years.

To Fleur's sponsors: Lake Grace Lions Club, Lake Grace Hockey Club, and Upper Great Southern Hockey Association, our sincere thanks for your generous donations. To everyone who bought raffle tickets - thank you.

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Marshmallow No Treat for Stock

Making sure stock have alternative feed can help farmers avoid problems associated with a weed that has an attractive name but some very unpleasant effects.

Department of Agriculture District Veterinary Officer Roy Butler said marshmallow poisoning or marshmallow staggers occurs in sheep, cattle and horses which eat too much of the marshmallow or small flowered mallow plant.

With poisoning happening most commonly in late winter or early spring, Mr Butler has warned stockowners against the dangers. Poultry that eat marshmallow seeds and leaves are not visibly affected, but their eggs may develop abnormalities.

"Marshmallow is a weed introduced from Europe," said Mr Butler.

"It is commonly found growing along roadsides, in neglected gardens, around buildings, chicken runs and especially in stockyards. In recent years, perhaps associated with reduced cultivation, it has become more common in pastures, especially those bared by drought or overgrazing.

"Marshmallow is not palatable to livestock and they generally only consume it when hungry they have no alternative feed.

"Signs typically occur after animals have been eating a diet which is all or mostly marshmallow. This may occur after stock have spent a night in yards full of marshmallow, or after some weeks grazing pasture where marshmallow is the dominant feed source.

"Affected animals are reluctant to walk, taking short steps and moving stiffly with back arched.

They become more distressed, eventually stopping and lying down. They remain relaxed and do not convulse as do sheep affected with annual ryegrass toxicity.

"If left alone, most animals make a full recovery. If forced to move, they will lie down again after a shorter distance. In a mob of ewes and lambs, only the lambs may be affected. Deaths are rare.

"There is no treatment for marshmallow poisoning, other than rest. Do not force affected animals to move, but leave them undisturbed, sitting up and not flat on their sides.

"To avoid the problem, don't put hungry stock into yards or paddocks infested with marshmallow," Mr Butler said.

"If that is unavoidable, provide alternative feed, such as hay, both before and while stock have access to the marshmallow."

For more information people are advised to consult their local Vet or Agronomist.

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Welcome to Night Watch for the fortnight from midnight Friday 26th August, to midnight Friday 9th of September. Astronomy is looking up and never look directly at the sun with the naked eye, use the right equipment.

During this fortnight Jupiter, Venus, the Moon and the bright star Spica in Virgo are close together. The Sun still resides in the constellation of Leo this fortnight and shines at magnitude -26.72. On Wednesday 31st August the Moon, in Gemini, will be 1.6° (finger at arms length) of the bright double star Pollux. The Moon on Thursday 1st September will be at apogee (furthest), at 406,213 kilometres from earth at 11am. On September 4th, the new Moon will occur at 2:35am. The Moon on Wednesday 7th will be very close to Venus, Jupiter, and the star Spica in the evening sky. The Moon will be in Taurus on 27th, 28th and 29th, Gemini on 30th and 31st September, Cancer on 1st and 2nd August, Leo on 3rd, 4th and 5th, Virgo on 6th, 7th and 8th and Libra on 9th.

In the early morning twilight, Mercury rises at 5:38am in Leo at -0.9 magnitude on Saturday morning. On Wednesday morning 31st August rising at 5:43am, Mercury will be at perihelion, around 45 million kms from the Sun at -1.0 magnitude. Mercury, on Friday morning 2nd, will be 2.5° south of the Moon (thumb at arms length) at magnitude -1.2. Mercury, slowly moving back towards the Sun, rises at 5:58am on Friday 9th and resides in Leo.

Venus, in Virgo at a very bright -4.0 magnitude, sets on Saturday night at 8:43pm. On Friday 2nd September, Venus will be 1.4° (thumb at arms length) of Jupiter at 8pm. Venus, on Sunday 4th, will be very close to Jupiter and the bright star Spica, and on Wednesday 7th you can add the Moon. On Friday 9th, Venus sets at 9:04pm at -4.1 magnitude.

The red planet, Mars, rises on Saturday night at 11:10pm in the constellation of Aries at magnitude -1.0, and rises at 10:41pm on Friday 9th.

The giant gas planet, Jupiter, in the constellation of Virgo, sets on Saturday night at 9:08pm at magnitude -1.7. On Sunday 4th, Jupiter is close to Venus and the bright star Spica in line, and on the 7th add the moon. Jupiter sets at 8:28pm on Friday 9th.

The ringed planet, Saturn, in cancer, rises at 5:04am on Saturday in the morning twilight at +1.0 magnitude. Saturn, on Thursday morning, 1st September, will be 5° (about three fingers at arms length) south of the Moon. On Friday 9th, Saturn rises at 4:18am.

The blue/green coloured gas planet, Uranus, just in naked eyesight range at magnitude +5.6, resides in the spring constellation of Aquarius, rises at 6:02pm on Saturday and is in the sky all night for the fortnight.

The grey/green coloured planet, Neptune, in binocular and small telescope range at magnitude +7.9, resides in the spring constellation of Capricorn, setting at 5:43am on Saturday morning and 4:51am on Friday, 9th September.

A large telescope is needed to see the small planet, Pluto, at magnitude +13.9, which sets at 1:55am on Saturday and resides in the constellation of Serpens Caput, and sets at 1:04am on Friday 9th September.

Meteors at around five per hour and travelling at 64kms per/sec can be seen north of the open star cluster, the Seven Sisters on the morning of Friday 9th.

Maurice Gilson, member of the Astronomical Society of WA. 16 Clarke Avenue Lake Grace.

Ph: 9865 1516 email: mgi11687@bigpond.net.au.

Date	Sunrise	Sunset	Moonrise	Moonset	Date	Sunrise	Sunset	Moonrise	Moonset
27 th Aug	6:30am	5:47pm	1:01am	11:02am	3 rd Sept	6:21am	5:51pm	6:13am	5:24pm
28 th Aug	6:29am	5:48pm	2:02am	11:48am	4 th Sept	6:20am	5:52pm	6:40am	6:20pm
29 th Aug	6:27am	5:48pm	2:58am	12:39pm	5 th Sept	6:19am	5:52pm	7:05am	7:15pm
30 th Aug	6:26am	5:49pm	3:48am	1:35pm	6 th Sept	6:18am	5:53pm	7:30am	8:11pm
31 st Aug	6:25am	5:49pm	4:33am	2:32pm	7 th Sept	6:16am	5:54pm	7:56am	9:09pm
1 st Sept	6:24am	5:50pm	5:11am	3:30pm	8 th Sept	6:15am	5:54pm	8:24am	10:10pm
2 nd Sept	6:23am	5:51pm	5:44am	4:27pm	9 th Sept	6:14am	5:55pm	8:56am	11:13pm

Playgroup - *Fathers' Day Activities*

As Father's Day is just around the corner Playgroup has been a hive of activity with children creating the perfect gift, with a little help from Mum, for their Dad.

WHAT IS A PLAYGROUP?

A playgroup is a group of parents, carers and their young children who meet together regularly for interaction and fun. Playgroups are for children from birth to school age and usually each one meets on the same day every week and lasts for about two hours. Playgroups are run by the members themselves and meet in a variety of venues depending on the needs of the group and the availability of suitable premises.

Benefits for Adults

Through playgroup, mothers, fathers, grandparents and other caring adults find the opportunity for

- meeting new friends
- reducing isolation or loneliness
- developing a new self-confidence
- having a special time with their children
- discovering new ideas for extra fun at home
- developing a greater understanding of children and what being a parent and carer is all about
- building a support network and social contacts
-

Benefits for Children

Through playgroup children:

- have fun with play activities
- make new friends
- discover new experiences
- find out about the world around them
- gain self confidence and develop self expression
- learn how to get along with other people

are given opportunities to enhance all areas of their physical, social, emotional and intellectual development.

Lake Grace Playgroup
meets every Thursday
during school term at
the old Catholic Parish
House from
9:30am to 11:30am.



Sophie Fisher getting a helping hand from Mum, Emma, is intent on her Father's Day project (which we've had to hide as we didn't want to ruin the big surprise).



Josh Pearce, with his Mum Lisa, is keeping his mind on the job.



Connor Bray is enjoying some 'down time' on the trike....



...while Abby Strevett prefers to relax on the swing.



Invitation

Making a decision regarding a secondary school for your daughter?

We know it is one of the more important decisions parents will ever make. You want them to have academic success and have the possibility of pursuing a career that will make them happy and independent. You hope to give them the opportunity to experience city life and be wary of its pitfalls. You'd like them to have the chance to play a variety of sports and enjoy a mix of cultural offerings, to live with people who will value and care for them, and form friendships that will last a life time. You want a school that will support the values you have instilled in your daughter.

We believe Iona Presentation College
can offer you all of these possibilities so please
come and meet the Principal, Ms Margaret Herley, and the Head
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Wednesday 21 September 2005

Katanning Recreation Centre

11:30am – 2:30pm

r.s.v.p: Sabine Hofferberth

phone: 9384 0066

email: shofferberth@iona.wa.edu.au

PINGARING PROGRESS ASSOCIATION – ANNUAL REPORT

My first year as President with Pingaring Progress Association has gone quickly, being busy and full of interesting events and challenges. I would like to thank Kathie Thompson, Jeni Wyatt and Terri Stone as my office bearers, and everyone else who has helped me in my role to try and guide the Association to do useful, productive work which benefits Pingaring and its residents.

The foremost achievement of our work with Progress this year is, to me, the extent to which Progress has been involved in helping the community. As Progress was established as a central body to help keep the Pingaring Community together when the School closed, it is gratifying to see how well Progress services and facilities are used.

Amongst other things, this year we have helped the golf club by supplying them with our old computer at a very good price, with the scanner donated as well. Thanks to Vicki Smith for her efforts in selling the computer - it keeps her very busy in the golf club office on Sunday nights!

- We have helped the Pingaring Store by providing a new weatherproof notice board to be displayed there for community announcements.
- Also at the store, we have helped preserve our heritage by organizing for a plaque to be made commemorating part of Pingaring history.
- We have helped the Pingaring students who attend Lake Grace School to be proud of where they come from by supplying Pingaring number plates for their bus at cost price – PING-00 is a regular traveler on our roads now!
- We have helped local mothers and children to revitalize Playgroup and open a new facility in our town by supporting Playgroup's application for a grant to establish a toy library, supplying storage and a play room for the toys and altering our insurance policy to include toy library toys.
- We have helped advertise and support police visits to Pingaring to enable people to do their police business locally.
- We have also lent our support to other communities, helping Lake Grace Development Association in their application for a Grant to employ a Community Development Officer in the Shire.

A major asset to Progress and the reason we are able to provide so many services is, of course, our Community Centre. It has once again been well used this year for the regular day-to-day activities that the community engage in.

- Weekly Play Group and Toy library operate.
- Fortnightly we see the production of the Gumtree Gazette, where many of our local ladies work from our efficient little office to bring us all of the latest news. We also have new technology, with e-mail now available for both submitting articles and receiving the Gazette.

- Monthly we have the visits of Ian Squire, for whose services people come from far and wide.
- Of course another monthly event is our Progress meetings, which are attended by a small and loyal band of members – thank you all for continuing to support our work.
- Among our occasional users this year have been Investment Group and a scrapbooking class, plus another visit from Mundaring SES. Thank you to everyone for continuing to use our community center and its facilities. Progress keeps hire charges as low as possible and maintains the center as a community service for your convenience.

Of course, maintaining a building is not without its problems, and we are fortunate to have a very able Maintenance Committee headed by Joan Fisher who help everything to run smoothly. This year maintenance have been kept entertained by the more mundane aspects of life, such as plumbing, cleaning and lights. A major achievement is the purchase and installation of a new hot water system, giving those who use our showers a higher level of comfort. The old hot water system has been installed at the kitchen end of the building, and the old gas system has been removed, thus giving us a more efficient hot water system in the kitchen. The grounds and gardens of our community center are looking fabulous.

A challenge of maintaining a building with a foot in two Shires is liaising with the Shires. Many phone calls, letters and meetings have been undertaken this year to achieve results for our local community. Among our achievements this year are disabled toilet facilities, the repair of stumps and the removal of the old ramp behind the building. We have secured a pay rise, taking our combined annual contribution from both Shires to \$8,000. We have also submitted several proposals to the Shire for their budgets, and we wait to hear the results from them.

Our townscape committee also has a major achievement to its credit this year, with the opening of our new public toilets. Townscape have also improved the safety of our streets by having the streetlights repaired, and continue to liaise with the Brand Kulin project.

Progress volunteers have been kept busy fundraising this year, working at both the Holmes and Dixon clearing sales. We have also had income from another run of number plates. A fantastic fund raising opportunity fell in our laps this year, and I would like to thank Ida Byass for arranging the production of the "Voices of Pingaring" CD. This CD was hugely popular around Christmas time, and sales continue to be made. We very much appreciate the years of hard work and effort that went into the making of this CD, it is a marvelous piece of our heritage forever preserved.

Our seniors have been a little quiet this year, though they are gearing up for another breakout, with a wonderful sounding trip to Esperance coming up. A trip

PINGARING PROGRESS ASSOCIATION – ANNUAL REPORT

to Pemberton last October was a great success, and the recent soup-and-rolls fundraiser was a good chance to get together and catch up. Thank you also to our seniors, who have given so much to Progress this year. Not only do seniors feature in the active running of Pingaring Progress Association, but recently submitted Progress for an award in the Kleenheat Gas Community of the Year Awards. We have made it through to the final round, and a group of us will go to the awards presentation next week. As one of five finalists, we have a real chance! Thank you to Ida, Syd Garard, Di, Vicki and anyone else involved who had the faith and commitment to see it through – we are delighted!

Thank you also to the seniors for the generous donation of money that you made to the “middle generation” earlier this year. We thoroughly enjoyed our evening at Terra Vista and the babysitting that accompanied it! Leftover money from this was put towards an Engel fridge for the community to use at clearing sales, on seniors trips or to hire out – another useful community asset.

Thank you to Lea Murray, Bev Airey and Nicole Argent for organising another enjoyable Community Christmas

Tree. All agreed it was a very successful event, and certainly well organized. We look forward to the next one! Thank you to Di for writing a successful application for the “Thank the Volunteers” Grant, which purchased meat packs for community consumption on that night.

As can be expected with so many active minds, Progress has discussed many other ideas as well. We have dabbled with tourism, a community pool, recycling, a covered trailer and day care for Pingaring. Some of these ideas may yet come to fruition. Future projects include possible changes to our cemetery and an increase in our fundraising efforts.

I would like to thank everyone for your enthusiasm and commitment to Pingaring Progress as we work to maintain, strengthen and improve our little community and its assets. Though we have challenges ahead, I know that we can overcome them because ultimately we are all working with the same goal in mind – the good of our community.

*Donna Hendry
President*



AgWest Machinery

WAGIN — LAKE GRACE



JOHN DEERE

Lets consider a few very simple points about your buying habits:

- That \$5 you have saved by purchasing that filter from a company in Perth or Albany instead of buying it from your local dealer....ask yourself....does that company support our local communities or do their employees play sport in our towns?
- The amount and level of parts that a dealership can afford to carry in stock is dictated by the amount of money that you spend at that dealership.
- If your header broke down during harvest, would you rather get the parts from a dealer 300 km's away (or possibly from Melbourne), or get them from your local dealership?
- If your header broke down during harvest, would you rather have a mechanic 50km's away, or wait for them to travel from a dealership that is 300 km's away?
- The amount of service work that you give to your local dealerships will have an affect on a number of things....how many mechanics they can afford to employ, the level of special tooling they can carry, the amount of training we can afford to give them, the sort of vehicles they have to drive.

So, next time you are looking for parts for your header, or maybe thinking about getting your header serviced for harvest, take a moment to consider what impact you can have on your local community and your local dealers.

AgWest Machinery
109 Tudhoe Street, Wagin
PH : 98 610066 FAX : 98 611710

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U/21 National Hockey Championship in Darwin (cont.)

the better of us and QLD won 2-1. We were not disappointed as it was an exciting game to play and watch. Credit to be given to both teams for their efforts in the lead up to the grand final and especially on the day. Seven girls in the WA team were selected in AUS U/21 Junior World Cup team so that is fantastic news for WA hockey.

Since my return from Darwin I have been trying to sort out my injuries, which have been diagnosed as stress fractures in my shins and feet as well as tinoperiostitis. So my hockey in 2005 started with a bronze medal and finishes with a silver medal. Maybe we can go one better next year. The rest of the year involves six weeks of no running or high impact exercise then I can slowly come back and strengthen different muscles groups in my legs to prevent it happening again and finally start to regain fitness. Overall I am really pleased at what I've accomplished this year but I could never have done it without the support I have received from friends, family and all the locals. I'd like to take this opportunity to thank all of my sponsors: East Mundulla Merino Stud, Lake Grace Retravision, Spencer Wools, Yvonne and Simon Main, West Coast Wools and High Valley Merino Stud. Also to my other sponsors Grays-Nicholls Hockey Equipment, who supply all my equipment, and a special thankyou to Lake Grace Hockey Club who have always kindly donated. One last thanks goes to Mum and Dad for helping me get there and always being so supportive

of my hockey, especially as a state representative. Hopefully next year I'll be back, fighting fit, to tell you all about my next experience on the hockey field.

Courtney Gray



Courtney Gray with her silver medal



Join us for the Shire of Lake Grace Art Collection Exhibition

Multi-Arts Space, Lake Grace
at 6:30pm, Friday 26th August
Exhibition: 27th August – 9th September

Varley Hall at 6:30pm, Friday 16th September
Exhibition: 17th September – 23rd September

Lake King Hall at 6:30pm, Friday 30th September
Exhibition: 1st October – 7th October

Newdegate Hall at 6:30pm, Friday 14th October
Exhibition: 15th October – 21st October

Presented by the Shire of Lake Grace and Lake Grace Artists' Group

LAKE GRACE HOCKEY CLUB

Congratulations to the winners of the money boards that the hockey club had running throughout the season.

The winners of the first board were

1. Belinda Bowron
2. Steve Hunt
3. Chris Kimber

And the second round went to

1. Pam Hartsen—Narrogin
2. Amanda Milton
3. Jodi Pearce

Congratulations to the Junior Boys team on their win in the semi finals at Kukerin two weeks ago and then the preliminary final in Corrigin on the weekend just gone.

Good luck to you all for the Grand Final on 27th August in Narembreen. We are hoping to see a good turn out from other members of the club to support the boys.

The senior windup and trophy presentation will be held next weekend at the Sportman's Club. You should have replied to your invitation last week.

A season wrap-up will be published in the next issue of the Lakes Link.

Again thanks to our sponsors for their support throughout the year.



Robbo

JUNIOR BOYS HOCKEY

August 13th - Semi Final

Lake Grace vs Bruce Rock

Lake Grace met with Bruce Rock, on a well prepared field in Kukerin, to fight for a place in the preliminary finals. Unfortunately for Bruce Rock, one of their key players had to play with a broken foot, but he still managed to score the first goal for Bruce Rock. The game started with both sides showing great determination and at half time the scores were level at 1 all, with the game looking like a well balanced one with spectators expecting a tense outcome.

Then, early in the second half, Lake Grace scored a resounding goal which then seemed to open the way for a number of following goals which saw Lake Grace run out convincing winners. One of the highlights of the match was the final goal by Harley Pittard shooting from the post.

Final Score 5-2 Lake Grace

Goal Scorers – Paul Curtin (2), Benn Tomkins (1), Brodie Cameron (1), Harley Pittard (1).

August 20th - Preliminary Final

Lake Grace vs Kondinin

After last week's match the boys knew they had to put up a good fight against Kondinin if they were to get to the final. During the season the teams were evenly matched, having won one game each against each other and there was a friendly rivalry between the two teams.

For spectators the game was an exciting match to watch and it was good to see the number of spectators from the club who made the trip to Corrigin to watch the boys.

The first half could have gone either way despite Lake Grace having a lot of the play in their D and Kondinin getting some good breakaways. Just before half time Lake Grace managed to score off a short corner which boosted their confidence at half time. However, in the second half, Kondinin came out with greater determination and soon evened the score. Then it looked like Kondinin were set to score after a runaway by one of their key players leaving only Jamie Eggers in goal to defend. To the crowds relief that's what he did. To their credit Lake Grace kept the pressure on and with 7 minutes left to play, Lake Grace scored from some excellent passing off a short corner. Then they hung on to see their way to the Grand Final against Narembreen. It was a well deserved win and a real crowd thriller from start to finish.

Final Score 2-1 Lake Grace

Goal Scorers – Benn Tomkins (1), Paul Curtin (1).

The Grand Final will be played at Narembreen, against Narembreen, at 9.00am on Saturday 27th August. Everyone is invited to come along and cheer the boys on for their first Grand Final reached under the guidance and coaching of Lindsay McGlinn. Go Lake Grace!!!!

Genni Curtin

LAKE GRACE/PINGRUP NETBALL NOTES

The end of the netball season is nearly upon us with only two more finals to be played. The Lake Grace/Pingrup A Grade team finished fourth and made it to the first semi final at Nyabing. An unfortunate series of injuries in the first half and some accurate shooting by the opposition, led to a disappointing defeat to Jerramungup. The girls should be proud of their efforts in making the finals, however, and we would like to thank all the supporters who made the trip to Nyabing to cheer us on from the sidelines. Thanks also to Jumbo for his support and strapping services.

Last weekend Lake Grace hosted the second semi final, with Nyabing and Newdegate winning their games and going straight through to the Grand Final. We wish both those teams all the best for the GF.

The Lake Grace Junior girls also played in the second semi, after finishing second overall for the season. They came up against a strong Jerramungup team and after a very high quality game, were only just defeated. Many spectators commented on the high level of skill of the girls and we wish them all the best for their preliminary

final next week at Boxwood. Congratulations to the Junior Footballers, who won their match on Saturday, and good luck for the Grand final.

Thanks must go to all the people who helped out on the weekend in preparation for the final - fencing and sweeping the courts, scoring, timing, kitchen duties and making afternoon tea. Hopefully next time we host a final it will be on new courts!

Thank you to those girls who helped out when numbers were low and those supporters who came and cheered us on at both home and away games. A huge thank you, also, to Hayley who took on both coaching positions and who has done a fantastic job all season.

We would also like to thank all businesses and individuals who sponsored us throughout the season, in particular Lake Grace Hotel and Elders Insurance.

Don't forget to please return your netball shirts to either myself or Diana ASAP and I hope to see you all at the presentation dinner.

Kristie Stanton



Vote Count Results

A Grade Fairest & Best:
Kristie Stanton

A Grade Runner Up Fairest & Best
Annie Kuchling

B Grade Fairest & Best
Magdalen Trevenen

B Grade Runner Up Fairest & Best
Michelle Lynch

Congratulations to all players on a successful season.

Above L to R: Kristie Stanton, Magdalen Trevenen and Annie Kuchling



NEED A RUBBER STAMP??

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

JUNIOR NETBALL SEMI-FINAL



Shenae Prater makes the lead and wins the ball.



Gabby Trevenen and Julia Baker make leads.



Zoe Cameron looks for someone to pass to.

The Junior girls netball team were beaten by Jerramungup and will have to play in the Preliminary final on 27th August at Boxwood Hill. I'm sure they would welcome as many supporters as possible.



Gabby Trevenen shoots for a goal.

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Your One Stop Nursery Shop!!

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26kms North Kulin-Lake Grace Rd
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Potted Colour,
Fresh vegie and
flower seedlings,
Pea hay for mulch
plus much, much
more . . .

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Eight8 CRICKET!

*Get your team,
join the fun,
finish on top,
and win \$3000!*

Runners-up: \$1000! - plus - Quickbowl and Throwing comps: \$250 each!

Proudly organised by the Bruce Rock / Narembreen Cricket Association
and Sponsored by the Be Active Scheme

Corrigin Recreation Grounds

October 29 & 30 2005

Only 16 teams can compete - Be Active, Be Quick, and You're In!

Nominations Close September 16, so Register today!

For Nomination Forms, contact:

Ben Bryant

'Be Active' Community Sport & Recreation Coordinator
PO Box 125 Kulin WA 6365
Ph 9880 1204
Fx 9880 1221
Mob 0427 444 025
email recoff@kulin.wa.gov.au

Rodney Thornton

CEW 'Be Active' Community Sport & Recreation Coordinator
PO Box 113 Bruce Rock WA 6418
Ph 9061 1841
Fx 9061 1340
Mob 0429 381 071
email beactive@brucerock.wa.gov.au



Eight8 Cricket Competition Rules

You may choose players for your team from within your and other associations. You may nominate more than one team. You are encouraged to nominate players from country areas. The Organising Committee reserves the right to reject a nomination.

Match Rules Include:

Each team consists of 8 players per game, however each squad may field 15 players throughout the weekend.
✓ 8 overs per side. ✓ No more than 2 overs per bowler.
✓ 50 metre boundary. ✓ 1 run per no ball (replay ball) and free hit next ball, but you can be run out (not stumped). ✓ 1 run per wide & replay of the ball. ✓ 3pts for a win, 1 pt for a tie, 0 pts for a loss. ✓ Runs for, and against, to separate ties at end of round-robin.

CASE iii**AWB****INTERLINE
SALES****GrainPool****AgroCorp****GoodFood****RSM Bird Cameron**
Chartered Accountants**HZ ELECTRICS**

Howzzatt??!!

LAKE GRACE GOLF

An early but chilly start for championships on 14th August didn't affect the quality of the golf.

Ladies A Grade contestants, Helen Hunt (defending champion) and Michelle Lay, were having such a fantastic time they elected to go to the 37th hole! With Michelle off to a sluggish start Helen was 5 up after the first nine, however Michelle held Helen off to still be only 5 down after the first 18. Things must have got interesting, could have been something in those sandwiches, because Michelle fought back to be only 2 down after 27 holes. With spectators peeking out from behind trees on the 36th hole, Helen could've won the title there and then but left the ball half a roll short. With some chuckling from Michelle the ladies were faced with the prospect of having to walk down number one for the third time. Helen, not wanting to risk having to play another hole, powered her drive down number one. With experience on her side Helen won the hole, thereby winning the title for the third year running.

Men's A Grade saw 'third time hopeful' Craig Reeves pitted against the in form Graham Milton who stormed out of retirement earlier in the year. Craig jumped away early for a two hole lead. Graham with some solid play fought back leaving them all square by the first nine. Graham then took the lead; one up on the 17th hole, a ferret from Craig on number 18 saw it back to all square. By the 27th hole Craig was two up, maintaining the lead and then winning the 34th hole to be three up with only two to go.

Men's B Grade was won by Mark Seaman on a forfeit from Chad Stanton. Congratulations to the Stanton family on the arrival of Ruby Mae.

Men's C Grade was another hard fought battle. Play was close all day with Marcus two up after the first 18. By the 27th hole there had been a lead change with Justin one up. Marcus rallied, defeating Justin on the 35th hole, two up with one to go.

A par event was held for those not playing in the championships. Winner was Milton Reynolds with a plus 5. Those new sticks must be starting to work. Runner-up was

Stephanie Lay with a plus 2.

Lake King Open Day was held on 13th August, their first since joining the Association. A small but quality field attended with a haul of trophies coming home with those from Lake Grace who managed to attend. Winner on the day was Kingsley Strevett with 38 points, runner-up was Steve Hunt also with 38 points. Winner of the veterans division was Milton Reynolds with 37 points.

The Lakes District Two Day Carnival was held at the Nyabing Golf Club on the weekend of the 20th and 21st August. Lake Grace Golf Club had six representatives attending the two days and an extra two on the Sunday. Even though Captain Craig with two sizzling scores tried to rally the teams, the burden was too great. The gross team came in equal third (or was that fourth) while the nett team was fifth (there were six teams representing their clubs). Perfect weather conditions and a great course saw a good field of 50 starters each day. The event was very well run by such a small club. Congratulations to Wayne Tapscott from Pingrup who set a course record on the first day of play.

This week's competition is the Rex and Karel Walker stroke and count your putts competition. There will be a sausage sizzle meal afterwards.

September 4th is the Fathers Day two person ambrose, draw for partners, sponsored by CSBP. These details could be subject to change.

Craig Reeves



Glad to be at the 19th hole

L to R: Marcus Owen (Men's C Grade Winner), Michelle Lay (Ladies A Grade Runner-up), Justin Wright (Men's C Grade Runner-up), Helen Hunt (Ladies A Grade Champion), Craig Reeves (Men's A Grade Champion) and Graham Milton (Men's A Grade Runner-up).

JUNIOR FOOTBALL SEMI-FINAL



Ryan Smith with Aaron Dunham in the background.



Ethan Wallace and Reece Smith are grateful for a half time break.



Ashley Morton and Mathew McWhirter



Gordon McArtney has the ball



Cameron Bushby doesn't let the opposition take his eye off the ball.

HIGH SCHOOL BASKETBALL

Kulin have notified us that their competition will commence on the **9th of September** for the 2005 season.

Last year Kulin had four teams and Lake Grace had two teams. We need to know our numbers this year to see how many teams we can take to Kulin. The teams are mixed and we need at least two girls in each team. Games are played on Friday nights on the indoor courts.

We have been notified by PCAP that we have funding to take a bus to Kulin each week. Last year the cost was \$3.50 per week for those using the bus.

Names need to be in by Wednesday 24th August. Subs are \$17.

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

Our first training is Thursday 25th of August from 3.30 to 4.30p.m.

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

Debby Clarke

OFA WINTER SPORTS RESULTS

First Semi Final 13th August - Nyabing

Football

League:

Ongerup 12 goals 17 (89) defeated Kent 12 goals 9 (81).

Reserves:

Jerramungup 13 goals 10 (88) defeated Newdegate 4 goals 10 (34).

Juniors:

Kent 7 goals 7 (49) defeated Gnowangerup 1 goal 3 (9).

Netball

A Grade:

Jerramungup, 46, defeated Lake Grace/Pingrup, 24.
Best Player for LG/P was Diana Kuchling.

B Grade:

Newdegate, 39, defeated Ongerup, 29.

Juniors:

Boxwood Hill, 42, defeated Gnowangerup, 23.

Hockey

Borden, 2, defeated Boxwood Hill, 1.

Second Semi Final 20th August - Lake Grace

Football

League:

Newdegate 12 goals 11 (83) defeated Boxwood Hills 10 goals 11 (71).

Reserves:

Boxwood Hills 12 goals 4 (76) defeated Ongerup 5 goals 5 (35).

Juniors:

Lake Grace/Pingrup 11 goals 6 (72) defeated Ongerup 3 goals 7 (25).

Netball

A Grade:

Newdegate, 55, defeated Gnowangerup 41.

B Grade:

Nyabing, 52, defeated Borden, 36.

Juniors:

Jerramungup, 29, defeated Lake Grace/Pingrup, 18.

Hockey

Jerramungup, 7, defeated Newdegate, 5.



Above: James Eaton, Nick Smith and Matthew Trevenen.

Results of LG/P Football Vote Count

A Grade:

James Eaton	107 votes
Karl Fleay	95 votes
Dion Wallace	70 votes
Graeme Watson	62 votes
Regan Bennett	61 votes
Grant O'Neill	53 votes

Reserves:

Nick Smith	81 votes
Matthew Trevenen	52 votes
Michael Trevenen	45 votes
Luke O'Neill	40 votes
Justin Wright	35 votes
Aaron Smith	31 votes

FREE RENT

1930's stone farmhouse to handyman etc who will plaster cracks, paint walls ceilings, establish native garden and general repairs.

Located 10km from Lake Grace on sealed road with school bus, scheme water, mains power and phone available.

All materials and equipment provided.

Long occupancy period negotiable and



Coombrae Poll Merino Stud

On-Property

2 tooth Poll Merino Ram sale

at

"Coombrae Farms"

Murray Rock Rd East Hyden

Tuesday 6th September 2005

90 2004 Drop Rams

Inspection from 10am, Sale commences 1pm

Light lunch provided.

An inspection of the 2004 drop rams will be held on farm on **Friday 26 August from 10am**

This season we have made an addition to our Stud based on Kylie Bloodlines (Colinsville, Old Ashrose & Glenora)

We breed large plain framed hardy sheep to suit local conditions. 2004 Drop Rams averaged: 20 microns, 98% comfort factor. Private selection available.

Further details: Craig Millar 9880 8049, 0429 808 049

Lincon Gangell: Landmark 0429 805 027

Rick Power: Landmark 0428 670 085



Sports Leadership and Accreditation Camp

Cricket Basketball Tennis

Opportunity to attend the

Be Active Summer Sports Accreditation Camp 2005

For Year 9/10 Students That live in the Shires of Kulin, Corrigin, Dumbleyung, Kondinin, Lake Grace or Wickepin

3rd-7th October

- ★ Tour of WAIS
- ★ Wheelchair Basketball
- ★ West Coast Eagles Nutrition Specialist
- ★ Sports Training Strapping Course
- ★ Adventure World
- ★ Visit the Gravity Games
- ★ Movie Night

\$85 per student

Fill out an expression of interest form today!

Limited places so collect your expression of interest forms by contacting Ben Bryant, Be Active Coordinator - Roe District on 9880 1204

Lake Grace Dart Club Results for 2005 Season

Men's	Highest Score	Highest Peg	Highest Ave
24/04/2005	J Gambuti 123	D.Giles 56	K Fleay 43.38
2/05/2005	K Medlen 180	S.Gambuti 39	M.Dowling 40.88
9/05/2005	S.Gambuti 125	S.Gambuti 60	S.Gambuti 46.17
	G.Sabourne 125		
16/05/2005	Geoff 125	S.Gambuti 52	M.Newton 45.15
	R.Stubberfield 125		
	Geoff 125		
23/05/2005	C.Slarke 134	J.Wright 62	J.Gambuti 48.00
30/05/2005	T.Ward 133	J.Gambuti 74	J.Gambuti 46.68
6/06/2005	M.Dowling 140	J.Gambuti 76	J.Gambuti 50.09
	G Buxton 140		
13/06/2005	S.Gambuti 140	T.Ward 54	T.Ward 48.53
20/06/2005	S.Giles 134	W.Trawinski 40	M.Newton 57.25
27/06/2005	J.Gambuti 139	G.Buxton	M.Newton 51.29
04/07/05 Singles	W.Trawinski 140	M.Newton 54	
	K.Medlen 140		
11/07/05 Doubles	R.Stubberfield 140	M.Newton 42	
	W.Trawinski 140		
18/07/2005	M.Newton 140	K.Medlin 34	S Gambuti 45.85
	K.Medlen 140		
25/07/2005	W.Trawinski 140	M.Dowling 40	R.Stubberfield 43.38
		W.Trawinski 40	
1/08/2005	J.Wright 155	R.Stubberfield 80	M.Newton 58.51
8/08/2005	J.Wright 137	S.Blackwood 109	S.Blackwood 47.00
15/08/2005	R.Stubberfield 140	S.Blackwood 41	W.Trawinski 45.50
Ladies			
28/04/2005	M.Lay 121	A Mackinley 32	J.Jenks 34.08
4/05/2005	D.Beggs 102	D.Sabourne 55	C.Kimber 32.66
11/05/2005	L.Trawinski 130	C.Fyfe 52	T.Dowling 41.48
18/05/2005	S.Reynolds 119	C.Fyfe 58	M.Lay 34.08
25/05/2005	T.Dowling 114	L.Trawinski 54	L.Trawinski 36.41
1/06/2005	H.Hunt 132	M.Exelby 90	M.Exelby 39.56
8/06/2005	N.Gambuti 133	N.Gambuti 58	J.Jenks 34.91
15/06/2005	C.Kimber 121	M.Lay 38	M.Lay 41.25
22/06/2005	J.Jenks 127	C.Palmer 40	J.Jenks 38.90
		M.Lay 40	
29/06/2005	H.Hunt 140	C.Fyfe 77	N.Gambuti 41.09
6/07/2005	N.Gambuti 140	N.Gambuti 87	
13/07/2005	N.Gambuti 140	N.Gambuti 57	
	M.Lay 140		
	L Trawinski 140		
20/07/2005	H.Hunt 121	N.Gambuti 52	N.Gambuti 32.47
27/07/2005	S.Altham 117	H.Hunt 59	C.Chappell 37.57
3/08/2005	N.Gambuti 140	H.Hunt 48	H.Hunt 44.86
		M.Lay 40	
10/08/2005	H.Hunt 134	M.Lay 40	N.Gambuti 37.91
17/08/2005	M.Lay 125	H.Hunt 32	H.Hunt 43.57

Finals started this week with the following playing off on Monday night!
 Dogs play Lakeside. BGB play Cricketers.
 Ladies on Wednesday night.
 Comets play Club Just us play BBN

Grand final night at the Club on Friday 2nd September 7pm Sharp



ARC NEWS & NOTES

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

- ★ • Keep a look out for the first activities timetable of the season beginning 19th September 2005
- ★ • Corporate challenge on Physical Awareness Day - 1st September 2005 at 7.00am - 7.30am
- ★ • Physical Awareness Day evening event - 1st September 2005 at 6.45pm
- ★ • Bronze Medallion Course will be run end of October/beginning of November
- ★ *For further information contact Letisha at the Shire on 9865 1105.*

If you have an idea for a program or would like to see something in particular made available for the 2005/06 season, Please feel free to contact Letisha at the shire on 9865 1105.

PHYSICAL AWARENESS DAY

~ ALL WELCOME ~

Twilight Walk

Commencing at 6.45pm

Motivation and Weight Loss

Commencing at 7.30pm

Presented by Rochelle Walker, Psychologist

Learning Body Measurements and Your Target Heart Rate and launch of 2005/06 Aquatic and Recreation Program

Presented by Letisha Marshall, ARC

Venue: Lake Grace Telecentre

This is continuing on from the LG Shire Challenge.

Aquatic & Recreation Program 2005/06 – Newdegate

Expressions of interest are invited by persons interested in assisting in the delivery of the 2005/06 Aquatic and Recreation Program to the town of Newdegate.

Experience in recreation, fitness and/or aquatics desirable but not essential.

Subject to grant applications funding may be available to assist in required training.

For more information please contact Letisha at the Shire on 9865 1105

or by email; letisha@lakegrace.wa.gov.au

Expressions of interest close Friday 26th August

Shire of Lake Grace

*Lake Grace Dance with Lisa Chapman**Beginning Tuesday 30th September 2005**Dancercise*

Day: Tuesday

Age: 3 - 5 years

Time: 5.30pm - 6.00pm

Venue: Sports pavilion

Cost: \$5.00 per child

Dancercise is a fun class appropriate for 3-5 year olds, focusing on movement and coordination.

Parents are encouraged to stay for the duration of the class.

Kids Funk

Day: Tuesday

Age: 6 - 13 years

Time: 6.15pm - 7.00pm

Venue: Sports Pavilion

Cost: \$5.00 per child

This class is an opportunity for children aged 6-13 to learn hip hop, funk with modern music. Using basic to intermediate steps, kids funk will be a fun challenge.

Children's Ballroom

Day: Wednesday

Age: 6 - 13 years

Time: 5.30pm - 6.30pm

Venue: Sports Pavilion

Cost: \$5.00

This class includes basic ballroom dancing such as Jive, Cha Cha, the Rumba and the Waltz and Latin.

Adult Beginners Ballroom

Day: Wednesday

Age: For ages 14 and up (no limit)

Time: 6.45pm - 7.45pm

Venue: Sports Pavilion

Cost: \$5.00 per person

Beginner ballroom will offer basic Latin and ballroom routines such as the Jive, Cha Cha, the Rumba, Waltz and the Quickstep. One dance will be focused on at a time.

This class is appropriate for anyone who wants to learn how to dance.

All participants are advised to bring water, a desire to have fun and a smile.

For more information please contact Lisa Chapman after 5.30pm on 0427 828 357

September 1 is the first day of **SPRING** and **Physical Activity Awareness Day**

Kick start your spring by participating in thirty minutes of physical activity. Get involved on 1 September 2005 and raise the awareness of the importance of physical activity within your community by getting active with your colleagues and friends!

We would like to invite employees of your workplace to join us in a **Corporate Challenge**.

Date: **1 September 2005**

Time: **7.00am – 7.30am**

(followed by a healthy snack)

Venue: Lake Grace Sports Pavilion

**** Prizes for Business with most participants ****

Number of registrations received will determine Activity.



30 minutes of moderate-intensity physical activity can help you:



- Spend quality, fun-filled time with all the family;
- Make your suburb a safer and friendlier place; and
- Improve your physical and mental wellbeing.

Why not give something new a try.

Finding thirty can be as easy as...

- Doing the gardening, walking the dog or playing outside with your children.
- Walking or cycling down to the local shops instead of driving.
- Doing something active with friends, like walking down the beach and finishing at a café.

For more information on **Physical Activity Awareness Day** in your organisation contact Letisha Marshall, Aquatic and Recreation Coordinator on 9865 1105.

SUNDAY SCHOOL starts Sunday

- Where? St Anne's Anglican Church
Bennett St
Lake Grace
- When? 2nd and 4th Sundays of each month
10.30am till 12.00noon
- | | | |
|--------|--------|---|
| Term 3 | Sunday | 28th August
11th September |
| Term 4 | Sunday | 23rd October
13th November
27th November
11th December |
- Who? All ages from Kindy to year 7.
- Interested? Call Derek or Amanda on 9865 1064

Fibreglass

Insulation



Competitive prices
professionally installed

no obligation

LAKE GRACE SPORTSMAN'S CLUB

Come and relax after a busy day
at the Newdegate Field Day

Meals- Steak, salad and chips-
will be available on

Wednesday 7th September
Meals start 6.30pm

For catering purposes
we would appreciate it if groups
could RSVP on
9865 1239 (club)
or
9865 4058 (Ross Chappell).



Landcare Services

A division of Landcare Holdings Pty Ltd
ABN: 31 069 875 403

Sandalwood Seed Wanted

Landcare Services is a leading provider of revegetation services in Western Australia.

We are currently seeking ***Expressions of Interest*** for the supply of Sandalwood Seed from selected regions of WA while complying with appropriate license conditions.

Long term contracts are available for reliable suppliers and competitive prices will be paid for good quality seed.

For further details and an information package, please contact Matt Field or Bernard Mclean on: Ph: **9274 7611** Fax: **9274 5844** or email;
matt.field@landcareservices.com.au
bernard.mclean@landcareservices.com.au

CLASSIFIEDS

WANTED

Contract Grading

New catchments and cleanups
Contact Paul Cameron on 9865 3001.

Memories

Were you a patient in the old hospital (1926 - 1952)? I would like to record your memories for my research about Lake Grace AIM Hospital Museum.

I also wish to borrow a copy of the ***Presbyterian Women's Missionary Union (PWMU) Cookbook*** for my research about Lake Grace AIM Hospital Museum.

Cookbooks or recipes from the 1920s and 1930s would also be appreciated.

Contact Michelle Slarke (tel: 9865 1878 or mslarke@hotmail.com)

WANTED

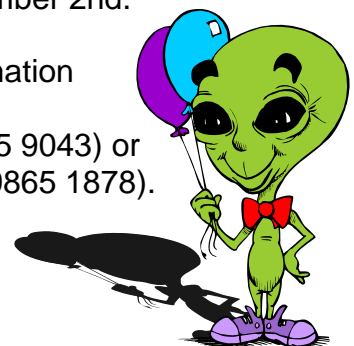
1 x Pair Wooden Crutches

For display in the AIM Hospital Museum.
Contact S Elliott on 9865 1137 or E Bishop on 9865 1632. Thank you.
AIM Hospital Committee

Lakes Visitors Centre

If you are interested in volunteering for the Lakes Visitor Centre (Stationmaster's House) join us for afternoon tea at 2:30pm on Friday September 2nd.

For more information contact
Mary Naisbitt (9865 9043) or
Michelle Slarke (9865 1878).



CLASSIFIEDS

FOR SALE

TOYOTA Hilux 1993

2.8 dsl, tray back, wide wheels,
new clutch, radiator, panel paint
\$8500-ph m.0417 982 126

External CD-RW Burner + Software

40X Write, 12X Rewrite, 40X Read.
Great for backup. \$50.
Phone 98651122

Dodge D5N 1979

6-354 Perkins, 5 sp g box, s sp diff,
Tipper with grain bin, 10 months rego,
\$6,600 inc GST
Ph: 9865 1023 A/H: 9865 1274
Mobile: 0428 651 023

Girls Pipeline Bed

Pale pink with ceramic and brass fittings.
Innerspring mattress included. \$70.00.
Contact Suzanne on 9865 1310 a/h

Beautiful Sofas

Purchased from Freedom Furniture.
Modern, stylish 2 x 2 1/2 seater in exc. cond.
For further details or to view
ph Di Garard on 9866 8085

PUBLIC NOTICES

Lost

Size 5 black jumper lost at Nipper's training, has
blue outlined Batman on front.

Found

Henry the Octopus at hockey oval.
Please contact Narelle on 9865 1675.

LAKE GRACE/ PINGRUP NETBALL CLUB BESSEMER RAFFLE

- 1st Prize – Delys Giles
- 2nd Prize – Anna Strevett
- 3rd Prize – J Palmer
- 4th Prize – Theresa Naisbitt
- 5th Prize – Emma Fisher
- 6th Prize – Helen McWhirter

PUBLIC NOTICES

The next Lake Grace Volunteer Fire and Rescue Service Meeting is....

September 14th
at the station - starting at 8:00pm
New members always welcome

Senior Citizens Luncheons 2005

First Thursday of every month
September 1st - CWA
October 6th - Red Cross
November 3rd - Playgroup

Dr Annie Irvine

Will be coming to Lake Grace on.....
Thursday 15th
and Friday 16th September
Please ring the Surgery on
9865 1208 for appointments

The Lions Club of Lake Grace

are holding a
points and battery drive
All proceeds to Lake Grace St Johns
Ambulance sub centre to assist
with the purchase of a new
ambulance
All items can be dropped off at
the recycling yard



AGM

The Annual General Meeting of the
Gnowangerup Family Support Association
will be held on Monday 12th September 2005
at 7.30pm at the Nobarach Occasional Day
care Centre. All parents/interested people
are most welcome.
Any queries please contact the Office
on 9827 1454

AGM

The Lake Grace Sportsman's Club AGM will
be held on Friday 21st October.
Nomination forms and meeting time will be
advertised at a later date.

Maalouf Ford

25 McMahon Street,
Lake Grace 6353

ALL NEW FOCUS

- Outstanding European Design



> The all new Ford Focus is designed and engineered for ultra-smooth steering, handling, braking and style. Power is transferred smoothly from the 2.0 litre Duratec 16 valve engine by the five sipped manual or optional four speed automatic transmission with Sequential Sports shift. Standard features like Control Blade Independent Rear Suspension, Electro-hydraulic power steering and an iPod compatible CD player make the Focus even smoother. There's also driver and front passenger airbags and the choice of a hatch or sedan. What could be smoother than that? **New Ford Focus. From \$20,990* with air.**

BE ONE OF THE FIRST

Maalouf Ford
(08) 9865 1261

DL2371 *Price Based on CL 5 Speed Manual plus Dealer Delivery & On Road Cost

No Boundaries



Lake Grace Shire Councillors

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

CRISIS CARE NUMBERS

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

Justices of the Peace

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

ANGLICAN CHURCH OF LAKE GRACE

Sunday 28th August

8:00am	Newdegate
10:30am	Lake Grace (S. School)
5:30pm	Lake Grace

Sunday 4th September

9:00am	Lake Grace
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Enquiries:

Revd Captain Derek McArtney	9865 1064
Revd Michael Lloyd	9871 2041

Lake Grace Uniting Church

First Sunday of each month - 10:00am

See notice board for changes

Enquiries:

Bob Burbidge	9865 4020
John Whaley	9865 1377
	0429 651 378

LAKE GRACE CATHOLIC CHURCH

Mass Time-Table

Friday 26th August

Newdegate	5:00pm
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Sunday 28th August

Parish Picnic	TBA
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**Dates for September were
unavailable at time of printing.**

Inquiries: Fr Pierre 9865 1248

COMMUNITY CALENDAR

August/September

Fri 26	Fish & Chip Night - LGS Club Exhibition of Shire Art Collection Opening Senior's Activity Day YAC Activity - Dance (p20)	Tue 6	LGDHS Four year old enrolments (p.10)
		Wed 7	Pizza night at Rosie's Newdegate Field Day Steak meals at Sportsman's Club
Sat 27	Steak Night - LGS Club Winter Sports - Preliminary Final B/Wood Hockey - Grand Final at Narembreen	Thur 8	Immunisation Clinic (p.15) Newdegate Field Day
Sun 28	Golf - Stroke and Count Your Putts Junior Golf - Championships	Coming Events	
Mon 29	Men's Darts	9th September - YAC (Pottery Workshop)	
Tue 30	Chair Aerobics - Village Hall Well Women's Clinic	12th September - Gnowangerup FS AGM	
Wed 31	Pizza night at Rosie's Ladies Darts	13th September - LGDHS Four year old enrolments (p.10)	
Thur 1	Playgroup - 9:30-11:30am LGDHS Athletics Carnival Physical Activity Awareness Day Senior Citizen's Luncheon (CWA)	14th September - Forklift Accreditation Course	
Fri 2	Fish & Chip Night - LGS Club Darts Grand Final 7pm	14th September - Volunteer Fire Brigade Meeting	
Sat 3	Steak Night - LGS Club Winter Sports - Grand Final at Jerramungup	15th September - LGDHS Parent Assembly Yr 1 Item	
Sun 4	Junior Golf - 9:30am Golf - 2 person Ambrose - CSBP	16th September - Interschool Athletics Carnival - Wagin	
Mon 5	Lakes Link News deadline	15th and 16th September - Dr Annie Irvine	
Tue 6	Aerobics - Shire Hall Chair Aerobics - Village Hall	17th September - Lake Grace Speedshears	
		19th September - P&C Meeting	
		20th September - LG Writing Group 4-6pm at Telecentre	
		20th September - Sporting Precinct Meeting (p.11)	
		25th September - Golf Closing Day (3 person Ambrose)	
		28th September - Council Meeting 1pm start	
		1st October - Golf Club Windup	
		21st October - LG Sportsman's Club AGM	
		25th March 2006 - Terry Hardy Fundraiser	

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

SPENCER WOOLS

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For all your wool selling needs...

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Tel: DARREN SPENCER – 9865 1339 or 0428 651 339