

LAKE LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
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ABN: 19 498 730 152

8th September, 2005

\$1.10 inc GST

Vol 11 Issue 16

Welcome to the Wave Zone



One of the 'Wave Zone' signs on the Tarin Rock entry into the Lake Grace Shire



Above: Interpretive sign by RFDS Plane
Left: Sign in main street indicating where local services and facilities are located.

There has been an increase in signage with the installation of new signs directing visitors to our town to various businesses, places of interest and emergency services. 'Wave Zone' signs have also been erected on some Shire entry roads; once funding becomes available these signs will be waving us in on every entry road into the Lake Grace Shire.

Interpretive signs, designed by local artist Michelle Slarke, have also been installed on the Penny Pathway, beside the RFDS plane and on the pathway that will lead to the mosaic garden gallery. These signs complement the

information panels (written and designed by Ms Slarke) installed in the AIM Hospital Museum.

Signage, or lack of, has been a problem within the Lake Grace townsite for many years, with visitors having to drive laps of town looking for their ultimate destination. Businesses and services off the main street were hindered by not being visible to the through traffic; travellers disgruntled at not being able to find the service they have needed, have then driven on to the next town, taking their wallets with them.

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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

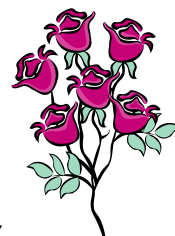
All articles, news & advertisements should be submitted to the Telecentre by close of business on Monday of paper week.

Next Deadline: Monday 19th September
Next Edition: Thursday 22nd 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
Rebecca Reeves



Thank you also to our many contributors of articles.

DISCLAIMER

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

EDITORIAL

- ☺ Farewell to the *Breast Cancer Fundraiser* troupe as they head off on their ride. Please remember that the Fundraising night has been set for **Saturday 15th October**, so keep that date free .
- ☺ We can still squeeze you into our forklift course, if you are interested make the most of this opportunity and book yourself in. It's next week 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

Contract Grading

New catchments and cleanups
Contact Paul Cameron on 9865 3001.

Thanks to Collators of the Last Edition



Eileen Mather
Jayne Argent
Trish Medlen
Michelle Lay
Craig Reeves
Rebecca Reeves
Danielle Robertson



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*Connection Fee on a minimum 12 month contract. Upgrade to an integrated gateway modem for \$129. A Fee of \$115 applies if cancelled/transferred/moved within 6 months; \$60 if cancelled in 7 to 12 months. Various other fees and charges may apply. See Full Terms and Conditions for details.

Plans start from \$29.95 per month

Pricing guidelines and application forms are available at the Lake Grace Telecentre.

Please nominate the Lake Grace Telecentre as your Westnet agent as we then receive dividends from Westnet.

The Lakes Link News is.....



LAKE GRACE ARTISTS' GROUP

The weeks are still whizzing by and I am still trying to catch up (will we ever?)

Last week we had the opening of **Shire of Lake Grace art collection** which includes an interesting range of artworks, 33 in all. Its great to see all the work in one place. The exhibition closes on September 9th and then will be displayed in Varley, Lake King and then Newdegate.

Ten of our members are collaborating on a painting for the **October exhibition**. Speaking of which, this is open to all artists and craftspeople from this district. This exhibition aims to showcase and celebrate the talent that is out there in our back rooms and sheds etc. It is not judged. If you are interested, please complete the entry form below or ring me, Kerrie Argent - 9865 4042; Tania - 9865 1339; Catherine - 9866 8023 or Anna - 9865 4023 for further information. We are keen to foster all artists, emerging artists and craftspeople from the young to more senior.

Our next meeting is on Tuesday September 20th. We are having a field trip to Carnaby's for research, photography, drawing, painting and lunch. This is the

ground work for our February exhibition 'Hotspot'. Please try to make the effort to come along and have a social, productive and enjoyable day out. Remember to bring your lunch, hat, thermos, water bottle, paints, pencils, camera etc. Wear sturdy walking shoes/boots and long, loose pants. If you are new to town and would like to join us, we'd love you to come. Our bush is full of very beautiful jewel colours, textures and forms, but you do need to take the time to get out and look.

The **Welding and Forging workshop** is happening on September 17th and 18th. West Australian artist Kevin Draper will tutor and participants should learn some good skills and make interesting metal creations.

I hope everyone took time to check out the **Art 2 Wear performance** and the annual art exhibition at **Newdegate Field Days**. They had 176 entries so there should be a good variety of work on show. I was speaking to coordinator Melissa Cugley who said she would like to see more local artists showing their work. Hopefully next year will see an improvement in the number of locals participating.

See you all on meeting day.

Kerrie Argent

LAKE GRACE ARTISTS' GROUP 2005 ART EXHIBITION

We invite local artists and craftspeople who are residents of the Lake Grace Shire or living in our area (eg Tarin Rock, Pingrup) to participate in this year's Art Exhibition. There is no theme for this year's community exhibition. It is not a competition and will not be judged. It is to showcase the skills, ideas and work that you do, which we would love to see. The exhibition will be held in mid-October 2005, so we are encouraging all artists and craftspeople to get started now.

There is no restriction on media or size of works as long as they can fit through the door. Artworks can also be installed outside in the streetscape if you wish. All paintings and 2D works need to be suitably framed or mounted and adequate string/wire attached for hanging.

✂.....

LAKE GRACE ARTISTS' GROUP – 2005 ART EXHIBITION ENTRY FORM

Name.....

Address.....

Phone..... Fax.....

Please forward entry forms to Genni Curtin by 30th September 2005

PO Box 212 LAKE GRACE 6353 Phone 9865 1122 Fax 9865 1626

Number	Title	Medium	Price/NFS



ABOUT TOWN

- All the best to the Tutti Frutti's who will be playing in their netball Grand Final at Katanning on Saturday 17th September.
- Congratulations to the Lake Grace Pingrup Junior Netball team for winning their Grand Final last weekend.
- Farewell to Pauline Taylor and her crew as they head off on their ride.
- All the best to Sarah Allen and Kevin Naisbitt on their upcoming nuptials.
-



Left: Lake Grace Hockey Club President Belinda Bowron presents a 'very large cheque' of \$600 to Pauline Taylor in support of her ride for Breast Cancer.

Article page 26

HAPPY BIRTHDAY



September 9	Katelyn Slarke	September 18	Jason Robertson
	Grant Osborne		Nat Fyfe
	Simone Mahoney	September 20	Cameron Slarke
September 10	Bartholomew Trevenen	September 21	Garry Leo
	Gabrielle Trevenen	September 22	Jane Bushby
September 12	Jesse Kingsbury		Steven Mortimer
	Drew Willcocks		Ronald Pelham
September 14	Ida Byass		Ellie Naisbitt
September 16	Lauren Bushby		

HAPPY ANNIVERSARY



September 16 - Colin and Connie Argent
September 18 - Ross and Cheryl Chappell

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.

The Wave Zone (cont.)

The signs follow the same design as the Town Clock and the street lights, bringing a sense of structure and uniformity to the town. All signs have finger panel inserts, which can be altered if the need arises.

The 'Wave Zone' signs were a recommendation that came from the 'Tourism Development and Marketing Strategy', undertaken by Ian Menzies for the Lake Grace Development Association. This strategy was formulated in 2002/03 with the author conducting a postal survey of local businesses and households, interviews with local residents, field trips and attendance of local meetings and events. A public meeting was held where the twenty-two recommendations were discussed, a number of these recommendations were then actioned, the 'Wave Zone' signs being one of them.

These signs were designed by local graphic designer Melissa Cugley and provide a unique welcome and farewell to our Shire. The signs encourage and emphasise the friendliness of rural WA and are a lighthearted way for our Shire to communicate a big welcome to the thousands of travellers who traverse our Shire.



HIGHVALLEY

23rd Annual On-Property Merino Ram Sale
Tuesday, September 20th
100 2004 Drop Merino Rams

FIELD DAY

Friday, September 9th from 1pm
Sale team fully penned

If you need to put size and carcass value in your flock then consider High Valley Merino sires. They are large framed, quick maturing with soft handling crimped wool bred for Wheatbelt conditions.

Ken Gray & Co

TARIN ROCK

Inspection from 10am

Auction starts 1:30pm

For further information phone

Mike Gray (08) 9864 9044 or

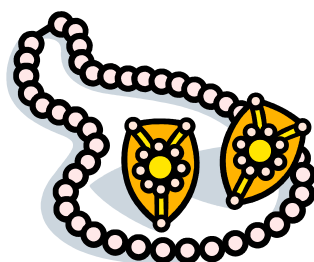
Ken Gray (08) 9864 9033

SAND'N'SALT

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

FASHION FOR THE SALT OF THE EARTH

New RJ Range



Garden Club

Yes! - its back again....after an extended break and the weather warming up "Spring" is in the air. We have a few exciting events coming up. If you would like to be involved please register your interest so appropriate transport can be arranged.

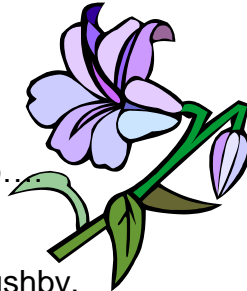
Thursday, October 13, 2005

Wickepin Garden Tour - ten gardens in all with morning tea and lunch included.
Cost \$25.00 plus bus if needed

Tuesday, November, 2005

Newdegate Garden Tour

As this is Melbourne Cup Day we will be visiting a garden at Pingrup...
beautifully landscaped with extra hardy plants and roses galore.



These are not to be missed. To be a part of it all please phone Julie Bushby,
North Lake Grace on **9865 3017**

I'M BREAST AWARE



ARE YOU?

Breast Cancer Foundation of Western Australia Inc.

Lake Grace Weather

- Terry Gladish

Temperature Extremes for Lake Grace

Highest maximum	31.6	21/09/1987
Lowest maximum	10.8	24/09/1971
Highest minimum	16.3	21/09/1977
Lowest minimum	- 2.1	11/09/2004



Date	Min	Max	Rain
25/8	11.3	15.3	3.0
26/8	9.7	17.8	
27/8	6.8	19.4	
28/8	11.0	17.0	
29/8	5.3	16.8	2.2
30/8	5.0	11.6	0.4
31/8	-0.6	12.2	
1/9	1.0	16.6	
2/9	1.5	16.8	
3/9	3.1	19.0	
4/9	4.7	19.8	
5/9	7.2	20.6	
6/9	10.2	18.0	5.0
7/9	11.7		0.4



- Do you own or use a 4WD or commercial?
- Is it a work vehicle?
- Does it get a lot of use?
- Does it have cloth trim or
- Is the vinyl hot and uncomfortable to sit on?
- Do the seats wear & deteriorate rapidly?
- Would you like to improve the value of your vehicle at trade in time?

You need BLACK DUCK seat covers

Contact Peter on 9865 1217

Opening of Lake Grace Shire Art Exhibition

An appreciative audience attended the opening of the Shire of Lake Grace Art Exhibition on Friday 26th August at the Multi-Arts Space. The collection consists of artworks acquired by the Shire of Lake Grace or donated to the Shire, Lake Grace Hospital and community.

The 33 items include works from local artists and an acrylic by Dewfus Gates, now a nationally established portrait and landscape painter. The Shire was concerned that artwork which had been collected over the last four decades was not clearly documented. Senior Administration Officer Mark Burbridge did an inventory of the works, which had been hanging in council buildings throughout the Shire. Curated by the Lake Grace Artist's Group, the exhibition was opened by Councillor Helen Bennett. Cr Bennett spoke of the appreciation the Shire had for the Artists' Groups work in promoting and facilitating art within the shire.

The exhibition will be open until 9th September, whereupon it will travel to Varley to be shown at their Hall. Following Varley the exhibition will

move onto Lake King on 30th September and then to Newdegate on Friday 14th October. "It is important that the Shire catered for each of the four communities within their boundaries, giving all residents the opportunity to view the artworks", said Cr Bennett.

The Lake Grace Shire is currently embarking on a Shire cultural plan; which includes art, sport and dance. Community members throughout the shire have already been to a workshop in Perth



Clem Bennett and Andrew Walker study the artwork.

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Albany WA 6331

Phone: 9842 5678

Mob: 0427 206 210

Fax: 9844 4322

Email: naway@wn.com.au



Shire of Lake Grace

NEWS & NOTES

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

Premier's Active Citizenship Awards

The Premier's Australia Day Active Citizenship Awards are presented as a means of recognizing the individuals and groups making outstanding contributions to our community through their inspiring actions and dedicated service. The recognition of these people, who exemplify positive Australian characteristics, is integral in fostering national and community pride. Although uniquely Western Australian, these awards are part of a national program to encourage active citizenship within our communities

Nomination forms are available from the Shire office or online at the 'awards' section of the Australia Day Council of Western Australia website - www.ausdaywa.com.au

Nominations for the Australia Day Active Citizenship Awards close on Friday 11th November 2005

Celebrate What's Great!



Shire of Lake Grace

PUBLIC NOTICE

Notice of Annual General Meeting of Electors

The Annual General Meeting of electors of the Shire of Lake Grace is to be held on Monday, 10th October 2005 at 7.30pm in the Newdegate Town Hall.

The purpose of the meeting and order of business is

1. To discuss the content of the annual report for the year ended June 30, 2005
2. Other general business.

Each elector is entitled to one vote but voting is optional.

Members of the public who wish to have questions answered at this meeting may do so by lodging written submissions with the Chief Executive Officer at PO Box 50, Lake Grace WA 6353 no later than Thursday, 6th October 2005.

Please be advised that the annual report for the financial year ended June 30 2005 is available and may be obtained by contacting the Shire Office on phone 9865 1105 or collected from the Shire Office, Stubbs Street, Lake Grace

C Jackson
Chief Executive Officer

Bushfire Advisory Committee

AGM

22nd September 2005

Newdegate Indoor Recreation Centre

3.30pm start

For more details contact Leonie McIlree
at the Shire on **9865 1105**

Wild Dog Attacks

Reporting Procedures for Wild Dog Attacks

Land holders who have had wild dog attacks on their stock or have seen wild dogs in their area need to contact Merredin Dryland Research Institute on 9081 3111.

The Declared Species Group dogger, who is partially funded by the Lake Grace, Kulin, Kondinin, Narembeen, Yilgarn Westonia and Mukinbudin shires, will then be notified and will contact you as soon as possible to resolve the situation.

CALM will continue to have their own dogger working in the District on Unallocated Crown Land. The DGS dogger has completed the necessary training to gain access to UCL as well so hopefully between the two doggers, wild dog attacks on stock will be at a minimum.



Shire of Lake Grace

NEWS & NOTES

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

Audit Committee

Due to amendments to the Local Government Act 1995, it is now a requirement for all local governments to establish an Audit Committee.

The committee is to provide an independent oversight of the financial systems of the Shire on behalf of Council.

If you are interested in serving on this committee expressions of interest, outlining previous experience and motive for nominating for the position are to be addressed to the Chief Executive Officer PO Box 50, Lake Grace by not later than 5pm on Monday 18th September.

The appointment will be for a maximum term of two years.

For further information contact Chris Jackson

NEXT COUNCIL MEETING

28TH SEPTEMBER 2005

COUNCIL CHAMBERS, LAKE GRACE

1PM START

New Employees

Garry Moulds is acting Manager of Works, taking over from Ian Bartlett, until a permanent Manager of Works is appointed.

Paul Guest is joining us from Wagin to fill the position of town gardener in Newdegate.

Joining us from Busselton is Gary Seward who has filled the position of Parks and Gardens Supervisor.

Chrystal Keys, who has been working on a casual basis in town maintenance, has been appointed to a permanent position with the Shire.



SHIRE OF LAKE GRACE REQUEST FOR PUBLIC COMMENT PROPOSED CANCELLATION, EXCISION & ACQUISITION PORTION OF RESERVE 33330 STUBBS STREET, LAKE GRACE

Notice is hereby given that the Lake Grace Shire Council is considering seeking Ministerial approval to the cancellation and excision of a 2,100m² portion of Crown Reserve 33330 Stubbs Street, Lake Grace and the sale of the fee simple interest in this land directly to the Shire to facilitate access to the proposed new roadhouse, motel and aged persons accommodation on the adjoining Lot 1 via Stubbs Street.

Reserve 33330 was originally set aside as a Public Recreation Reserve under Section 20A of the Town Planning and Development Act. Under the terms of this proposal approximately 1,242m² of Reserve 33330 will retain its current classification as a Section 20A Public Recreation Reserve.

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

Any person who wishes to comment on the proposal may do so by writing to the Shire's Chief Executive Officer at PO Box 50 Lake Grace WA 6353 by no later than Friday 30th September, 2005.

Chris Jackson
CHIEF EXECUTIVE OFFICER

SCIENCE AND STUFF

HURRICANE GIANTS:

The 30-metre wave that swamped a 22-metre fishing boat in the movie, *The Perfect Storm*, was no exaggeration. Hurricane Ivan created such waves in the Atlantic Ocean in 2004, according to data collected during the hurricane. Sensors in the Gulf of Mexico measured one wave that towered 28 metres high. The sensors are anchored to the sea floor, allowing them to survive storms.



THE NOT-SO-FROZEN NORTH:

It may be the Arctic, but it's still hot enough to melt a thermometer. A Norwegian-led expedition has offered the first glimpse of the most northerly and most isolated undersea hydrothermal vents yet discovered. The two vent fields are located at latitude 71° north on Mohns Ridge, between Iceland and the island of Spitsbergen. Lying between 500 and 700 metres beneath the surface, they are shallow for vents. Using methane sensors and a robotic submarine, marine geologists found 50 chimney vents and recorded temperatures of over 250°C. Then the sensor melted. The vents support a variety of life including what appear to be vent tube worms. This would be a big find because vent tube worms only exist in the Pacific. It is like finding tigers in Africa.

HISTORY OF SLUSH:

The idea of a snowball Earth - a period when the planet was completely enveloped in thick sheets of ice - received a knock. Evidence of prehistoric photosynthetic algae indicates that tropical oceans did not freeze over completely at the time. Geologists accept that Earth was in a deep freeze twice during a period from about 750 to 580 million years ago. But they disagree over whether it was a snowball or a "slushball" with areas of thin ice or open ocean. Now a team have found evidence for a slushball Earth in rocks in Brazil. These rocks were deposited during the deep freeze and contain biomarkers of photosynthetic algae and other microbes. These could have lived in open water or under thin ice, but not under thick ice, which would block the light needed for photosynthesis.



HUMAN tests for ALZHEIMER'S FIX:

A nasal spray that could clear plaques from the brains of people with Alzheimer's will be tested in humans next year. The spray stimulates brain cells called microglia to "eat" the protein plaques, which are thought to cause the disease. When tested in mice it reduced plaques by 83 per cent (*The Journal of Clinical Investigation*, DOI: 10.1172/jci23241). Previous attempts to develop a vaccine for Alzheimer's were halted when some of the volunteers developed potentially dangerous brain inflammation. But Howard Weiner and colleagues at Brigham and Women's Hospital in Boston,

Massachusetts, discovered that the inflammation was accompanied by a dramatic clearing of plaques "sometimes inflammation is good," he said. His team then showed that Alzheimer's mice treated to develop inflammation also cleared beta-amyloid from their brains. It discovered that the inflammation activated microglia, which then ate up the plaques. This led the team to develop the nasal spray, which it hopes will safely activate microglia in humans.

AN ASPIRIN A DAY IS NOT FOR EVERYBODY:

It is thought that 15 to 25 per cent of people do not in fact respond well to the anti-clotting effects of aspirin. The health implications are unclear, but a previous study of 326 cardiovascular patients on aspirin did find an increased risk of stroke and heart attack in aspirin-resistant people (*Journal of the American College of Cardiology*, vol41, p 961). This suggests lives might be saved if such people were identified and given alternative drugs such as clopidogrel, which inhibits clotting through a different mechanism. High blood cholesterol is also thought to reduce aspirin's anticoagulant effect.



CLIMATE WARNING AS SIBERIA MELTS:

The world's largest frozen peat bog is melting. An area stretching for a million square kilometres across the permafrost of western Siberia is turning into a mass of shallow lakes as the ground melts, according to Russian researchers just back from the region. The sudden melting of a bog, the size of France and Germany combined, could unleash billions of tonnes of methane, a potent greenhouse gas, into the atmosphere. The botanist's claim the dramatic transformation of one of the world's least visited landscapes is probably irreversible and is undoubtedly connected to climatic warming. They say that the entire western Siberian sub-region has begun to melt and this "has all happened in the last three to four years". Western Siberia has warmed faster than almost anywhere else on the planet, with an increase in average temperatures of some 3°C in the last 40 years. The warming is believed to be a combination of man-made climate change, a cyclical change in atmospheric circulation known as the Arctic oscillation, plus feedbacks caused by melting ice, which exposes bare ground and ocean. These absorb more solar heat than



white ice and snow. The findings from western Siberia follow a report two months ago that thousands of lakes in eastern Siberia have disappeared in the last 30 years, also because of climate change.

(Information from *New Scientist* and *Scientific American* Magazines and various computer sources).

For your information Maurice Gilson.



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

LAKE GRACE & DISTRICTS HEALTH SERVICE

Promoting Health in the Lake Grace & Districts Health Service Area!

The concept of Health Promoting Health Services is all about reorienting health services away from a focus on illness to a focus on health (the health of individuals and communities).

The Lake Grace and Districts Health Service (LG&DHS) staff are able to utilise their extensive knowledge and expertise relating to health to influence health outcomes in the community. By promoting healthy living and well-being in the hospital as well as outside of the hospital setting we are able to improve the health of people living in our communities.

All staff in the health service are taking on a health promoting role in their everyday work. Some examples are:

- Giving patients personal health information
- Cooperative planning upon discharge of patients
- Cooking healthy options in the kitchen
- Providing staff education and training
- Setting a good example
- Advertising Healthy Lifestyle information
- Providing health education programs

Home Care (HACC) Events

There are a few activities arranged for this month, all seniors are welcome:

Seniors Games 2006

Discussion about what is planned/ teams/ practise etc

Thursday 15th September at 10 am in the Lakes Village Hall

Ravensthorpe Wild Flower Exhibition



Thursday 22nd September, bus leaving from the Lakes Village at 8:30 am.

(RSVP to the Hospital on 9865 1206 by 15/9/05—limited places available for this trip)

Foot Care Clinic

Held the first Tuesday of every month, in the Lakes Village Hall from 9:00 am—12:00 noon. Next clinic on October 4th.

Allied Health Professionals (visiting Lake Grace):

- **Physiotherapist**
- **Podiatrist**
- **Diabetic Clinic / Dietitian**
- **Occupational Therapist**
- **Speech Therapist**

Contact Narrogin Primary Health on ph: 9881 0385 to make an appointment.

Challenge yourself to be more active!

There should be no excuses now.... The days are getting longer, the weather getting warmer.... so Be Active!



Being active every day is important for a healthy body and mind. There is a fantastic array of physical activities available, arranged by the Recreation Coordinator at the Shire of Lake Grace. So why not join in? There is something for everyone (dancing, weight training, fit ball, walking groups) so hope to see you all there!

The Narrogin, Lake Grace and Quairading RoadWise Committees invite all budding artists in the region to enter the:

2005 Design a Christmas Banner for Road Safety Competition

Four banners that display unique and imaginative Christmas road safety messages will be selected from each town in the categories below:

- **Speeding**
- **Drink Driving**
- **Seat Belts**
- **Fatigue**

Nicole Dawson

Regional Road Safety Officer
PO Box 188
Narrogin WA 6312

OR delivered in person to:

- The Town of Narrogin;
- Apryl Longford at the Shire of Quairading;
- The Lake Grace Telecentre.

**Entries must be
received by
Friday 7th**

For more information contact Nicole
on 9881 5100 or 0409 689 313



This competition is part of the Wheatbelt South Christmas Road Safety Project funded by the Community Road Safety Grants Program.



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**

VP Day Archives



The West Australian, October 6 1945

WA MAN'S ORDEAL

89 Days in Open Boat

Sole Survivor of Party

(From our special representative)

DARWIN, Oct 5. - The story of what must rank as one of the great open-boat voyages of maritime history was told to me by Corporal L.L. Tetley, RAF, formerly of Lake Grace (WA), who is returning on the Highland Chieftain from captivity.

Tetley was in England when war broke out, and enlisted in the Royal Air Force as a radio direction-finding expert. He is the sole survivor of an 89 days' voyage in an open boat, made with three others, in an attempt to escape from Java to Australia.

"When things folded up in Java it was a case of every man for himself," he said. "I was captured by the Japanese, but liberated a few hours later by a Dutch party. I and three others - a Canadian Air Force chap, a young RAF pilot-officer, and another Englishman - then decided to try to get a boat and sail to Western Australia."

"We got native porters and guides to take us to the coast, and found a 20ft Dutch launch which had been sunk in shallow water. With the help of natives we raised the boat and patched her up, but we could not get her engine to go. At a council of war we decided to make sails out of odds and ends of sheets and equipment. They were a patchwork job and much too thin, but we thought we might as well give it a go."

"For provisions, we had about 30 tins of bully beef and tinned fruit, cheese and fish, and bananas and coconuts, bought from the Javanese. We had two compasses and a torn school atlas, and the pilot-officer and the other English corporal knew something about navigation."

"We set sail on April 4, 1942, for Western Australia. The first disaster was that our bananas and coconuts became rotten and had to be jettisoned. The second was when we found that the sails were not strong enough to hold the boat to her course and we were drifting a lot."

"There were frequent rain squalls and we improvised a funnel in the sail and managed to

89 DAYS IN OPEN BOAT.



Cpl. L. L. TETLEY, R.A.F.

Sole survivor of an 89 days' voyage in an open boat, made with three others in an unsuccessful attempt to escape from Java to Australia in 1942, the story of his ordeal was told in "The West Australian" on October 6. Formerly of Lake Grace, he is returning via the Eastern States on the Highland Chieftain. His wife who is in England, has been receiving a widow's pension, since he was presumed dead.

collect a lot of drinking water. Three times we were almost overwhelmed by water spouts. We caught some seagulls and boiled them on a primus stove, but the only fish we saw were too big to catch."

"We had figured on a voyage of five weeks and reckoned that our provisions on strict rationing would see us through. At the end of three weeks, however, we had drifted so much that we had no idea of our position, so we decided to turn back and try to make Java again."

"About this time the young English pilot-officer

VP Day *Archives* (cont.)

apparently got up in the night and drank sea water. The next morning he was raving and two or three days later he died. We put his body over the side and one of us said what he could remember of the burial service. When we turned back we ran into contrary currents and our makeshift sails were badly torn. We still had water, but food was running very short."

"We sailed and drifted for nine weeks - sunburnt, weak and hopeless. In the last few days the food ran out altogether, and five days before we sighted land the Canadian died."

The land we sighted finally was Sumatra. For seven days we drifted before we could get in.

"The English corporal and I staggered ashore. We were both too weak to walk or even talk. Friendly natives cared for us, but after three days the Englishman died."

Tetley was later handed over to the Japanese and was recovered from Palembang. He is married and has two children.

PRESUMED DEAD

Wife Given "Widow's" Pension

ALBANY, Oct. 5 - Cpl Tetley's wife, who was at present living near Leeds (England) with her children, had been receiving a widow's pension since the presumed death of her husband, the mother of Cpl Tetley said tonight. Mrs Tetley, sen, who is 74, said she and her husband, Mr J.T. Tetley, were overjoyed to hear that their son was alive and was returning to Western Australia from a Japanese prison camp.

Cpl. Tetley was born in Leeds and at the age of 15 came to Australia under the Church of England scheme. He went to Lake Grace, which was then in its infancy, and the glowing reports he sent home induced his parents to visit Australia and they had remained here ever since.

About seven years ago Leslie went to England on a holiday. When war broke out he joined the RAF and after a period in the air he linked up with the ground construction staff and assisted in the building of England's first radio location site. He latter went out with the first batch to Singapore.

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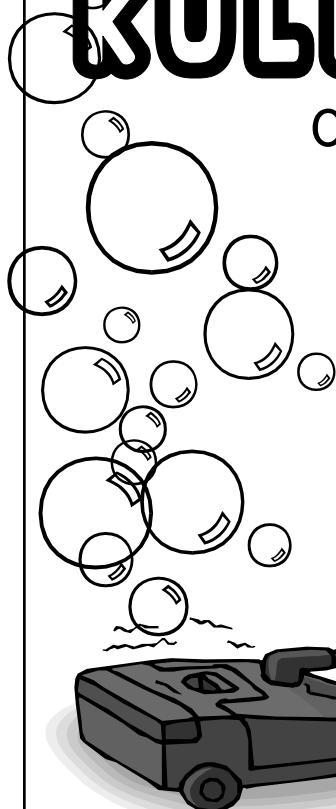
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Clock Project Comes to a Timely Completion

Another Lake Grace Development Association project has been wrapped up with the completion of the mosaic under the Town Clock.

The idea of a town clock was initiated at a Development Association meeting, with funding received from a *Year of the Volunteer* grant. Further funding was received from *FRRR* (Foundation for Rural & Regional Renewal) to complete the project. The Shire of Lake Grace provided ground works. With the Town Centre Development programme steaming ahead, the clock was a welcome centrepiece. Run on mains electricity, the clock has a battery backup for when the power is out.

As part of their *IYV* grant application there was to be a dedication to the volunteers, a mosaic was seen as a fitting way to complement the Town Centre Development.

Local artist, Kerrie Argent, was commissioned to design the mosaic and to conduct workshops with volunteers to complete the mosaic. Funding for the materials was provided by the *Community Arts Network Catalyst Programme*. The mosaic was initially glued to shade cloth. Upon completion the

shade cloth base was cut into segments that could then be manageably cemented to the base under the clock.

"The colours and undulating lines of the mosaic reflect our natural environment, the wording that circles the clock base '*Time to thank the volunteers for their time*', aptly suits the many hours that volunteers have given to local projects", said Kerrie.

Jill Duckworth, a member of the clock committee welcomes the completion of this project. "It has been a long and at times exhaustive exercise, but it is rewarding as everything comes together," said Jill. The Development Association will hold a public celebration of their achievements in October.



Above: *Time to thank the volunteers mosaic*



Above: *The Town Clock - a centrepiece for the Main Street Development*

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What's your Quit Plan?



The Wheatbelt Public Health Unit is asking smokers what their Quit plan is in preparation for Quit Day. Quit Week this year starts on Wednesday, 7th September, and culminates in Quit Day on Tuesday, 13th September, 2005.

Quit campaigners believe thorough preparation when attempting to Quit can be the key to quitting and increasing the likelihood of quit success.

Julia Dick, Health Promotion Officer, said WA's annual Quit Week and Quit Day is traditionally a time when smokers consider quitting and preparing a plan for their quit attempt can result in a successful resolution.

"For smokers who are going to quit - now is the time to decide which method of quitting suits them best and prepare an action plan to get ready for it," Ms Dick said.

"Careful consideration about what triggers their smoking behaviour and what situations to avoid can prepare people for difficult situations."

Quit WA has outlined steps to assist smokers when planning their quit attempt.

- Set the date to quit, and avoid quitting on a Friday or Saturday. Why not try Tuesday, 13th

September?

- Decide on the method used to quit. Choose from cold turkey, cutting down, or using quitting products such as nicotine replacement therapy or bupropion (Zyban).
- Identify any smoking triggers and avoid temptations.
- Enlist a quit buddy or get support from friends and family.

Call the Quitline on 131 848 or check out the Quit WA website www.quitwa.com to get professional advice and support to help you quit smoking.

Ms Dick said Quitline counsellors are ready to help and have coached thousands of people who have kicked the habit.

Smokers who call the Quitline on 131 848 can ask for advice, support and a free Quit Kit. The Quit WA website (www.quitwa.com.au) also offers online cessation support and information to help people plan their attempt.

If you would like local assistance to quit contact your GP, pharmacist or community health nurse or contact the Wheatbelt Public Health Unit on 9622 4320.

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CWA Focus on Norfolk Island



Norfolk Island is in the Pacific Ocean, about 1600km north east of Sydney, and is an external territory of Australia. It is 8km long and 5km wide, smaller than most Australian farms and stations, with an annual rainfall of 50 to 53 inches. It has its own postal service, unique collectable stamps, population around 2,000.

Norfolk Island is part of a chain of undersea mountains called "The Norfolk Ridge". It is an extinct volcano and Mount Pitt, the centre, is higher than Everest. Surrounded by inhospitable reefs, surf and cliffs, no harbour has eventuated.

There is some evidence of roving Polynesians. Plantains (banana trees) are transplanted from tuber, and these were reported when Captain Cook discovered the island in 1774, a patron being one Duchess of Norfolk. The Island Paradise had natural water supplies, flax plants for sail making and Norfolk Island pine trees for sail masts and shipbuilding.

The First Fleet arrived in Sydney with a cargo of convicts. 1788 – 1814 Norfolk was occupied with the purpose of farming animals and crops to feed the mainland convicts and develop the resources of the island. Everything failed or was unsuitable and the island was deserted.

By 1825 prisons were overflowing. Self sufficiency wasn't even considered. Norfolk, as a penal settlement, was for the very worst felons. A notoriously cruel period of history. Churches began lobbying for closure and in 1856 prisoners were relocated to Van Die men's Land.

Pitcairn Island was facing food shortage. The descendant's of the Bounty and their Tahitian wives were gentle religious people, growing in number and a severe storm had affected fishing. Queen Victoria ceded Norfolk Island to The Pitcairners and they arrived on 8th June 1856.

Life was subsistence farming and worship. Whaling was important. Shipping made trade with the outside world difficult. Boom and Bust agriculture was the pattern including the "banana boom". Norfolkers enlisted in WW1 serving with distinction, suffered the depression until in 1936 citrus exports lifted to New Zealand. In 1942 the "avenue of pines" was demolished to build an airport. During WW11 Norfolk was occupied by allied forces to carry out air recon essence of the Pacific. Submarines halted shipping thus suspended all trade while Norfolk Island was catapulted into the 21st century! Post-war development was shaped by air-traffic and Tourism!

Issues from the second half century include external land ownership, tax avoidance, building boom, pressure on flora and fauna, enlarging of the airport, the Nimmo Report. To retain the natural resources of Norfolk Island there is a quota on tourist numbers. Issues of Heritage are resolved by the governing body the elected Legislative Assembly.

Pig and goat were transported on sailing ships and were feral on Pacific Islands. They were farmed in convict days. Cattle roam freely on Norfolk Island and have right of way on the roads. Habited areas

are fenced (not the cattle) and there is a piggery. We chose roast pork on our "International Day" as it is a favourite on national holidays. A heritage dish is Hi-Hi or Periwinkle Pie. This cooked shell fish is encased in white sauce and baked in a pastry. We didn't attempt fish dishes due to availability.

Norfolk is a quarantined Island. All fruit and vegies are grown on the island except onions, potatoes and garlic which are allowed to be imported and sold in the supermarkets. All supermarket milk or cream is long life or tinned. Its too warm for apples so our pork accompaniment was citrus sauce, from the Norfolk Island Cookbook, plus their jazzy potato recipe and roast pumpkin and green beans. The Norfolk Island Cookbook with local words and phrases is really unusual, and uses their local produce. Coconut recipes are from Pitcairn as coconuts don't grow on Norfolk. Part of the boom bust agriculture was beans, passionfruit, bananas, coffee, oranges, lemons, and pumpkins which grow well. Morning tea, lunch, and deserts were derived from these ingredients and we sipped home made lemon cordial. The Norfolk Island tea towel recipe is coconut pie and pumpkin pie. We enjoyed the passionfruit and citrus recipes and coconut pie was surprisingly rich! Pumpkin pie is more an acquired taste.

On Wed 20th July Lake Grace, Varley and Newdegate C.W.A.'s met at Newdegate to present our 2005 place of study with our combined effort. State President Margaret Sullivan was able to attend. Lake Grace provided research and internet material, Newdegate the meal and venue display and Varley the most important item of all, the skit. This year's skit was so energetic and stimulating it woke everyone up for our culminating item, our letter from C.W.A. Norfolk Island branch!

Norfolk Island C.W.A. has around 40 members with mainly 10 active. Members use the C.W.A. flats in Sydney when they go shopping. There is no actual building for meetings.

Norfolk Island is a strategic weather data spot. Solar radiation is monitored; Ionosphere conditions are monitored for high frequency radio communications.

The flora and fauna are beautiful and Nepean Island is a nesting haven for seabirds. There are no snakes or foxes but feral cats cause problems.

The major primary industry today is the Lord Howe Island Kentia



Lake Grace, Varley and Newdegate CWA Ladies



NIGHT WATCH



Welcome to Night Watch for the fortnight from midnight, Friday 15th September, to midnight, Friday September 23rd. Astronomy is looking up. Never look directly at the Sun with the naked eye or without the right equipment, as eye damage can easily happen.

On Friday 23rd at 6am, the Earth will be at the Spring Vernal Equinox, with the Sun being on the Equator, and rises and sets due east and west. This month is a good time to start studying Mars as it moves closer to the Earth. With a high quality 10-15cm telescope, or larger, you can start to recognise the icecap and dark markings and signs of dust storms. Also limb hazes and the occasional white cloud.

The Sun resides in Leo until Saturday 17th when it will have moved into Virgo, shining at magnitude -26.72.

The first quarter Moon is, at 7:27pm on Sunday 11th, shining at -6.0 magnitude in Scorpius, 0.2° north of the red star Antares. ON Friday 16th, the Moon will be at perigee at 10pm, in Capricorn and will be 360,405 kilometres from Earth. The full Moon will be on Sunday 18th at 9:51am in Aquarius, shining at -12 magnitude. On Friday 23rd, the Moon will be in the open star cluster, "the Pleiades", or the seven sisters in Taurus. The Moon this fortnight resides in Libra on 10th, Scorpius on 11th, Ophiuchus on 12th, Sagittarius on 13th and 14th, Capricorn on 15th and 16th, Aquarius on 17th and 18th, Pisces on 19th and 20th, Aries on 21st and 22nd, Taurus on 23rd.

Mercury starts in Leo in the morning sky close to the Sun, then on Saturday 17th will have moved into Virgo and then will set in the evening sky behind the Sun on Monday 19th, but will be unsighted.

Venus, in Virgo, sets on Saturday 10th at 9:06pm

at Magnitude -4.1. On Tuesday 20th, Venus will have moved into Libra and will set at 9:28pm on Friday 23rd.

The red planet, Mars, in Aries rises on Saturday evening at 11:38pm at Magnitude -1.7. Mars will be 6° (about three fingers at arms length), south of the Moon on Thursday 22nd. On Friday 23rd Mars rises at 10pm.

Jupiter, in Virgo, sets at 8:25pm at Magnitude -1.3 on Saturday, and at 7:46pm on Friday 23rd.

In Cancer, Saturn rises at 4:14am on Saturday morning at Magnitude +0.3 and is close to the open star cluster M44 "Praesepe or the beehive". On Friday 23rd Saturn rises at 3:28am.

The blue/green planet, Uranus, in Aquarius at Magnitude +5.7, resides in the sky all night and is also 2° north of the Moon on Saturday 17th.

The grey/green planet, Neptune, sets at 4:47am on Saturday morning in Capricorn at Magnitude +7.9. On Thursday 15th Neptune will be 5° north of the Moon and sets at 3:55am on Friday 23rd.

The very small dim planet, Pluto, in Serpens Caput sets on Saturday morning at 1am, shining at Magnitude +13.9. Pluto sets at midnight on Friday 23rd.

With the Moon in the night sky, it is a good time to have a look at the craters, ranges and mountains on it. You will notice some craters are in a straight line and also small craters in larger craters. The best time is before the full Moon as it is too bright if you use a telescope. If you have a filter you can see the rays coming from the larger craters.

Maurice Gilson

A 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
10/09/05	6:12am	5:55pm	9:34am	DNS	17/09/05	6:03am	6:00pm	5:09pm	5:33am
11/09/05	6:11am	5:56pm	10:20am	12:19am	18/09/05	6:02am	6:00pm	6:19pm	6:06am
12/09/05	6:10am	5:57pm	11:14am	1:26am	19/09/05	6:01am	6:01pm	7:27pm	6:37am
13/09/05	6:08am	5:57pm	12:18pm	2:29am	20/09/05	5:59am	6:01pm	8:34pm	7:08am
14/09/05	6:07am	5:58pm	1:29pm	3:25am	21/09/05	5:58am	6:02pm	9:41pm	7:41am
15/09/05	6:06am	5:58pm	2:43pm	4:15am	22/09/05	5:57am	6:03pm	10:47pm	8:17am
16/09/05	6:04am	5:59pm	3:57pm	4:57am	23/09/05	5:55am	6:03pm	11:55pm	8:56am

Doors Open for Lakes Visitor Centre

The tourist brochures are in the racks and the doors are open. After numerous brainstorming sessions, community meetings, funding applications and busy bees, the Stationmaster's House is restored and operating as a visitor centre. Last week fifteen volunteers joined us at the house for a tour and afternoon tea and on Monday we opened the doors in time for Newdegate Field Days travellers and the wildflower season.

The Lakes Visitor Centre will promote our shire and region. We are aiming to have the centre open daily from 10:00am to 4:00pm. Volunteers can put their name on the roster at the centre for 3 or 6 hour shifts or contact Mary Naisbitt (9864 9043) or Michelle Slarke (9865 1878). We will soon be installing a computer which volunteers can use for community minutes and correspondence or visitor centre administration while at the centre.



Lakes Visitor Centre volunteer Elsie Bishop.

Our immediate priorities are signage, volunteer training and a business plan. The centre will sell quality local craft and produce, as well as souvenirs, so if you are a skilled craftsperson, we invite you to start creating. Local businesses are also welcome to display their brochures at the centre.

How can you help? Promote the centre to visitors and direct them to our door; give a few hours to the volunteer roster; welcome visitors to our town; make craft (eg patchwork and wooden toys) to sell at the centre.

The Lakes Visitor Centre and the Town Clock, both Lake Grace Development Association projects, will be officially opened in mid to late October. The completion of these projects comes after many dedicated volunteer hours, demonstrating the commitment of our community. So please join us for the celebrations – expect champagne or at least high spirits!

Michelle Slarke



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St John Ambulance.....In Training

On Tuesday afternoon, 30th August, there was a hive of activity at Hyden for what was leading up to a busy late-afternoon/evening for a large gathering of LEMAC volunteers.

There was Fire Brigade from Narembreen, Kulin and Hyden; SES from Kulin; St John Ambulance Volunteers from Lake Grace, Varley, Hyden and Narembreen; Doctor and Nurse from Narembreen Hospital.

We all waited in nervous anticipation for what was to come. At around 4.30-5.00pm the "call" came and the first group of volunteers went to attend the scene. Twenty minutes later the next group of volunteers arrived on the scene of a bus crash, now on its side, versus two cars. Sixteen people on the bus were injured along with five "football players" in one car and four in the other.



Emergency Services Volunteers move swiftly to free the injured at the mock accident site.

The injuries were many and varied, with broken legs and arms, spinal and neck injuries, open wounds and even a few fatalities. We all worked hard together and had our first seriously injured people away in just 50 minutes, which was fantastic. The Fire/SES brigade did a great job cutting loose the trapped and opening up the bus for access to the injured.

Finally the last patient left the scene at 7.30pm and we all went back to the fire Station for a BBQ tea and to meet and talk about how the event went.

We all agreed that it was very well organized as there were about 40 volunteers and 28 patients. We all felt we worked well together as a team and made some new friends from surrounding towns, coming away knowing we had done our best.

So, if you ever think about joining a group of emergency volunteers, I know they would welcome

you. You would be doing a service for the community and you will gain a sense of achievement and self worth.

Many thanks to the Hyden folk for a well organized event.

*A volunteer for Lake Grace
Julie Bushby*



One of the 'injured' receiving treatment at the scene of the Mock Accident.



Priority was given to those with more 'serious injuries' at the Mock Accident.

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20th October 2005



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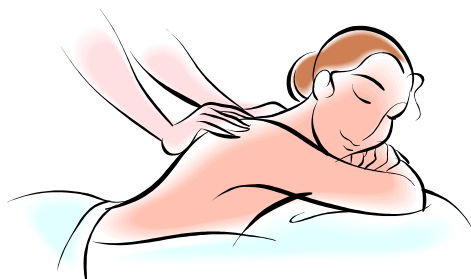
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Ride For Roma - *The Trek Begins*

Everything is coming together for Pauline Taylor and her crew as they begin their 'Ride for Roma' on Friday 9th September.

Horses, riders, support crew, media and onlookers will be gathering in McCallum Park (near the Burswood Casino) from 9:30 am for a fitting send off for the team. The Breast Cancer Foundation will have a stall set up selling merchandise to maximise the fundraising possibilities. Local schools will be providing a band and choir for entertainment.

Pauline and her fellow riders, Lauren and Jane Bushby and Elaine McTaggart will be departing from McCallum Park at 12 noon, arriving in Northam by 4pm. There will be a small reception on arrival but it has been arranged for the riders to ride in the main opening of the Northam Show the following day.

From Northam the riders and support crew will head to Meckering (10th), Cunderdin (11th), Tammin (12th), Kellerberrin (13th), Merredin (14th), Southern Cross (15th), Coolgardie (16th) and Kalgoorlie on the 17th. Functions have been arranged along the way to raise awareness of breast cancer and also to raise much needed

funds. Their arrival in Kalgoorlie ties in with the Kalgoorlie Cup.

The support crew, Audrey Evans, Ross Taylor, Rachel Pelham and Eileen Mather will be joined enroute by John O'Neill, Ron Pelham and Gertie O'Neill.

The Cabaret Night (opposite page) promises to be very entertaining and will be a great welcome home for those taking part in the ride. The committee are hoping that the change of date will suit everyone. Tickets are still on sale at the Lake Grace Post Office, Sand 'N' Salt, Foodland and the Lakeway Hair Salon. Remember your ticket may win you the big door prize.

The committee ask that if anyone has tickets left and are not able to sell them, to please return them to Rachel Pelham, c/o Post Office Lake Grace. Ticket butts and money also need to be returned.

Donations have been steadily coming in. The committee thanks everyone for their support in this great fundraising effort for breast cancer. Any donations can be sent to Audrey Evans or Rachel Pelham, c/o Post Office Lake Grace.

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Breast Cancer Foundation of WA Inc

(To support the Foundation's
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RAVENSTHORPE AGRICULTURAL INITIATIVE NETWORK

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Wednesday 28th September, 2005

Owen and Terri Brownley's property, Mt Madden

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Day to begin at 9:30am BYO lunch, will incorporate SEPWA, Summit Fertilisers and WA Department of Agriculture. R&D trials on the same site. Sausage sizzle and refreshments to follow.

For more information please call: Janine Watson on 9865 1618, watsonjt@bigpond.com; Jenny Chambers RAIN Office 9838 1018; or Owen Brownley on 9838 0010



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Saturday 17th September

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Member: Rural & Urban Environmental Pest Management Association



Shire of Lake Grace

*Lake Grace Dance with Lisa Chapman**Beginning Tuesday 20th September 2005 at the Sporting Pavilion***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.

CHILDRENS 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.

ADULTS 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



The Victorious Lake Grace Pingrup Junior Netball Team

L to R: Emily Taylor, Samantha Galantino, Olivia Jackson, Shenae Prater, Zoe Cameron, Corrina Baker, Julia Baker, Carley Hardy, Amy Willock and Lucy Trevenen. Gabrielle Trevenen is kneeling at front.



Shire of Lake Grace

ARC NEWS & NOTES

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

This is such an amazing time of year. Everything looks so healthy and alive, and it is fantastic to see the new energy that Spring has brought with it. Of course this also means a brand new Aquatic and Recreation season is ready to break out and inspire all. I would like to welcome Anna Taylor and Hayley Wisewould to the ARC team as Fitness Instructors. With much enthusiasm both ladies are ready to inspire, challenge and motivate you into a fit, healthy and fun summer. I want to encourage you to get involved and have fun, and I very much look forward to seeing you all out and about during this great time of year.

*Wishing you good health
Letisha
Aquatic & Recreation Co-ordinator*



Fitness Instructor Profile

Name: Anna Taylor

Marital Status: Married to Royce Taylor

Children: 1 - Fletcher (3 years old)

Sporting Interests/Hobbies:

Tennis, Hockey, Swimming, Horse riding

Skills, Knowledge & Experience:

Bachelor of Science - Nursing

CPR Heart Foundation Instructor

AIF Group Exercise Instructor

RLSS Bronze Medallion

AIF First Aid

Well known for:

An undying passion for sport and competition, the desire to achieve the impossible.

JUDGING WEIGHT LOSS

Ever had that feeling you've lost weight only to find the scales don't agree? Did you know one of the best ways to tell if you have lost weight is simply by using body (girth) measurements with a simple tape measure. There are 5 areas on the body that are used.

1. **WAIST:** on men this is the level of the naval, on women it is the smallest part between the ribcage and the naval.
2. **HIPS:** on both men and women, it is the widest part of your bottom.
3. **CHEST:** for both men and women, the tape measure is placed in line with each nipple and kept straight as it goes around to meet at the back, take a couple of deep breaths and take measurement when you have breathed out. If possible allow the tape to meet at the back.
4. **ARMS (Right and Left):** for both men and women, use the tape measure and start at the edge of your shoulder down to your elbow. Half of this measurement will be where you take your arm measurement from. Wrap the tape measurement around your arm
5. **THIGH (Right and Left):** for both men and women, find the most protruding part of your hip bone from the front (called anterior iliac crest), take the measuring tape from this point to your knee. Half of this measurement will be where you take your thigh measurement from. Wrap the tape measure around your thigh.

OPTIONAL MEASUREMENT; often one of the first places on the body to loose weight is your neck. To measure simply wrap the tape around your neck while it is relaxed (don't wrap to tight).

Fitness Instructor Profile

Name: Hayley Wisewould

Marital Status: Married to

Deon Wisewould

Children: 1 - Colby (14 months)

Sporting Interest/Hobbies:

Basketball, Netball, General Fitness

Skills, Knowledge & Experience

Bachelor of Science - Sport Science

RLSS Bronze Medallion

General Principles Coaching Level 1

Well known for:

A strong desire to be continually challenged in health, fitness and sport and succeed every time.

PRINCIPLES OF EXERCISE

F - Frequency: 3-4 times/week

I - Intensity: 60 - 80% MHR

T - Time: 20-60 minutes (min.)

T - Type: "aerobic" exercise

In order to improve cardiovascular efficiency, a regular program of aerobic exercise should be carried out.

WELCOME TO ARC 2005-06 - AQUATIC AND RECREATION COMMUNITY -

LITE PACE WALK - A moderate intensity walk group suitable for seniors, expectant mums, prams and anyone beginning an exercise program.

BEGINNERS CIRCUIT - Suitable for those who are just beginning an exercise program, are new to weights and would like to learn more about technique and exercise.

GI JANES - Boot camp type class for those looking for a challenge, will involve hard, physical work using all different types of physical training and equipment. Great way to achieve complete exhaustion.
Intermediate - Advanced

FITNESSBALL - A unique and effective class using your own fitball to sculpt and tone every muscle.

QUICKWALK - A moderate to high intensity power walk lasting 40 minutes. Great way to start the day

TTT – TRIM, TAUT and TERRIFIC - A 45 minute workout using free weights, balls and barbells for upper and lower body toning.

COMMANDO JOES - Boot camp type class for those looking for a challenge, will involve hard, physical work using all different types of physical training and

equipment. Great way to achieve complete exhaustion.
Intermediate - Advanced

GROUP TRAINING - A variety of training using weights, cardio and boxing equipment. Aimed at improving strength, fitness and focus.

TBW – TOTAL BODY WORKOUT - A weight training class to improve tone, fitness and strength in a motivational and fun environment. No experience required..

XPRESS BALL - An express workout with your own fitball, combining core stability, weights and balance, while working against the clock.

COMBO BALL - A low impact workout incorporating your own fitball to tone muscle, improve posture, flexibility and core stability.

GROUP TRAINING 4 MEN - A variety of training using weights, cardio and boxing equipment. Aimed at improving strength, fitness and focus.

STILL TO COME....Active mums, Life-Ball Walking Netball, Cycling, Running groups, Mixed Softball, Mixed Soccer, Resistance training, Physical Challenges....and more.

ALL NEW FITNESS TIMETABLE - *Beginning 19th September*

Day	AM	PM
MONDAY	9.30-10.20 - LITE PACE WALK 10.40-11.25am - BEGINNERS CIRCUIT	5.30-6.15pm - GI JANES 6.30-7.15pm - FITNESSBALL
TUESDAY	6.20-7.00am - QUICKWALK 9.45-10.00am - FITNESSBALL	2.15-3.00pm - TTT- TRIM, TAUT & TERRIFIC 5.30-6.15pm - COMMANDO 6.30-7.15pm - GROUP TRAINING
WEDNESDAY	9.30-10.15am TBW – TOTAL BODY WORKOUT	6.30-7.15pm MIXED TOUCH FOOTBALL
THURSDAY	6.20-7.00am - QUICKWALK 8.50-9.25am - XPRESS BALL	2.15-3.00pm - COMBO BALL 5.30-6.15pm TBW – TOTAL BODY WORKOUT 6.30-7.15pm - GROUP TRAINING 4 MEN
FRIDAY		

All classes are subject to change without notice

For further information contact: Leonie McIlree– Deputy CEO,
Shire of Lake Grace – 9865 1105 or
letisha@lakegrace.wa.gov.au

- Always bring a sweat towel and water bottle to classes
- Classes may be held at different premises, please note each meeting place
- Classes are designed to cater for all levels of fitness unless otherwise informed
- Please inform your instructor of any health concerns you may have at the beginning of the class.
- Teenagers are welcome to all classes.
- The fit ball can also be known as an anti burst ball, fitness ball etc

LAKE GRACE HOCKEY CLUB

The annual wind up and trophy presentation was held on 27th August at the Sportsman's Club.

A good turn out of players, sponsors and supporters made for an enjoyable evening with a DJ supplying the music to enable us to boogie on until the wee hours. Belinda's window decorations caused much laughter. She was far more astute during the season than we gave her credit for! If you want your troll you can pick it up from Leonie at Lake Grace Health & Beauty.

Trophies awarded were as follows

A Grade Fairest & Best Michelle Cameron
Donated by Jan Mason

A Grade R/up F & B Kate Zweck
Donated by Alan & Hazel Thiel

B Grade Fairest & Best Caryn Kirk
Donated by Murray & Cobi Stanton

B Grade R/up F & B Deb Stuart &
Nita Gooding
Donated by Steve & Helen Hunt

A Grade Coach's Awards Nat O'Neill &
Kate Zweck
Donated by the Sportsman's Club

B Grade Coach's Award Lisa Chapman
Donated by the Sportsman's Club

Most Consistent Jolene Hodges
Donated by LMD Contracting

Club Person Award Danielle Robertson &
Belinda Bowron
Donated by Pauline Taylor

Congratulations and well done to all recipients of awards. Thank you very much to all the trophy donors for your support. Pauline Taylor also donated a perpetual trophy for the B Grade Fairest and Best.



B-Grade Fairest and Best Caryn Kirk

Also taking place at the presentations was a donation to the Breast Cancer Foundation from the hockey club in support of life member, Pauline Taylor's impending horse ride to fundraise for the Foundation. The club sold chocolates during the season and half of

the profit from these sales went to Pauline. A total of \$650.00, which was presented in a 'big cheque'!

The hockey club managed to hold another successful year with an increase in membership from last season in both the senior and the junior teams.

Our junior teams had extremely good fortune on the field, with the Junior Boys overcome at the Grand final against Narembreen, finishing runner up after placing fourth on the premierships ladder. Congratulations to Lindsay McGlinn for his coaching. The boys obviously learnt something from him. Fantastic to see such a huge turn out to cheer on the boys in the finals. Thank you to everyone who came to support.

Our C Grade team finished 5th on the ladder, just missing out on the finals series. Considering many of our C Grade team are under 10 years old, I congratulate each and every one of them for the outstanding effort they put in throughout the year. I would also like to thank all the parents and senior members who helped me out through the season, running up and down the side line giving support and advice. Your help is very much appreciated.

Our senior teams did not finish as well on the premierships ladder as the juniors but credit to all players, who put in a mighty effort through the season. A Grade finished 6th on the ladder and B Grade finished 7th. Thank you to Amanda Milton (B Grade) and Anna Taylor (A Grade) for their tireless endeavour in coaching the teams this year, in often trying conditions.

Thank you to Lois Dickins who umpired most of our A Grade games this season. Your support is appreciated by all of us, especially those who can also umpire because it means they don't have to do it!! Thank you also to Di Desmond for taking on the role of Umpires Convenor and organising the umpiring commitments for our club. It is an often thankless job and very hard to coordinate. So well done, Di. Michelle Cameron undertook another



Lake GRACE HOCKEY CLUB...CONT

year of reliable management with the team uniforms. Thank you, Michelle, for your time. Anyone who has yet to return their uniform, please get it to Caryn Kirk before the 16th September or you will be invoiced.

Mention must be made of our committee this year. Belinda Bowron (President), Fiona Chatfield (Vice-President), Caryn Kirk (Secretary), Danielle Robertson (Treasurer), Amanda Milton and Karel Walker. Outstanding efforts from all committee members enabled smooth running of the club for another year. Fundraising endeavours this year enabled us to purchase new goals and nets. We might even use them next season! With some help from a Healthway grant we also purchased new goalie gear for all grades, not to mention the substantial donation to the Breast Cancer Foundation.

After many phone calls Belinda managed to arrange for more club jackets to be made for our new members. Club hats were also purchased during the year. There are some of these still available, mainly caps, if anyone is interested. I will be ordering more beanies before next season if you missed out this time round.

Lake Grace were well represented at carnivals this year with a team travelling to Mount Barker for the Great Southern Hockey Carnival in July and twelve members taking part in the Country Week competition also in July. Jodi Pearce and Amanda Milton took on coaching positions and Lois Dickins filled the role of Manageress of the No 2 side.

Well done to all who took part in the Sunday Times Challenge this year. Diligent cutting saw nearly 500 coupons returned to the Sunday Times for the

competition. Not enough to win but a mighty effort from a relatively small club.

The committee expresses it's gratitude to all our sponsors this season. The Lake Grace Sportsman's Club, for coaches' awards, senior and C Grade; Across the Lake Wines, also for coaches' awards, senior; NeuTech Auto Electrics, for Junior Boys coach's awards; ConsultAg, also for Junior Boys coach's awards; Sab's Fish and Chips, for Club Person Award and Walkers Wines, for ball sponsorship. Thank you also to Elders, Lake Grace and to ARC officer, Letisha Marshall at the Shire, for supplying us with water bottles for our C Grade and Junior Boys teams. Our weekly awards are an institution and inspiring to all who win to be recognised for their efforts. Without the support of local businesses the club would founder under the pressure of continually having to fundraise to cover these costs.

Looking forward to another successful season in 2006.

Play Hard, Party Harder

Robbo

*Left:
Lisa Chapman,
winner of the
B-Grade Coach's
Award.*



*Below: Kate Zweck
and Natalie O'Neill
who drew the
A-Grade Coach's
Award.*



Club Person Awards Winners Belinda Bowron and Danielle Robertson

LAKE GRACE GOLF

Results from the 28th August. We were fortunate to have two sponsors for this day. The stroke round was sponsored by the club president, Steve Hunt, while the annual count your putts comp is sponsored by Rex and Karel Walker. Thank you both.

The rather longish fairways took a toll on some of the players and the scores reflected this. However, out of the rough came Milton Reynolds with a humdinger 83-21-62 nett. Those new sticks are feeling quite at home in Milton's hands. Steve Eaglestone was runner-up with 83-16-67 nett.

Stephanie Lay with a 113-37-76 nett won the ladies division.

Murray Stanton won the putting competition with a miserly 26 putts, closely followed by Craig Reeves and Steve Eaglestone with 27 putts.

Nearest the pins were Derek Stanton (no.4), Craig Reeves (no.6), Craig Reeves (no 15) and Mark Seaman (no.18).

Longest drive for the ladies was Helen Hunt on number 10. Men's longest drive was Kevin Eggers on number 3. Best third shot on number 5 was Kevin Eggers and the longest putt on number 16 was Murray Stanton.

September 4th, Fathers Day, was a two person ambrose playing for the Lake Grace Communications and Computers trophies. Thank you to Steve and Helen for

your continued support.

Winners were Steve Crook and Steve Eaglestone with 73-12-61. Runners-up were the only three person team, with adjusted handicaps to even it out, Mike Clark, Craig Reeves and Kevin Eggers with 69-8-61. Good to see new faces Stuart and Jodie Blackwood out for a round.

Nearest the pins were Marcus Owen (no.4), Michelle Lay (no.6), Jodi Blackwood (no.15) and Steve Hunt (no.18).

Longest putts went to Jenny Bidwell on number 9 and Chad Stanton on number 16.

This Sunday, 11th September, is a foursomes sponsored by Fyfe Transport. You can arrange your own partners or just turn up and we'll arrange them for you.

The following Sunday, 18th September, is a stableford sponsored by Outback TV.

Remember names in by midday for a 12:15pm hit off.



Farmers - Do You Need Finance for Housing Renovations or Repairs

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

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

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

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



Department of Housing and Works
Government of Western Australia



OFA WINTER SPORTS RESULTS

Preliminary Final
27th August - Boxwood Hill

Football

League:

Boxwood Hill 14 goals 14 (98) defeated
 Ongerup 10 goals 14 (74).

Reserves:

Ongerup 11 goals 11 (77) defeated
 Jerramungup 8 goals 2 (50).

Juniors:

Ongerup 3 goals 9 (27) defeated Kent 2 goals
 2 (14).

Netball

A Grade:

Jerramungup, 30, defeated Gnowangerup, 26.

B Grade:

Borden, 29, defeated Newdegate, 27.

Juniors:

Lake Grace/Pingrup, 31, defeated Boxwood
 Hill, 21.

Hockey

Newdegate, 3, defeated Borden, 1.

Grand Final
3rd September - Jerramungup

Football

League:

Boxwood Hill 13 goals 9 (87) defeated
 Newdegate 10 goals 10 (70).

Reserves:

Boxwood Hill 12 goals 9 (81) defeated
 Ongerup 8 goals 6 (54).

Juniors:

Ongerup 7 goals 9 (51) defeated Lake Grace
 Pingrup 2 goals 1 (13).

*Best Players for LG/P: Aaron Dunham, Ryan
 Smith and Reece Smith*

Netball

A Grade:

Newdegate, 45, defeated Jerramungup 35.

B Grade:

Nyabing, 46, defeated Borden, 36.

Juniors:

Lake Grace/Pingrup, 28, defeated
 Jerramungup, 19.

Grand Final F&B - Julia Baker.

Hockey

Newdegate, 3, defeated Jerramungup, 1.



*Left: The Lake Grace
 Pingrup Junior Boys
 football team with their
 coach Donald Wallace
 after their defeat in the
 2005 Grand Final.*

YOUTH ADVISORY COUNCIL

Last fortnight's activity night was Dance taught by Lisa Chapman. She had twelve very keen members to teach the Cha Cha, Jive and Square Rumba.

Members had a most enjoyable evening and by the end most people had their right and lefts all sorted out so everyone was going in the same direction. There were a lot of laughs and everyone is keenly looking forward to when the formal lessons start during the school holidays.

The last activity night for the term will be a Pottery Workshop run by Mrs Bambi Lay on Friday, 9th September. As this will be the first night of fixtures for those playing basketball, the workshop will commence at 3.30pm and finish at 6.30pm. The cost of the evening will be \$16. This is for the clay

as well as the evening meal.

Places are limited so please let me know if you wish to attend.

Members are asked to wear old clothes and, if possible, bring the following items; newspaper, empty ice-cream or margarine container, an old towel, sponge, 2 wooden boards approximately 20 x 20 cm, an old toothbrush, any interesting object that will leave an impression on clay (shells, buttons, lace, doyleys, leaves, nuts etc.). A sketch or picture can be brought along if you would like to do a figure or statue such as a horse, fairy, wizards or mermaids. Remember to phone and book your place and wear old clothes.

Debby Clarke - 9865 4041

HIGH SCHOOL BASKETBALL

The basketball season is about to get under way with the first game of the season starting on Friday, 9th September. Lake Grace has been able to field two teams again this year with 16 students putting their names down to play.

Jeanette Trevenen has again volunteered to coach the teams and Debbie Beggs has volunteered to manage one of the teams, thank you both very much. We still need umpires and people willing to assist should one of us be unable to be at the game.

Subs of \$17 each are required at the first game of

the season. Our uniform is a red top and plain black shorts. A set of fixtures has been given to every member with departure times from the basketball courts.

Unfortunately the bus is unavailable for the first two games of the season so we will need some parents to volunteer to take their cars (we still want the permission slips for bus travel filled in and returned). The cars will be leaving from the basketball courts at 5.45pm on the 9th and 6.30pm on the 16th of September.

Debby Clarke

Casual Bar Staff Needed

Lake Grace Sportsman's Club is in need of casual bar staff.

Applicants would need to be available to work from 4pm on Monday and Tuesday evenings. Could be some weekend work also.

Experience a bonus but training can be provided.

For more information please contact Geoff Sabourne at the Club on 9865 1239 or Suzanne Reeves on 9865 1310 a/h

LGDHS ATHLETICS CARNIVAL – 2005

FACTION POINTS:

BLUE - 1177

RED - 1086

GOLD - 930

CHAMPIONS AND RUNNERSUP:

6 yo girls	Marcia Trevenen Emma Naisbitt r/u
6 yo boys	Jack Trevenen Nicholas Lay r/u
7 yo girls	Kathleen Naisbitt Beth Curtin r/u
7 yo boys	Liam Baker Cody Earnshaw r/u
8 yo girls	Carrie Taylor Ellen Trevenen r/u
8 yo boys	Travers Wright Luke Bushby r/u
9 yo girls	Melanie Naisbitt Amy Morton r/u
9 yo boys	Darren Boulton Michael Galantino r/u
10 yo girls	Corrina Baker Lucy Trevenen r/u
10 yo boys	John Curtin Thomas Taylor r/u
11 yo girls	Ellie Naisbitt Krystal King r/u
11 yo boys	Nat Curtin Matthew McWhirter r/u
12 yo girls	Emily Taylor Shenae Prater r/u
12 yo boys	Ethan Wallace Gordon McArtney r/u
13 yo girls	Magdalen Trevenen Alysha Hardy r/u
13 yo boys	Sam Curtin Michael Trevenen r/u
14 yo girls	Shona Garlick Caitlyn Beggs r/u
14 yo boys	Paul Curtin Matthew Trevenen r/u
15+ girls	Rhiannon Wallace Lauren Bushby r/u
15+ boys	Hayden Garlick Aaron Smith r/u



Sam Curtin makes it look easy in the 13 yo boys high jump



Zhane Robertson, Bailey McGlinn and Bradley O'Neill are all smiles as they take part in the 5 yo PP novelty race.



Amber McPerhson gives her all as she competes in the 13 yo girls long jump.

CLASSIFIEDS

FOR SALE

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

Green Recliner Chair

Good condition. \$350.
Contact Sheryl on (08) 9865 1049

Yamaha Electric Organ

Double keyboard.
Good condition. \$500.
Ph: 9864 9029 Fax: 9864 9129

Girls Pipeline Bed

Pale pink with ceramic and brass fittings.
Innerspring mattress included. \$70.
Contact Suzanne on 9865 1310 a/h

WANTED

Bus Driver

Required for Saturday September 17th,
6pm onward, Lake Grace to Kukerin.
Contact Kevin and Sarah on 9864 9003.

AVAILABLE

To Rent

3 Bedroom, 1 Bathroom home available
to rent. Electric hot water system,
gas cooking facilities, newly renovated.
On Bennett Street
Ph: 9865 1765 after 5pm

PUBLIC NOTICES

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.

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
October 6th - Red Cross
November 3rd - Playgroup
December 1st - Lions Ladies

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**



St John Ambulance

General Meeting
Wednesday 21st September 7:30pm
Training Nights
15th and 29th September 7:00pm

First Aid Course to be Held

September 17th & 18th
(Saturday, Sunday)
in Lake Grace.

If you want to attend or for more details contact
Meg 98651653 wk 98651615 a/h



**Reserve your place now. It may
save a life.**



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 11th September

9:00am	Lake Grace
10:30am	Lake Grace (S. School)

There will be no service at Lake Biddy on this day

Sunday 18th September

9:00am	Lake Grace
5:30pm	Pingaring

The introduction of Sunday School at 10:30am on the 2nd and 4th Sunday's of each month has resulted in a change to the time of the service at St Anne's on the 2nd Sunday of the month.

1st Sunday	Service	9:00am
2nd Sunday	Service	9:00am
	Sunday School	10:30am
3rd Sunday	Service	9:00am
4th Sunday	Service	5:30pm
	Sunday School	10:30am

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 Burbridge	9865 4020
John Whaley	9865 1377 0429 651 378

LAKE GRACE CATHOLIC CHURCH

Mass Time-Table

Saturday 10th September

Pingrup	6:00pm
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Sunday 11th September

Lake Grace	8:00am
Kukerin	10:00am

Saturday 17th September

Hopetoun	6:00pm
Kukerin	6:30pm
<i>(Communion)</i>	

Sunday 18th September

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

Inquiries: Fr Pierre 9865 1248

COMMUNITY CALENDAR

September

Fri 9	Fish & Chip Night - LGS Club YAC - Pottery Workshop (p.38) Ram Stud Field Days High School Basketball (p.38) Visitors Centre - <i>A and L Slarke (10-4)</i>	Mon 19	St John First Aid Training Course <i>Lakes Link News</i> deadline ARC Resumes
Sat 10	Steak Night - LGS Club	Tue 20	Aerobics - Shire Hall Chair Aerobics - Village Hall LG Writing Group 4-6pm at Telecentre Sporting Precinct Meeting Art Group Meeting High Valley Ram Stud Sale Lake Grace Dance Begins
Sun 11	Golf - Foursomes (Fyfe Transport) Junior Golf - 9:30am Visitors Centre - <i>Irene McGlinn (10-1)</i>	Wed 21	Pizza night at Rosie's St John Ambulance General Meeting Visitors Centre - <i>Phil Franks (1-4)</i>
Mon 12	LGDHS P&C Meeting (Date Change) Gnowangerup FS AGM Visitors Centre - <i>Phil Franks (1-4)</i>	Thur 22	First Click Classes Bushfire Advisory AGM (p.10) Uralla Prime Samm Ram Stud Sale Playgroup - 9:30-11:30am Visitors Centre - Greg Meston (1-4)
Tue 13	Chair Aerobics - Village Hall LGDHS 4yo enrolments (p.15) Quit Day	Coming Events 25th September - Golf Closing Day 28th September - Council Meeting 1pm start 28th September - RAIN Field Walk (p.28) 29th September - St John Amb. Training Night 1st October - Golf Club Windup 4th October - Footcare Clinic 6th October - Senior Citizens Luncheon Mid October - Art Exhibition 10th October - AGM of Electors - Shire 13th October - Wickepin Garden Tour 20th October - Newdegate RS Field Day 21st October - LG Sportsman's Club AGM 1st November - Newdegate Garden Tour 1st November - Melbourne Cup 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.	
Wed 14	Pizza night at Rosie's Forklift Accreditation course Volunteer Fire Brigade Meeting Visitors Centre - <i>Henk Doelman and Shirley Duckworth (10-1)</i>		
Thur 15	Playgroup - 9:30-11:30am LGDHS Parent Assembly - Yr 1 Item Dr Annie Irvine First Click Classes St John Ambulance Training Night Visitors Centre - <i>Lyn Taylor (10-1)</i>		
Fri 16	Fish & Chip Night - LGS Club Dr Annie Irvine Interschool Athletics Carnival - Wagin High School Basketball (p.38) Visitors Centre - <i>Helen Bennett (10-1)</i>		
Sat 17	Steak Night - LGS Club Lake Grace Speedshears St John First Aid Training Course		
Sun 18	Junior Golf - Windup Golf - Stableford (Outback TV)		

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