

LAKE LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
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7th October, 2004

\$1.10 *inc GST*

Vol 10 Issue 18

Volunteering At Its Best



The 'Great Sand Cart' was initiated by the Lake Grace Pingrup Football Club due to the pressing need for two functional football fields for the Great Southern Football Carnival.

The extension to the second oval will also benefit the Hockey Club providing them with room for two ovals. While extending the oval the present hockey field was topdressed.

LGPFC spokesperson, Steve McWhirter, said "the idea of extending the hockey oval had been brewing for two to three years but that it was only now that they had been able to bring it to fruition".

After getting the green light from the Shire Council, who also provided plant and manpower the call went out for volunteers.

Twelve trucks worked non stop for 12 hours on Friday 24th and were back at it the following day for another 5 hours, carting 6,000 tonnes of sand.

Already the grass is shooting through where it has been top dressed. The extended oval area will be reticulated and seeded by the Lake Grace Shire Council.

Suzanne Reeves

More on page 33

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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

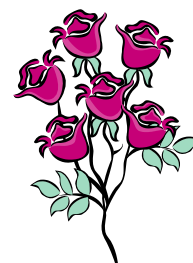
All articles, news & advertisements should be submitted to the Telecentre by close of business on Monday of paper week.

Next Deadline: Monday 18th October

Next Edition: Thursday 21st October

A very BIG thank you

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



Thank you also to our many contributors of articles.

DISCLAIMER

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

EDITORIAL

- 1 The holiday activities are up and running for Thursday 14th October, due to an overlap in time participants will only be able to do one of the activities. After our initial skateboarding contractor pulled out we have been lucky enough to obtain the services of Rampage who will run a 'Chill Out' session. Nadene Owen will be running the jewellery making workshop. Under the terms of the grant these activities are only available to children 12 years and older. Please ring and register your interest, numbers are limited. You can't just turn up on the day. More information on page 6. If you have any more queries please don't hesitate to ring me on 9865 1470.
- 1 I'm STILL on the prowl for old photographs or documents relating to the Lake Grace school, works in progress at the school or events that have been held at the school - if you have any please let me know. I would also like to be able to scan photographs and documents related to the outlying schools such as Beenong, Tarin Rock, North Lake Grace, North Burngup, Pingaring and Red Schools. Thank you to those who have brought in photographs.
- 1 ATO representative Sam Soliman, who is a regular visitor to our area will be in Lake Grace on Tuesday 19th October from 11am onwards. This is an ideal time to ask any questions. Sam is here to help, not check up on whether you've been filing your tax returns correctly. Please use this facility otherwise we could end up losing it.

Suzanne Reeves

Need your digital photos printed???

The Telecentre can print them for \$4.00 an A4 page

The size of the photos is your choice



Contact Sheet - 35 images

Wallet size - 9 images

9cm x 13cm - 4 images

10cm x 15cm - 3 images

13cm x 18cm - 2 images

20cm x 25cm - 1 image

All done on 190gsm glossy photo paper

Lake Grace & Newdegate General Practice

There will be **NO DOCTOR**

In Lake Grace from

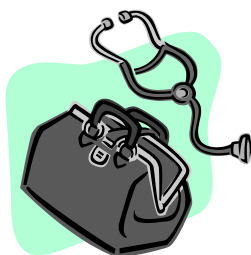
Friday 8th October 1pm

till

Tuesday 12th October 9am.

Surgery will be open on
Friday until 3pm and
Monday from 9:00am for
ordered medications only.

*Sorry for any
inconvenience.*



Thanks to Last Fortnight's Collators



Dot Kennedy
Lesley O'Neill
Sandra Richter
Danielle Robertson



90 years young....

Arrangements are well underway for celebrations on **Saturday the 6th of November** to commemorate the school's 90th birthday and 60 years of CWA activity in Lake Grace.

At the most recent meeting held by the organising committee some final arrangements were made for the times of the various activities. The day will commence with registrations at 10.00am. There will be a variety of activities and games including decorated bikes and egg and spoon races.

One of the class rooms will have tables and desks used in previous years as well as collections of school books and work from previous years. The time capsule will be left in place until the 100 year celebrations. However a collection of students work from 1994, which has been housed at the bank for the past 10 years, will be on display. It is intended that work from the students at the school this year will be returned with those items to the bank to be brought out and displayed in 2014.

It is hoped that past students from surrounding schools that have been closed down will also come along to catch up with old friends, these include Pingaring, Burngup, Beenong, Tarin Rock, North Lake Grace and South Lake Grace.

The official ceremony will be at 2.00 when there will be 9 trees planted, one for each decade. There will be a number of invited guests that will be recognised during the ceremony. As the CWA is celebrating 60 years of service in Lake Grace they will be included in the festivities and presented with a plaque to commemorate the occasion.

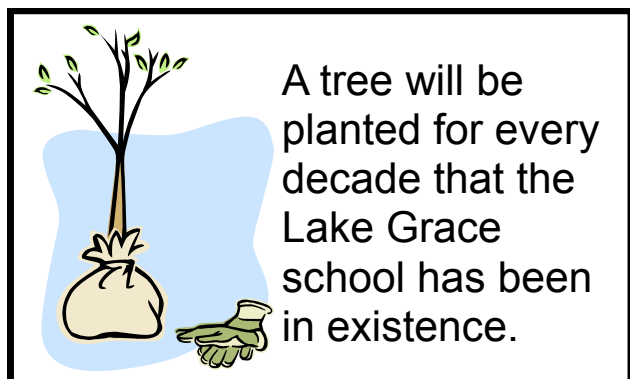
The day will finish at the school by 4.00, allowing those that wish to go to the Spring Ball, hosted by the Lake Grace Hospital, enough time to go home and put their feet up before going to the Hall to kick up their heels. The Ball will go from 8.00 till late and include a scrumptious supper. Tickets are \$20 and are available from the Hospital, for any enquiries ring 9865 1206

For those that wish to look through the Australian Inland Mission Hospital and Stationmasters House on the Sunday they will be open from 10.00am till 12.00 noon.

It is intended that a booklet will be produced for sale on the day. Anyone with photos or memorabilia that they would like to share can contact Suzanne Reeves at the Telecentre on 98651470.

Games & Competitions

- ☺ Egg and spoon race
- ☺ Sack Race
- ☺ Golf putting



A tree will be planted for every decade that the Lake Grace school has been in existence.

Itinerary of Events

10:00am	Start, games, judging of decorated bikes
11:00am	Muster
Midday	CWA Luncheon Food stalls at school
1:00pm	Games
2:00pm	Ceremony
3:00pm	Muster Afternoon Tea

Will need someone to help cater, if your club would like to raise some money by hosting a hamburger stand or the like then please contact Suzanne Reeves on 9865 1470 or 9865 1310 a/h.



ABOUT TOWN

- ♣ Sympathy to Warren and Kaye Roper and children on the recent passing of Warren's father.
- ♣ Condolences to Peter and Christina Robson, past residents of Lake Grace, whose daughter Emma passed away recently.
- ♣ Congratulations to Trish Naisbitt and Grant Medlen who married on Saturday 25th September, Grant and Trish are honeymooning in Queensland.
- ♣ Best wishes also to Kristie Hobley and Derek Stanton who celebrated their marriage on Sunday 3rd October in Albany.
- ♣ Welcome back to holiday makers Rita and Allan Marshall who visited Emma in Canada before touring part of USA; Clem and Helen Bennett and Joe and June McEncroe who have been to South America; Annie and Lindsay Slarke who have been visiting Jordan and Claudie in Queensland and Joan and John DeVree.
- ♣ All the best to Michelle Slarke and her 'cheer squad' as they head off to Horsham for the National Arts Festival, Michelle's work 'Skirting' is featured.

HAPPY BIRTHDAY



October 8	Amy Hudson Darren Marshall Greg Carruthers Jordan Slarke Athol Kennedy	October 15	Helena Dixon Brian Bidwell Jade de Vree Coral Pelham
October 12	Mara Farrelly Margaret Clarke Sharnee Wagland	October 16 October 20	Jeff Smith Peter Burbridge Charlene Beggs Peter Downey
October 13 October 14	Kathy Edwards Skete Bennett	October 21	Nicki Connolly John E Hendry

HAPPY ANNIVERSARY

George and Marie Battison - October 8
 Greg & Coralie Pinney - October 10
 Joe and June McEncroe - October 13
 Matthew and Tarryn Dowling - October 13
 Geoff and Jill Duckworth - October 15
 Royce and Anna Taylor - October 16
 Rex and Karel Walker - October 16
 Phil and Margaret Clarke - October 20
 Craig and Suzanne Reeves - October 20

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.

So what are you doing these school holidays?

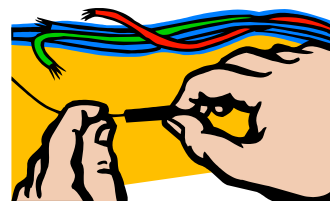


Join our 'Chill Out Session'
**Skateboarding demo, class
and competition, starts at 10:30am,
finish around 3pm
*Meet at the skatepark***

or



**Jewellery Making
and Beading class
Starts at 1pm, finishes at 4pm
At the Telecentre**



Thursday 14th Oct

(for 12 years and upwards)

\$10 each

Participants in both activities are invited to a sausage sizzle at the skatepark, starting at 12 noon.

**Contact Lake Grace Telecentre for bookings— Tel: 9865 1470, Fax: 9865 1471 or
lakelink@treko.net.au**

Supported by Department of Community Development Youth Holiday Program, Lake Grace Youth Advisory Council and Lake Grace Telecentre

**Sam Soliman, our ATO representative will be
available on**

**Tuesday 19th of October from 11.00 am
At the Lake Grace Telecentre.**

If you would like to make an appointment please

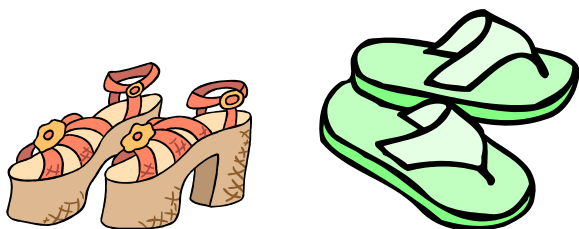
SAND'N'SALT



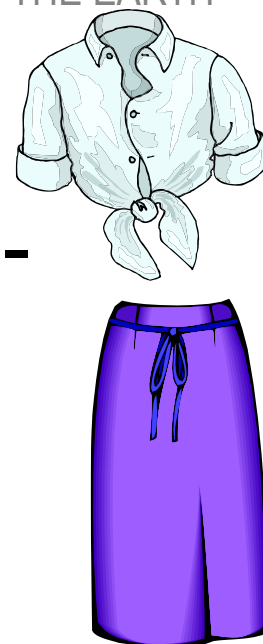
Shop 5, Lakeway Shopping Centre,
22/23 Stubbs Street, LAKE GRACE
Telephone 9865 1465

FASHION FOR THE SALT OF THE EARTH

**New range of
summer sandals
from just \$45
Sizes 6-11**



**Young sum-
mery tops,**



Marvellous Mosaics - *Second Chance*

The Shire has given me official confirmation that they will be putting in the pathway to connect the Mosaic Garden Gallery to the Penny Pathway, this is wonderful news.

We are full steam ahead with the last batch of 100 mosaics, so if you haven't done yours yet please feel welcome to do so. I am hoping that we will get these finished by Christmas. Don't put it off much longer as it's only three months to Christmas. It's great to see so many mosaic pavers finished, and a large number well on their way. If you have started one, could you please come and finish it so we have room for the next ones to be started.

If you have not started a paver you are still welcome to come and do one now. Even though I am not there, Phyllis Dunham is there on a fairly regular basis and she is very happy to help get you started... Phyllis really enjoys getting people into the mosaics so don't be shy. Other than that, just catch up with me at work (at the Hospital) or give me a ring at home 9865 4042 and I will get you organized.

You don't need to bring anything except patience, good humour, your water bottle, and a design. The pavers, tiles, glue and tile cutters are all there for you to use. If you have tiles yourself you are very

welcome to bring them along and use them.

Pictures and abstract designs are starting to appear without names on which is good as it gives a good mix of work. So if you want to just come along and have a go and do a pattern or picture that is fine.

Since it is school holidays maybe there is some mums with older children that need something to do together, you could come up and do a mosaic.

Kerrie Argent

Hens Laying Isa Brown

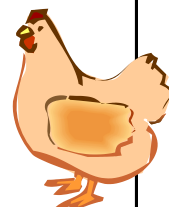
\$4.50 each - 10 for \$40
25 for \$90 - 50 for \$150

Pullets Brown F/Range 12 wks

\$10.50 or 10 for \$100

Free Delivery Monday 11th October
Lake Grace, Pingaring, Pingrup

Phone 9846 6055
Blechynden's Poultry



Early Days at Lake Grace *by H Bishop*

We continue on with the third instalment.....

At the time I first saw Lake Grace, March 1912, Ern Bennett was in South Australia at his wedding and while he was away Herbert (Johnie) Horner built the house to which he returned with his bride. This was a very good house of sawn timber and iron and was for many years the only house in the district that could be designated a house in the true sense. Ern was a terrific worker. It was said that he walked at 5 miles per hour all the time, but when he had to get through a fence he ran for a little to make up for the lost steps. He had horses and equipment brought from Dumbleyung and went ahead in land cleared and cropped much faster than anyone else, but always found time for any social activities, which were rare, and the Progress Association which was formed at an early stage, mainly in the hope of obtaining roads, water supply, and the railway. He always found time to help a neighbour in time of stress, to which I can testify at first hand.

Jack Bennett was about 17 at this time, 1912, and a splendid type of young Australian. I remember when we were trying, very unhandily, to burn up our first 28 acres. Jack Bennett arrived uninvited at about 9 am (he had walked about three miles) and without more than an "Hullo" proceeded to teach us how to do it, not by precept but by example. 'Burning up' is hard work, but a simple process once you know how. But for new chums without any slightest background in this type of exercise the work is quadrupled and the results negligible. A year or so later Maurice James (Jim) Bennett joined Jack and they worked together for several years. It is enough to say that Jim was another Bennett, but I will have more to say of him later. Jack Bennett died in France on his way up to the line for the first time; a terrible waste of a valuable life, but there were others, so many others, at that time.

I find it difficult to express myself without being fulsome, but these men were solid dependable struts on which Lake Grace survived and grew.

During the time Messrs. Slarke and Bishop were putting up the frames of their humpies several other families and individuals arrived, and among them, in October 1911, the family of Carruthers, and this is a name which has been closely associated with Lake Grace ever since.

There were thirteen Carruthers – Robert and Agnes (the parents) and then in order from the eldest, Agnes, Jean, Jamesie (often called Nina), Jack, Jim, Bill, Hugh, Bob, Dick, Tom and Mary. The ages of the children (I may be a little astray in this) would range from 21 to 3. Agnes and Jamesie did not stay

in Lake Grace very long at that time, but Agnes returned with her husband, Harold Clarke, about 1920 and they farmed in the Beenong area North-East of the township, and Jamesie returned to keep house for her father and the children who were still at home, after her mother's death. Jean and Paddy McMahon were married within a year of so, and this was the first marriage of Lake Grace people.

The individuals who arrived during this period were Bert Rose, Cyril Huggins and Jack Marshall. A family named Carter settled at the North end of the lake about this time, but stayed a few years only and little is remembered of them. The Lawson's, previously mentioned on board the "Orontes", and the Lucas's with four children also settled in about this time, and by the middle of 1912 the population was approximately 50. The humpies built by the families were all of similar type – flat iron roof, walls of sapling either vertical or horizontal lined with hessian, and with earth floors. In one case the roofing iron was nailed in the gutters instead of through the ridges with predictable results when the first rains came. This is one 'whodunit' which as far as I am concerned will remain unsolved.

My first journey to the Lake also included a mystery that was never solved. During the Christmas 1911-12 break, when my brother Ted was born, the Bishop horse, left in a paddock at Dumbleyung, died, and another, a very nice looking medium draught gelding was purchased at a Horse Bazaar in James Street. At the same time a spring cart was being built by a wheelwright in Wagin and it was decided to travel to Wagin only, by train, unload the horse, pick up the cart and complete the journey by road.

My elder brothers were earning a little in Perth at this time, Sidney in the Government Statistician's Office and Jack in the Guardian Assurance Co. at the rates of 12/6d. and 10/- per week respectively, so I was chosen to accompany my father on this trip.

On March 1st, 1912, we set out from Wagin and about one mile later the horse collapsed and lay down, and continued to do this for the whole of a nightmare journey to Dumbleyung. The complaint from which this horse suffered was never diagnosed, nor was any cure found; as soon as he was warmed with a little exercise he collapsed, but would recover when cooled off. To Dumbleyung took three days. The first night out was spent on the property of Mr Sam West at Gundaring and second near Ballaying, but the name of that farmer escapes me after the 61 years that have elapsed. This episode is included to illustrate how dependent we all were on a horse or

Early Days at Lake Grace *(continued)*

horses. For many years after that the sickness or death of a horse could be a major catastrophe.

By this time a causeway, forever after called 'the Causeway', had been built across Lake Grace at the narrowest part, which reduced the mileage to 55 from Dumbleyung, and on May 1st, 1912, the line was opened to Kukerin and the majority of settlers were then 30 miles more or less from the rail terminus. This still constituted a long day's travel each way and more often three days were taken for a round trip. About ten miles of heavy sand plain in the Tarin Rock area restricted both loads and speed. Sitting here in a Perth suburb I can remember that sand plain very vividly but when I travel over it on a tarmac road at 60 mph or so I am inclined to wonder that it was ever such a problem.

In June 1912 my father and I went to Perth and the whole family then returned, arriving at Kukerin at about 5pm on 28th June, Jack Bennett was there with Ern's wagon and team for the heavy furniture and stores, et., and our horse and cart (a different horse from the one mentioned earlier) was also there.

Sidney remained in Kukerin for the night and came out on the Bennett wagon the next day. The rest of the family left Kukerin at about 7 o'clock and proceeded, almost entirely at a walking pace, to "Brockham". It was a fine but bitterly cold night and my mother sat on a board seat (no back) nursing a 5 months' old baby for close on 10 hours, over stones, mallee stumps and muddy creeks. At the white Dam, with still 10 miles to go, we halted and made some billy tea, after taking a little of which Florrie was very sick.

A Metters stove arrived on the wagon the following day, and at least firewood was no problem.

At this time Lake Grace entered on a stage which I cannot help but call the bad years. Everyone was engaged in 'chopping down' or 'burning up', and the first essential was to get the land cleared of timber. Many times during those years the only water supply was the 'White Dam', situated about 2 miles west of the lake and so called because, having been sunk through a layer of pipe clay the water was always white. Almost like milk in appearance; the addition of ashes, Epsom Salts and other bush remedies failed to clear it, but apart from its appearance it was good water and without the White Dam Lake Grace could possibly have been evacuated on several occasions. Food was ordered from Perth about twice a year and picked up at Kukerin, and consisted almost entirely of tinned meat, tinned fish, jam, condensed milk, sugar, flour and dried fruit. Butter and vegetables could not be kept more than a very limited time. We even had

dessicated potatoes. Fresh meat was almost unknown. The rabbit, to be such a scourge later on, was not in evidence at that time, and until the first wheat crop at the end of 1913 hens were not kept. Over a period of about 4 years several picnics and concerts were held and these constituted all the social life of that time. At the picnics a few foot races and perhaps a tug-of-war would be contested and after sundown a cart would be tied by the shafts to a sapling and used as a stage by the performers. At the concerts undoubtedly Mr Slarke was the star performer with a repertoire of comic songs in the George Formby style but without the ukulele, Mr Bishop sang sentimental songs such as 'The Queen of the Earth' and 'Love's Old Sweet Song', and Ern Bennett recited Banjo Paterson's bush ballads. I remember Paddy McMahon once weighing in with a very dramatic and tragic recitation, and once a visitor played a cornet. Usually there was no music, and the light was provided by a camp fire.

The main topic at all gatherings was of course "When are we to get the railway?" In 1913 everyone had wheat crops sown in greater or smaller acreages and yields, as I remember, were moderate, but the cost of cartage to Kukerin prevented any possibility of profit. 1914 came next, and acreages had at least doubled over the previous year, but cartage of crops was no problem, as in this year of drought most farmers obtained some hay for horse feed and enough seed wheat for the following year, and were considered lucky to get that. From the beginning of the settlement funds had been available to settlers from the Agricultural Bank for improvements done to virgin properties, at approximately the cost of the work. Clearing was paid for at the rate of 20/- to 25/- per acre through Agricultural Bank inspectors who had to pass the work as satisfactory before payment was made. The amounts paid out were of course charged against the property, and in 1914-15, to prevent a mass exodus from farms all over the State, another section of the Bank came into being. This was the IAB, or Industries Assistance Board, and again through the Inspectors sustenance payments were made each month to enable the people to eat and live. To have to accept what was in effect a dole, though again chargeable against the property, was a very bitter pill indeed for some swallow. Of course not all found it necessary to do so, but to many it was a lifesaver.

Continued next fortnight.



With heart disease so prevalent in our society we are all becoming more aware of our fat intake. This week I have included two recipes, both being low in fat. Blueberries are slowly becoming known as “The Miracle Food”. They lower blood cholesterol and help prevent blindness and cancer.

If you are unable to buy blueberries then strawberries are a second best choice.

Note: The main difference between batters is:

Hotcakes are thicker and more fluffy than other batters.

Pancakes are much thinner and usually larger in diameter.

Crepes are wafer thin so they can be rolled with a filling in the middle.

SPINACH and RICOTTA CREPES

Serves 6

2¼ cups plain flour
3 egg whites
¾ teaspoon bicarb soda
2 cups skim milk



Filling

500 g cooked spinach
500 g low-fat ricotta
2 egg whites
375 ml jar tomato pasta sauce
½ cup reduced fat grated cheese

To Make Crepes

- Combine flour and bicarb soda in a bowl, add egg whites and milk and mix to a smooth batter.
- Cook in a hot non-stick fry pan should make 12 crepes.

To Make Filling

Combine all spinach, ricotta and egg whites in a saucepan. Stir over a low heat until mixture is combined and heated through. Season with pepper to suit taste.

To serve

Place spoonfuls of spinach mixture in a line

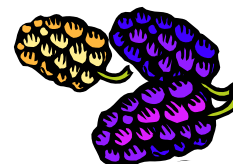
through the centre of each crepe. Roll up and place in an ovenproof dish. Pour tomato sauce over crepes and sprinkle grated cheese on top.

Bake at 180C for 10 minutes.

BERRY HOTCAKES

Serves 6 (Hotcakes freeze well, warm through in the microwave before serving)

1½ cups plain flour
2 tablespoons sugar
½ teaspoon bicarb soda
2 egg whites
1 cup skim milk



Blueberries/Strawberries for serving

- Mix flour, sugar and bicarb soda together in a bowl.
- Whisk egg whites then add milk. Add to flour mixture.
- Whisk all ingredients together until batter is smooth.
- Pour batter into a hot non-stick frypan and cook for one minute each side until golden.
- Serve with blueberries and pure maple syrup.

Enthusiastic about putting Lake Grace on the map?????

The Lake Grace Tourist Promotions Group

is holding its

Annual General Meeting

at 6.30 pm on TUESDAY 12 OCTOBER 2004

At the SHIRE CHAMBERS

Your ideas are most welcome!



Shire of Lake Grace

PO Box 19 Lake Grace Phone 9865 1105 Fax 9865 1109 Email shire@lakegrace.wa.gov.au

NEWS & NOTES

WESTERN POWER - HELICOPTER PATROLS

Western Power has advised that as part of its program to upgrade power supplies, routine aerial patrols will be conducted on its three phase power lines in the Great Southern Area over the next three weeks.



Fully Trained Western Power operators aboard low flying helicopters will measure the length of bays between power poles and search for damage to lines.



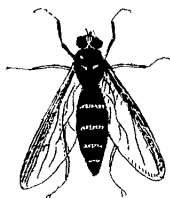
The helicopter may need to land in paddocks for closer inspection of lines or to refuel. Landowners may wish to consider moving livestock from paddocks crossed by these high voltage power lines.

For more information about these inspections please call Western Power on 13 13 53.

FRUIT FLY BAITING - LAKE GRACE TOWNSITE

Residents are advised that Council is investigating a fruit fly baiting program for 2004/05 and the matter will be discussed at its October Meeting.

A letterbox survey of town residents will be conducted in the near future.



Shire of Lake Grace

TOWN PLANNING SCHEME NO 4

A reminder that the submission period for Town Planning Scheme No 4 is now open to the public.

Plans and documents setting out and explaining the scheme are available for inspection at the Shire Offices, Stubbs St Lake Grace and at the Lake Grace, Newdegate, Lake King and Varley Community Libraries.

Submissions on the Town Planning Scheme are to be in writing on Form No 4 (available at Shire Office & Libraries) and are to be lodged with the Chief Executive Officer by 18 November 2004.



Australia Day Awards 2005

Council invites you to nominate an outstanding individual or group for this year's Australia Day Citizenship Awards



AUSTRALIA DAY COUNCIL OF WESTERN AUSTRALIA

Awards will be presented in the following categories:

Australia Day Active Citizenship Award
Australia Day Young Citizen Award
Community Event/Group of the Year

Nominations for the 2005 Awards close on Monday 28 November 2004.

Forms are available at the Shire or online at www.ausdaywa.com.au

For further information contact Jeanette Bennett on 9865 1105.

FIREBREAK NOTICE

Owners and occupiers of land in the Shire are reminded of the requirement to have their firebreaks cleared by 31 October 2004.

RESTRICTED BURING PERIOD

15th September - 31 October 2004

Owners and occupiers are also reminded that Burning Permits are required and are available by contacting your nearest Fire Control Officer.



At the Bushfire Advisory Committee AGM held 17 September 2004, the following Chief Fire Control Officers were elected for the 2004/05 season:

Chief Fire Control Officer: Doug Dunham Ph 9865 3054
 Deputy Chief Fire Control Officer: Bill Lloyd Ph 9871 1534
 Deputy Chief Fire Control Officer:
 Richard Metcalf Ph 9874 4066

HARVEST BAN HOTLINE

9487 7191



Physical Health + Mental Health = YOUR Health

National Mental Health Week 2004 - October 10-16

Mental Health is an integral component of well-being. To ignore it as individuals or a community is to do injustice to ourselves, our friends, our family and our community. Simply because, at some stage in our life we will all experience or know someone who has experienced a mental health concern whether it is anxiety/depression or full blown psychosis.

The World Health Organisation (WHO) state that one in five people will experience a mental health concern at some stage in their life. You may know someone who is currently dealing with a mental health issue but because of stigma attached to the terms 'mental health' and 'mental illness' their ability to share their experiences is limited. Unlike a physical injury or illness you cannot SEE the pain or the suffering. It is often difficult to understand or gauge the feeling associated with mental health issues.

Mental health promotion aims to alter this lack of understanding and provide the necessary information and support to facilitate the process of learning thereby reducing stigma. It is hoped that one day, mental health will be discussed in an open and understanding environment under the guise that being 'healthy' is both mental and physical.

National Mental Health Week began as an awareness-raising event that endeavoured to improve the understanding and appreciation of mental health issues, mental illness and the effect of community stigma on mental health consumers and carers. It also provides an opportunity to engage the wider community through promotional activities and provided a focal point for community groups, consumer and carer support services,

mental health service providers and advocacy groups to hold mental health promotion events designed to engage varying and diverse audiences.

Mental Health Week is a principle health campaign event in Western Australia. Given the lack of government funding to develop and implement an effective, state-wide campaign to raise awareness, educate and support individuals and communities to take steps to prevent or intervene in mental health issues early, it is critical that mental health issues receive wide media and community support.

A major focus for mental health should be removed from treatment and towards prevention and awareness. This should be done with the aims to:

- ◆ Reduce stigma, that is, make it OK to talk about mental health issues without cringing or feeling threatened.
- ◆ Increase awareness of mental health issues and the devastating effects it has on the person, their friends and family and the battle they face recovering to good health.
- ◆ Provide information that is 'user friendly', accessible and doesn't scare the reader away before they begin. People are always going to be frightened of something they cannot see or understand. It cannot be expected that readers will happily want to know more - they need a reason to read on.
- ◆ Making it understood that mental health is relevant to all people from all walks of life and that mental 'illness' occurs on a scale.

Email: mhw@waamh.org.au

Website: www.waamh.org.au

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Rosemary Archer

B. App Sci (Physiotherapy)

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- Acupuncture ● Rehabilitation
- Women's Health ● Hydrotherapy

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Monday, Wednesday, Thursday & Friday

(Open Monday evening till 7pm - appointment only)

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Pingaring Chiropractic Visits

Wednesday, October 20th

Please phone Rebecca at Ian's office

9842 2322 to make an appointment,

specifying that it is for his

PINGARING DAY



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SERVICE PH: 98651206**

LAKE GRACE & DISTRICTS HEALTH SERVICE

Services available from our local staff include:

Acute and Emergency Care - 24 hour service

Outpatient Care - wound care, X-rays, ECG, etc.

Aged Care - residential and short term respite care

Home Care - extended care nursing, home maintenance, transport, meals on wheels, etc.

Outings—quite a few planned for October
(Newsletter available upon request with all details)

Phone 98651206 for information or assistance

Visiting Health Professionals —Primary Health Narrogin:

- Physiotherapist
- Podiatrist
- Occupational Therapist
- Speech Therapist

Phone 9881 0385 for an appointment



"Spring Ball"



Saturday 6th November 2004

Venue: Lake Grace Shire Hall

Cost: \$20.00 each

Band: "The Last Stand"

Time: 8:00 pm—late

**Bar available (no BYO)
and a good old-fashioned supper
will be provided**

Tickets on sale Friday 8th October:

Lake Grace Plaza

Lake Grace Post Office

Newdegate Telecentre

or at the door on the night.

**Proceeds to the Lake Grace and Districts
Health Service Amenities Committee**



Ring the Bell, PLEASE!

When attending the hospital, please do not hesitate to ring the doorbell (one at each entrance) to alert the staff that you require assistance.

Do not wander around looking for the staff—they will come to you.

This is a security issue as well as for the convenience of visitors and clients (both outpatients and inpatients).

Ring the bell will ensure you can be attended to promptly.

Note: As we only have minimum staffing outside office hours, there are times when you may have to wait for one of the nurses to be free before attending to your call. After hours please use the Main Entrance at the middle of the hospital.

It's time to "Slip—slop—slap"!

Remember to 'slip' on a shirt, 'slop' on sunscreen, 'slap' on a hat and to drink extra water to keep yourself healthy in the hot weather.

- Skin cancers take 10—20 years to develop, so take care now!
- Headaches from not drinking enough water are common in hot weather, so keep up the fluids (preferably water).

www.walkingwithattitude.com

This is a great site to get you motivated to walk and then keep you going! Great articles, low fat recipes, walk challenges, tips, etc
—definitely worth a look.

Taking Aim at Vandalism

This weekend a task force of local and visiting volunteers will take the first step to restoring the Rifle Range Hill to its natural state. Each year Lake Grace Lions Club hosts and works with a group of Curtin University students in the Lake Grace community. This year's project will involve cleaning up the Rifle Range area.

Long term vandalism, with storm damage has almost destroyed some of the buildings and scattered debris throughout the bush.

The Lions Club, with Lake Grace Tourism Promotion Group and the Shire of Lake Grace, is working to clean up and establish the area as a nature walk. This could include fencing off the former speedway track to protect the bush.

Community members are invited to assist in the clean up and meet the visiting students. (See page 38).



The Club house and surrounds

Burnt out car bodies at the Speedway

THE NATIONALS



Jane McMEIKAN

Candidate for Roe

***Determined to
make a Difference***

VOTE 1

Ph: 90716135

Fax: 90716136

Mobile: 0417941734

Email: jane.mcmeikan@westnet.com.au

Authorised by M Barrett, Dalyup Road Esperance WA 6450

SCIENCE AND STUFF

Human milestones, crucial landmarks on the road to civilization:

200,000 years ago—the first anatomically modern humans.
 170,000 years ago—the direct ancestor of all living humans, alive in Africa
 120,000 years ago— widespread use of pigments in Africa
 90,000 years ago — modern humans start migrating out of Africa into Eurasia
 75,000 years ago — clothing invented, earliest beads.
 50,000 years ago — colonisation of Australia
 40,000 years ago — traditional date for origin of material culture.
 35,000 years ago — cave paintings in Europe
 30,000 years ago — Neanderthals die out
 20,000 years ago — ice age at its peak
 10,000 years BC — first domesticated crops, earliest villages, oldest known pottery - from Jomon period in Japan, domestication of the dog.
 9,600 BC—ice age ends, world enters a warm period that persists to this day.
 9,000 BC—colonisation of the Americas, first stone structures (Jericho)
 8,000 BC—mammoth become extinct on the Siberian mainland
 6,000 BC— the plough invented
 5,000 BC—earliest known writing (Balkan-Danube script)
 4,000 BC—first evidence of cities
 3,500 BC—traditional date for first city (Uruk in Southern Mesopotamia)
 3,000 BC—oldest artefacts depicting wheeled carts (Mesopotamia), Bronze Age begins
 2,900 BC—first monetary system (Mesopotamian shekel)
 2570 BC—Great pyramid of Giza completed
 2500 BC— Stonehenge circle built
 2,000 BC—Abraham living in Canaan
 1,224 BC—Death of Rameses the Great
 1200 BC—Iron Age begins
 776 BC—First Olympic games in Greece
 31 BC—Foundation of the Roman Empire



Latest publication of Science Magazine

Hawaiian Tsunami leaves gift.

The mysterious marine fossils found at the base of the Kohala volcano in Hawaii were apparently deposited there more than 100,000 years ago by a colossal tsunami, nearly half a kilometre high, that swept inland for 6 kilometres. A research team dated the marine fossils and volcanic rock on the Kohala volcano and showed that the fossils were left there about 120,000 years ago. The volcano had actually been sinking by about 2.6 million metres per year over the past 475 years, which means the marine fossils were deposited at a height of about 500 metres—well out of reach of storms and way above the sea level at the time. The timing corresponds with the last great landslide down the flank of the nearby Mauna Loa volcano. The researchers believe this underwater landslide triggered a gigantic tsunami that picked up coral and shells and spread them over the western face of Kohala. Mauna Loa is an active volcano that has since rebuilt its flank. Future collapse on this volcano, with the potential for mega-tsunami generation, is almost certain.

British Geological Survey



Pedestrians Glow in the Dark.

Japanese car maker Honda is planning to introduce an in-car warning system that alerts drivers on dark roads when there is a person ahead of them. The intelligent night vision system places two far-infrared cameras on a vehicle's front bumper to detect warm objects



such as people and animals up to 80 metres away. Data analysis says 70 percent of all pedestrian fatalities occur at night.

Modern World has a Heart of Glass.

The use of glass during the industrial and scientific revolutions was what separated Western civilisation from the rest of the world in the 17th and 18th centuries. Progress in everything from astronomy to medicine to modern genetics would have been impossible without it, an anthropologist is claiming. Without glass, there would have been no microscopes or telescopes. Louis Pasteur would not have identified infectious diseases and launched a medical revolution. Biologists could not have observed cell division, understood chromosomes, or unravelled DNA's structures, leaving us bereft of modern genetics. Much of Galileo's work on the solar system would have been restricted to philosophy. And while it may seem unlikely, glass even helped in the invention of the steam engine. It was essential to the barometer, manometer, thermometer and air pump, inventions that allowed Jacques Charles and Robert Boyle to derive the laws linking to the volume of gas to its pressure and temperature. This understanding led to machines that could extract mechanical work from expanding gas, to the steam and internal combustion engines and eventually to the gas turbine.



Science, Vol 306

Maurie Gilson



Country Women's Association Lake Grace Branch

"60 Years of Action"

This year, 2004, the Lake Grace Branch of the Country Women's Association of WA celebrates its 60th birthday. So I thought I would take this opportunity to tell of one of the projects undertaken during this time.

In the early 1970's I was President of the then Great Southern Division and also held office in the Lake Grace Branch. One day while talking to one of our older members, who was a widow, she said to me "You know Shirley the worst thing about living alone is the fact that you have to eat every meal by yourself."

This set me think about what could be done. What could CWA to help in this situation? The idea of a monthly luncheon came to me. Could we organise this? I spoke to the Anglican Rector and he gave his blessing. I also spoke to the Shire Clerk and he promised to help.

On consultation the Branch Members were agreeable so we went into action.

Gough Whitlam was the Prime Minister at that time and had instituted the AAP Plan - the Australian Assistance Plan. This plan was to help people get worthwhile projects off the ground with an injection of cash. The Shire Clerk put in a submission for us and in due course we were granted \$600. In those days this went quite a long way to help.

The CWA centre was a good venue. We had plenty of cutlery and crockery as we did quite large catering jobs then. We had a No.2 Metters Stove which was replaced with a gas stove - gas installed and a hot water system, since replaced with a new one. The Shire Clerk gave us a second hand fridge, since replaced with a new one. We bought and made nice new curtains and other necessities and some card and board games which were not used as much as we'd hoped.

The Lake Grace Lions Club gave and laid a nice blue carpet in the side room, then used as a sitting room.

Members then thought we could invite other women's organisations to join in the project. So each was contacted and agreed. CWA would provide the centre and equipment. Each year the CWA draws up the roster, with organisations choosing the month best suited to them. The Lions' Ladies chose to do the December

Christmas Party, carrying on from the Apex Party as Apex was no longer functioning.

The cost of \$3 per person was decided upon to cover cost of food. For a while Meals on Wheels picked up the cost of food. Later the cost was \$5.00 per head and is now \$7.00 each. These rises were made and agreed upon by the participants themselves.

This project was not meant to be a money raiser. The charge was just to cover cost of food. If any profit was made - good luck as people had chosen to donate food to help their club.

Thirty years later this is still a popular function, looked forward to on the 1st Thursday of each month and enjoyed by Senior Citizens and anyone who likes good company and a wonderful meal.

Congratulations to all those who do such a great job and thank you.

S C Duckworth



Sunday 10th October
2:00pm start

Social Day

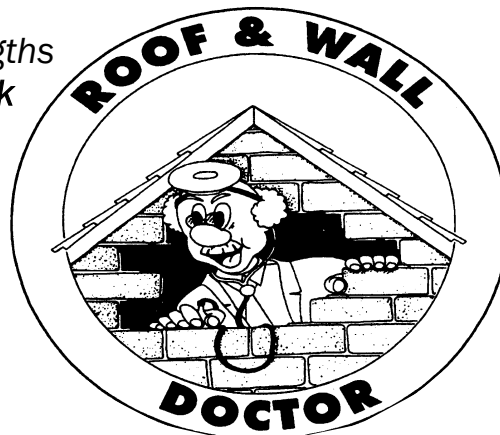
AGM to follow

Don't panic - all positions have been filled.

If you have any queries please ring
Ross Bowron on 9865 1164 or 9865 1298

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THE ROOF AND WALL DOCTOR
IS COMING TO TOWN!!

*Like to have your roof replaced with new long lengths of Zincalume or Colorbond, with a **15 year NO leak guarantee?** How about new gutters and downpipes? Would you like the exterior or interior of your home painted? Or your roof tiles cleaned and re-pointed? Now that the harvest is complete, the Roof and Wall Doctor is currently working throughout the Wheatbelt and still has space to fit in your job, prior to the winter rains.*



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Fine in Commercial Driver Fatigue Case Brings Warning

The first successful prosecution under WA's new laws on commercial vehicle driver fatigue has prompted a reminder to the transport industry.

Leslie Charles Bonner, trading as LC Bonners Transport, was fined \$10,000 in the Perth Court of Petty Sessions last week after pleading guilty to six charges of failing to ensure that commercial vehicle drivers employed by him complied with the regulations covering hours of work.

WorkSafe inspectors visited Mr Bonner's Maddington premises in February to examine trip records and found that the hours being worked by commercial vehicle drivers exceeded the maximum work times specified in the Occupational Safety and Health Regulations.

WorkSafe WA Commissioner Nina Lyhne said today that excessive working hours and inadequate breaks by commercial vehicle drivers could have tragic consequences, and the transport industry should take note that breaches of this type would not be tolerated.

"There is no doubt that fatigue is a significant occupational safety and health issue, and trucks in particular can become lethal when under the

control of someone who, due to the effects of fatigue, is unable to fully concentrate on the job at hand," Ms Lyhne said.

"Research shows that an alarming 30 per cent of rural crashes can be attributed to fatigue, and it is estimated that 25 per cent of fatal truck crashes are due to fatigue.

"A comprehensive code of practice for the management of fatigue has been in operation in WA since 1998, and regulations governing fatigue management for commercial vehicle drivers have been in place since July 2003.

"Transport operators should be familiar with the rules by now so there is no excuse to flout them, and inspectors will be coming down hard on those who put all road users at risk by allowing drivers to work long hours and risk fatigue."

WorkSafe inspectors – along with the WA Police and Main Roads Heavy Vehicle Section – regularly conduct road blocks on the main heavy transport routes in WA to check trip records and ascertain that companies have fatigue management plans in place.

"An enormous amount of effort and consultation has gone into fatigue management for commercial vehicle drivers over the past few years, and it is disappointing when we need to prosecute because an employer is not playing by the rules," Ms Lyhne said.

"The working relationship that has been forged between WorkSafe, the WA Police and Main Roads Heavy Vehicle Section is proving to be extremely effective, and we aim to further develop it in an effort to gain a greater level of safety on WA roads.

"We have seen some horrific traffic crashes involving commercial vehicles over the years, and nobody wants to see that sort of tragedy happening as a result of fatigue when it is entirely preventable.

"The message needs to get across loud and clear that driver fatigue is a very serious issue, and this first prosecution should serve as a warning to employers that we will not hesitate to take action against anyone who disregards the laws."

Further information on fatigue can be obtained by telephoning WorkSafe on 9327 8777 or on the website at www.safetyline.wa.gov.au.

Situations Vacant

Hyden Occasional Child Care wish to invite expressions of interest for the following employment opportunities

Child Care Coordinator
and

Child Care Assistant

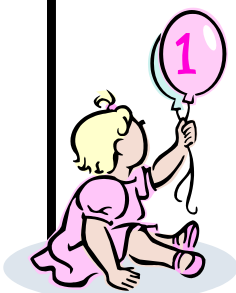
Both positions to
commence February 2005

For Job Descriptions and more
information phone Bianca 9889 5002

Applications in writing to:

Confidential: Secretary
Post office Box 43
Karlgin WA 6358

Closing Date:
30th November 2004



Marketing Your Business



'Marketing your business to the Wheatbelt and the world' will be the theme of a small business workshop to be held at the Lake Grace Telecentre on Monday 8 November 2004 from 9am to 4.30pm.

The two part marketing workshop will be jointly hosted by the Wheatbelt Area Consultative Committee (ACC) Inc and the Narrogin Regional Business Enterprise Centre.

The workshop will be facilitated by experienced presenter Wendy Newman from Dowerin.

The two part workshop is valued at \$100 which includes lunch, morning and afternoon tea. Business owners in the Shires of Lake Grace and Dumbleyung can use the Department of Education and Training vouchers. These vouchers can be obtained from the Narrogin Regional Business Enterprise Centre when booking for the workshop on 9881 4908.

The workshop and related 150 page marketing toolkit are designed to assist participants to develop practical marketing strategies to improve

their business.

During the workshop, participants analyse the strengths, weaknesses, opportunities and threats for their business as well as identifying the features and benefits of their respective products or services. The group works on identification of markets, distribution channels and looks at the importance of image and branding. The workshop assists participants to understand the elements of an integrated marketing plan and assess the variety of promotional techniques available to them.

Reservations for the workshop are limited so please book early by contacting Lisa Shields at the Narrogin Regional Business Enterprise Centre on 9881 4908. Businesses wanting to access training vouchers must do so prior to the course.

For more information about the workshops, please contact Wheatbelt ACC Small Business Answers Officer Suzannah Carter on 9641 2348.

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Lake Grace Weather

- Terry Gladish

Temperature Extremes for October

Maximum:

Highest Temperature 37.1 23/10/1990

Lowest Temperature 12.0 6/10/1992

Minimum:

Highest Temperature 20.3 31/10/1988

Lowest Temperature -0.6 7/10/1964



Date	Min	Max	Rain
23/9	2.3	21.7	
24/9	7.1	24.6	
25/9	10.0	18.8	
26/9	7.6	17.7	trace
27/9	2.6	19.4	
28/9	2.1	20.6	
29/9	5.6	21.2	
30/9	5.0	20.6	
1/10	10.1	19.0	0.4
2/10	3.0	21.7	
3/10	5.2	26.0	
4/10	6.2	29.7	
5/10	8.4	25.8	
6/10	12.3		trace

Want Some of that Lotto

Representatives of Lotterywest will be visiting Lake Grace to discuss grant assistance available to eligible not-for-profit community organisations and local government authorities.

Date: Friday 15th October

Time: 10.00am - 12.00pm

Program will include

Introduction to Grants and Community Development

Who we are; where the money comes from and goes; who we can provide grants to; priority areas for our grants; the scope of our grants.

The Application Process

Applications and assessment process; limits that apply = ie incorporation, ABN & GST; when

To reserve a place at the seminar please contact Marlene Walker on (08) 9340 5122 or toll free on 1800 655 270. Lotterywest staff will also be available by appointment to





NIGHT WATCH

Welcome to Night Watch for the fortnight from midnight Friday 8th to midnight Friday 22nd. Astronomy is looking up.

Our local star, the sun, resides in the constellation of Virgo for this fortnight and shines at -26.7 magnitude. The moon spends the latter part of the fortnight in the evening sky. On Thursday 14th, the new moon occurs at 10.38am in Virgo. The moon, on Monday 18th will be at perigee (closest) at 8am at 367.758 kms in Ophiuchus. On Thursday 21st at 5.49am, the first quarter moon occurs in the constellation of Capricornus at magnitude -6.0 . The moon spends the 9th, 10th and 11th in Leo, the 12th, 13th and 14th in Virgo, the 15th and 16th in Libra, 17th in Scorpius, 18th in Ophiuchus, 19th and 20th in Sagittarius and the 21st and 22nd in Capricornus.

Mercury, low down in the evening twilight, sets on Saturday at 6.25pm, 11 minutes after sunset and sets around 4 minutes later each night in Virgo until Thursday 21st when it will have moved into Libra to set at 7.15pm on Friday 22nd.

The brightest object in the night sky, Venus, at magnitude -4.4 , rises Saturday morning at 3.50am in the constellation of Leo. On Monday 11th, the red planet Mars, now in morning twilight, will rise at 5.18am in Virgo to be in the glare of the sun. Jupiter, the giant gas planet, in Virgo rises at 5.05am in the start of morning twilight. On Wednesday 13th, Jupiter will be at 1.6 degrees south of the moon and rises at 4.21am on Friday 22nd.

The ringed planet Saturn, rises at 1.41am in Gemini at

0.2 magnitude. Saturn rises at 12.52am on Friday 22nd.

Uranus, in Aquarius, sets at 3.48am on Saturday and 1.53 on Friday 22nd. Neptune sets at 2.43am in Capricornus on Saturday and will be 5 degrees north of the moon on Friday 22nd at 7.9 magnitude.

The small rocky planet Pluto in Serpens sets at 10.52pm and can only be observed through a large telescope.

Meteors can be observed in the early morning sky in Gemini on Monday 18th and on Friday 22nd there will be meteors at 25 per hour in the constellation of Orion (the Saucepan).

High above is the boomerang shape of Capricornus, with Aquarius following just to the east. Along the Milky Way to the north are Aquila the eagle and Cygnus the swan, while the bright blue star Vega in Lyra is starting to set in the north-west. In the north-east is the great square of Pegasus with Andromeda following, containing the large galaxy M31 which can be seen by the naked eye as a smudge in the night sky. Slightly to the south-east of Capricornus is a line of double stars in the constellation of Grus the crane, and if you look just south of the double stars there are three stars in a triangle—this is the head. The wings are two stars on one side and the bright blue star Alnair is the other. Between Grus and Aquarius is the bright star Formalhaut, the southern fish that has a halo of material around it which is thought to be a planet forming as did the sun billions of years ago.

Maurie Gilson



Date	Sunrise	Sunset	Date	Sunrise	Sunset
9th October	5.34 am	6.14 pm	16th October	5.26 am	6.19 pm
10th October	5.33 am	6.15 pm	17th October	5.25 am	6.20 pm
11th October	5.32 am	6.15 pm	18th October	5.24 am	6.20 pm
12th October	5.31am	6.16 pm	19th October	5.23 am	6.21 pm
13th October	5.29 am	6.17 pm	20th October	5.22 am	6.22 pm
14th October	5.28 am	6.17 pm	21st October	5.21 am	6.23 pm
15th October	5.27 am	6.18 pm	22nd October	5.19 am	6.24 pm



Date	Moonrise	Moonset	Date	Moonrise	Moonset
9th October	2.59 am	1.25 pm	16th October	6.37 am	8.50 pm
10th October	3.33 am	2.25 pm	17th October	7.18 am	10.01 pm
11th October	4.04 am	3.25 pm	18th October	8.07 am	11.11 pm
12th October	4.33 am	4.26 pm	19th October	9.04 am	d.n.s.
13th October	5.01 am	5.28 pm	20th October	10.09 am	12.16 am
14th October	5.30 am	6.32 pm	21st October	11.18 am	1.12 am
15th October	6.02 am	7.40 pm	22nd October	12.27 pm	1.59 am

National Mental Health Week

Myths and Facts

Myth: People with a mental illness are violent.

Fact: 90-95% of people with a mental illness are no more inclined to violence than the general population.

Myth: People with a mental illness should be kept in isolation, away from the community.

Fact: One in five of us will experience a mental illness at some stage in our lives. It would be extremely costly, both socially and economically, to isolate 20% of the population. Part of recovering from mental illness is being able to interact in everyday living situations.

Myth: People with a mental illness have an intellectual disability or a type of brain damage.

Fact: Mental illnesses are just like other forms of illness, such as diabetes or asthma. It wouldn't enter our mind to think that someone with asthma is brain damaged or intellectually disabled, so why would we think of someone with a mental illness in this way?

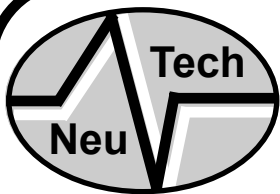
Myth: People with a mental illness have a flawed or weak character.

Fact: People are not to blame for becoming mentally ill. Having a mental illness has nothing to do with a lack of will power. People do not choose to be mentally ill, any more than people choose to have heart disease.

Through this kind of stereotyping, we reduce people with a mental illness to being a symptom of their illness, rather than a person in their own right. It is far easier to hate or ignore someone when you see them as an illness, rather than as a person.

The stigma surrounding mental illness has not occurred overnight. Stereotypes, myths and misconceptions can take years to develop into what we mistakenly believe is reality. It will take time to deconstruct much of the stigma in our society, especially because we don't identify it as anything other than reality. There is much we can do to actively challenge stigma, and everyone can play a role.

Email: mhw@waamh.org.au
Website: www.waamh.org.au



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Can't Communicate? - We also have a large range of Uniden and Electraphone UHF two way radios and accessories. Horses for courses here so make sure you get the right items for an effective result.

Unable to See? - Let Hella Free Form Light Technology show you the way. Besides the conventional lights we also have HID Light Technology on display so pop in and have a look.

No Action? - Ross and Bob can help you with all field work repairs with wide ranging experience on most makes of farm equipment.

BOSCH



ACDelco

KENWOOD



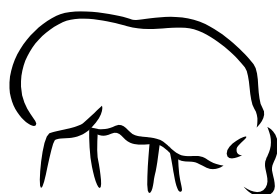
National Mental Health Week

An Overview

- ◆ One in five Australians have experienced a mental disorder each year.
- ◆ Mental illness is a general term referring to a group of illnesses that can be separated into two categories - psychotic and non-psychotic.
- ◆ Fear of mental illness prevents many people with symptoms from seeking help for conditions that could otherwise be controlled before they develop into major problems or life-threatening illnesses.
- ◆ Mental illness can be transient and periodic. The vast majority of these illnesses can be successfully treated with people returning to live full and satisfying lives.
- ◆ While it is believed that some mental illnesses are caused by a physical dysfunction of the brain, the precise triggers are not yet known.
- ◆ STRESS may trigger some mental illnesses or prolong episodes.
- ◆ People who suffer from a mental illness are often frightened by their illness and often suffer rejection and discrimination.
- ◆ Psychotic illness includes schizophrenia and bipolar affective disorder (manic depression) and affects around 1% of Australians.
- ◆ People with psychoses may develop delusions and experience hallucinations or may be depressed or elated about their life circumstances.
- ◆ Non-psychotic illnesses include phobias, anxiety, depression, dissociative disorders and obsessive compulsive disorder and are the most common mental health problems.
- ◆ Nearly one million Australians are prescribed mind-affecting medication.
- ◆ About one third of people in public hospitals who have mental illnesses are younger than 30 years of age.
- ◆ There are 20,000 new cases of mental illness diagnosed each year.
- ◆ Only a few people will suffer from a chronic, unmanageable form of mental illness.

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 Website: www.waamh.org.au

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Farmsafe WA

Farmers Helping Farmers

FARMERS at Brookton and Boyup Brook this month will open their gates to others in their district while they participate in a safety audit, as part of a new fully subsidised advisory service.

The first farm to be assessed will be at Narelle and Bevan Bignell's Rylington Park operation at Boyup Brook on October 14th. Murray and Ian Hall's Hillroy Farms Pty Ltd, at Brookton will participate in the Service on October 29th.

Co-ordinated through the Farmsafe WA Alliance, the new service offers farmers a non-threatening forum to discuss their legal requirements for occupational health and safety with an independent qualified safety consultant.

The fully accredited advisor will conduct risk assessments and prepare safety and health action plans on the host farms. Nearby farmers will be able to participate in the assessment and they will be provided with the knowledge to then go back and complete a safety audit on their property.

The strategy, which is funded through Worksafe,

aims to increase the number of Western Australian agriculture enterprises with safety and health action plans in place.

It will run for the 2004-2005 financial year and targets the following groups in the agriculture industry:

- * Grain growing;
- * Grain-sheep and grain-beef cattle farming;
- * Sheep-beef cattle farming (beef sector);
- * Beef cattle farming; and
- * Dairy cattle farming.

The Alliance will administer and deliver the strategy in collaboration with WA Farmers and agriculture industry associations.

Interested parties or individuals can get more information on the service by contacting the Alliance's Office on (08) 9359 4118.

Or by phoning local contacts:

BROOKTON - Harvey Morrell on

96 421760 or mobile 0427 982499

BOYUP BROOK - Narelle Bignell at

Rylington Park on 97 653 012



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Drill Trousers

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 Tel: (08)9865 1217 Fax: (08) 9865 1313

Aerial Spraying Incidents Prompt Warning

Western Power and WorkSafe have grave concerns about aerial spraying safety after several recent serious incidents involving overhead power lines in regional WA.

Western Power has received eight reports of spraying aircraft flying through and bringing down overhead power lines during August and September, while WorkSafe has had five incidents reported since March.

There have been no injuries to pilots but both agencies attribute this largely to luck, and say action must be taken now to ensure safety in aerial spraying activity.

WorkSafe WA Commissioner Nina Lyhne said there was great potential for tragedy when aerial sprayers struck power lines.

"Fortunately none of the aircraft have crashed as a result of striking power lines, but if they did, a death could easily result.

"Aerial spraying activity has increased dramatically as a result of the rust outbreak and forecast locust

plague this summer, so I urge both land owners and aerial spraying operators to take every possible precaution to ensure safe work practices while spraying."

Western Power General Manager Networks Doug Aberle said pilots needed to check on the location of overhead power lines with land owners before spraying commenced.

"Pilots and land owners need to do some forward planning by discussing the location of any lines on the property and considering them in relation to the sprayer's likely flight path," Mr Aberle said.

"The recent incidents involving power lines occurred in the Central Wheatbelt from Mingenew to Northam and Moora to Koorda, and resulted in the need to replace at least seven power poles and more than 20 bays of power line.

"These incidents interrupt power supply in the local areas, and crops can be damaged by Western Power crews when they go into paddocks to carry out repairs to the poles and lines."

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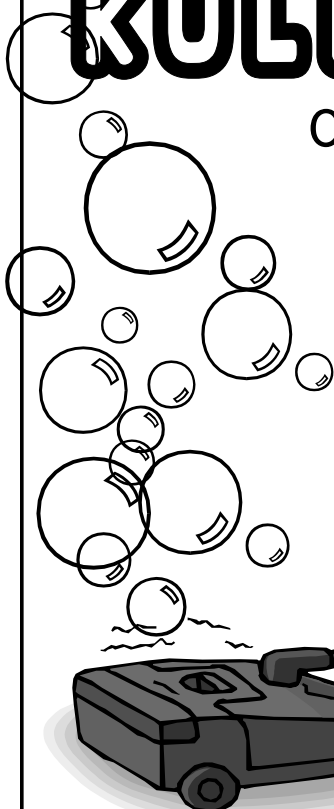
All prices include deodorising and disinfectant.

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WA farmers help refugees in Sudan World Vision

World Vision Australia is calling on West Australian (WA) farmers to give generously to its 2004 Grain Appeal, which will focus on helping internally displaced people and refugees in the Darfur region of Sudan.

It is estimated that 2 million people within Sudan will need food aid for at least the next 18 months, requiring a huge response to prevent mass starvation and death.

World Vision's WA State Manager Mike Pattison said that he hoped WA farmers would support the Grain Appeal and give generously as they have in the past.

"Hundreds of thousands of people have been displaced by war in Sudan. They've left their homes without an opportunity to plant seeds or harvest crops and now that the rains have started there is little hope for families to generate their own produce. We urgently need to get them food and basic supplies," Mr Pattison said.

By donating grain to World Vision's Grain Appeal,

WA farmers will help provide families with much needed food, cooking sets and other basic essentials.

Funds raised in this appeal will support World Vision's work in Sudan where the aid organisation is responding to the humanitarian situation.

To donate grain, WA farmers simply need to quote the Grower Number 9454005-1 at the receival point, and tell the clerk that they wish to donate a load or split load to World Vision.

Living Memories Workshop

YOU would enjoy this

Ring the Telecentre and register
your interest.

No dates set as yet.

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Lake Grace Sportsman's Club AGM

Friday 22nd October
7:30 pm sharp

at the Sportsman's Club

Nominations to be in by Thursday 21st October

Nomination forms are available at the Lake Grace Sportsman's Club

*Please note that AGM
is on Friday not
Saturday as was
stated in the members
newsletter*

Coming Soon.....



Quiz Night

Friday 29th October

Tables of 6 - \$2 a head

At the Lake Grace Sportsman's Club

7:30pm start

meals available from 6:00pm

book your table by ringing Geoff at the Club on 9865 1239 now! Only 9 tables left.

Lake Grace Sportsman's Club are hosting a

Melbourne Cup Luncheon and Fashion Parade

Tuesday 2nd November

Doors open 10am

*Smorgasbord of seafood, cold meat and salad Sweets
to follow*

Sweeps, Cocktails

\$25.00 a head

*Tickets available from Geoff at the Club or Suzanne at the
Telecentre. Tickets must be purchased prior to day.*



Best Hat Competition

CBH Ltd - Grower and Carter Pre-Harvest Meetings
Lake Grace District - 2004/05 Season

Date	Receival Point	Time	Venue
Monday October 11	Kuender & Lake Grace	7:00am	Lake Grace Sportsman's Club
Tuesday October 12	Kukerin, Moulyinning & Tarin Rock	10:00am	Kukerin Sporting Complex
	Pingaring	3:00pm	Pingaring Golf Club
Monday October 18	Woolocutty	9:30am	Woolocutty Accom Hut
	East Hyden	12:30pm	East Hyden Accom Hut
	Hyden & Karlgarin	4:00pm	Hyden Rec Complex
Tuesday October 19	Sth East Hyden	9:00am	Sth East Hyden Accom Hut
	Buniche	12:00pm	Buniche Accom Hut
	Newdegate	4:00pm	Newd Sports Complex
Friday October 22	Hollands Rock	8:00am	Hollands Rock Accom Hut
	Kuringup	12:00pm	Pingrup Town Hall
	Pingrup	2:00pm	Pingrup Town Hall
Monday October 25	Kojaneerup & Wellstead	9:00am	Wellstead Hall
	Gairdner	12:00pm	Gairdner Hall
	Jerramungup & Lake Cairlocup	4:00pm	Jerramungup Sportsman's Club
Tuesday October 26	Jacup	8:00pm	Jacup Accom Hut
	Mindarabin	12:00pm	Mindarabin Accom Hut
	Borden & Ongerup	4:00pm	Borden Sporting Pavilion

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PUBLIC NOTICE

PLANNING PROPOSAL

TOWN PLANNING & DEVELOPMENT ACT 1928

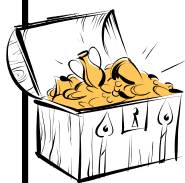
It is hereby notified for public information and comment that the Shire of Lake Grace has received an application for Council's planning consent from the Lake Grace Tourist Promotions Group to develop and use the existing Stationmaster's House on Lot 361 Stubbs Street, Lake Grace for the purposes of a visitor information and community centre.

Documents and plans providing details of the proposal are available for inspection 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 undersigned by no later than 4.00 pm Friday 5 November, 2004.

Neville Hale
Chief Executive Officer

Anglican Church *Spring* Garage Sale Saturday 23rd October 2004



10am start

Church Grounds
9 Bennett Street
LAKE GRACE

*Please leave any goods on the
verandah of the PARISH*

*With the warmer weather approaching
please be aware that*
sprinkler restrictions
are in place permanently.

The only time you are allowed to use a
sprinkler is **between the hours of**
6:00pm and 9:00am



 **WATER**
CORPORATION

LAKE GRACE GARDEN CLUB

Update...

After a short break we are planning an all day Spring Garden Tour with Newdegate P&C.

There will be at least six gardens involved, so get ready to dust off those hats and be inspired.

We will meet at the Lake Grace Plaza car park on Wednesday 27th October, meeting time will be in the next Lakes Link News.

Please register your names with Julie Bushby as soon as possible on 9865 3017.

Until then. Happy gardening....

Julie Bushby

Lake Grace Library Opening Times

During the school holidays the reduced library hours will be:

Monday: 12:30 – 4:30
Tuesday: 12:30 – 4:30
Wednesday: Closed
Thursday: 12:30 – 4:30
Friday: 12:30 – 4:30



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NEWDEGATE RESEARCH STATION 50TH FIELD DAY

Thursday 21st October 2004

Registration at 9:30am

Topics presented include....

- Focus on machinery tramlining and autosteer
- Biodiesel demonstration
- Wheat varieties from WA and the Eastern States
- KASPA the erect semi leafless field pea for increased harvest height
- Nematodes and how they affect your yield
- Pasture varieties - options for the low rainfall
- Fungicide treatment of wheat in furrow and foliar
- Frost options demonstration trial
- Shed displays

Lunch available for purchase

50th Anniversary celebration

BBQ and sundowner at the end of the day

For more information please call the Lake Grace
Department of Agriculture on 9865 1205



Shire of Lake Grace

PO Box 19 Lake Grace Phone 9865 1105 Fax 9865 1109 Email shire@lakegrace.wa.gov.au

NEWS & NOTES

A.R.C.

Aquatic & Recreation Corner with

Letisha

Isn't it fantastic to see the weather changing? Of course this also means its time to GET ACTIVE and HEALTHY.

As you would probably have noticed, to achieve a healthy lifestyle and dare I say weight, we need to exercise and a great way to start or restart is to make exercise part of your day.

So!!!! - I thought I would help you into this process by applying the survey response and creating a weekly program that you can participate in and enjoy at the same time. A variety of programs will be available and run throughout October and November. I want to encourage you to have a go, even if exercise has never been a part of your life, it is never to late to start. A healthy body = a healthy mind.

Wishing you good health

Letisha

PS - Get your togs ready, as soon as the pool is open and the weather permits we will be there!!



FIX YOUR EYES ON THIS

COMMENCING MONDAY 18th OCTOBER 2004

MONDAYS: 9.30-10.30am – LITE PACE WALKING

A low to moderate intensity walk group suitable for expectant mums, pram pushers and seniors, and finish with a cuppa and a friendly chat. Good footwear, hat, sunscreen and water are recommended. Meet at the pool car park.

MONDAYS: 6.00pm – MIXED NETBALL

A fun and social weekly competition make a team or come join one. Ideal for general fitness. Expressions of interest required, contact Letisha at the shire. Meet at netball courts.

TUESDAYS: 9.00-10.15am – FIT CHICKS 1

Moderate to high intensity fun group work with optional intensity levels. Designed for cardio, muscle toning and overall fitness. Abdominal work included. Good footwear, hat, sunscreen, water and towel recommended. Meet at the football pavilion.

TUESDAYS: ACTIVE KIDS

A great opportunity for kids to play lots of games and fun activities. Good footwear, hat, sunscreen and water recommended. Meet at pool car park.

3.30 pm - 4.10 pm ages 4-6

4.15 pm - 5.00 pm ages 7-12

5.05 pm—6.00 pm ages 13-15

WEDNESDAYS: 6.00 pm—7.15 pm – FIT CHICKS 2

THURSDAYS: ACTIVE KIDS

3.30 pm - 4.10 pm age 7-12

4.15 pm -5.10 pm ages 13-15

Meet at pool car park

THURSDAYS: STRICTLY SOCIAL TENNIS

6.15 pm onwards

Men and women welcome to come and 'have a hit', get back into tennis or just have a go. Good footwear, water and tennis racquet recommended. Meet at tennis courts.

FRIDAYS: 6.00 am - 7.00 am – FREAKY FRIDAYS

For the really keen, an hour of high intensity physical activity. Expressions of interest required, contact Letisha at the Shire.

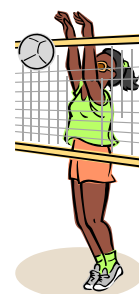
Sessions may be subject to change

15+ SOCIAL BEACH VOLLEYBALL

Commencing SATURDAY 23 OCTOBER at 4.00 pm

.....Still to come.....

Aqua Group Fitness
Aqua Aerobics
Lite Pace Aqua
Deep Water X Training
Beach Volleyball
Battle of the Sexes



.....And still more.....

Early Morning Swim Squad
Pre Season Training (by request)
Sunday Fun Days
Sunday Morning Challenge
Family Saturdays
Twilight Swimming



.....And maybe a bit more.....

KEEP WATCHING THIS SPACE!

Volunteering At Its Best *(cont.)*

The Lake Grace Pingrup Football Club would like to thank the following people for their efforts on Friday 24th and Saturday 25th of September for helping with the sand cart to extend the second oval in Lake Grace.

Greg Carruthers	Allan Duckworth
Ian Kent	Regan Bennett
Brendon Desmond	Royce Taylor
Brian Bidwell	Zane Connolly
Geoff Smith	John O'Neill
Phil Clarke	Murray Hardy
Mark Cameron	Ed Naisbitt
Ron Boulton	Noel Bairstow
Dion Wallace	Grant Marshall
Andrew Hunt	Laurie McKay
Joel Connolly	Bevan Taylor
Maurie Smith	David Fyfe
Geoff Desmond	Colin Connolly
Bruce Duckworth	Wayne Humphreys
Steve McWhirter	Paul Cameron
Scott Strevett	Phil Houston
Max Holmes	Noel Giles
John Read	Paul Fisher
Ray Bird	Bruce Westcott
Great Southern Fuels	

Thanks also to Ian Barlett and the Lake Grace Shire for their cooperation and the Lake Grace Hockey Club for supplying lunch, morning tea and afternoon tea.

A special thanks to Greg Carruthers and Ed Naisbitt for all the sand we took from their sand pits and Ed's 3 ton wheat crop.

We are sorry if we have forgotten anyone that helped out, thank you to everyone who helped make the two days such a success.

Les Ball



Working in tandem...



The finished product.

**Have you completed an
A B C D E survey?**

**Forms available from Lake Grace Telecentre
and District High School**

TARIN ROCK TENNIS

Tarin Rock Tennis is Up and Running!

What a great turn out for the AGM, at least thirty attended the meeting which dealt with many issues and ran to time!! All five courts were in use straight after the meeting with new and old members enjoying the balmy conditions. Congratulations to ongoing office bearers and best of luck for the season to those newly elected.

Please could any lady interested in midweek tennis pennants, who hasn't given me their name, ring me on 9864 9029 or send a fax on 9864 9129. Lake Grace is organizing this every 2-3 weeks from 09:30-13:30, hopefully to tie in with day care; we need four ladies for each match.

Social tennis will be held on Friday evenings on a trial basis till Christmas, starting promptly at 18:00 [17:30 for Belinda O'Neill!!] and our first social tennis is Friday, 15th October, followed by a barbecue; please bring a salad to share.

Friday 22nd October will again be social tennis with our new social captain Sharon Gooding organizing courts full/non stop tennis before we can all indulge in the usual barbecue and excellent

salads that are always provided by all families to share.

Anyone seeing these notes and thinking this sounds like a fun club to join - you are correct and are always welcome to come out and give tennis a go. We have beginners of all ages to just below Wimbledon standard!! Only kidding but we are working on it.

Children are very welcome and encouraged, they have a lot of tournaments coming up in the district with their Wimbledon being scheduled at Tarin Rock on Sunday [for a change] 2nd January 2005; so put that in your new diary parents.

Our first pennant match is on 24th October at Tarin Rock, again there will be social tennis on the preceding Friday 22nd October with a barbecue and the team will be selected by the three captains that evening. More on this in the next Lakes Link News.

Belinda O'Neill

HIGH SCHOOL BASKETBALL

This season we have two teams playing in the basketball competition in Kulin. We have six players from last season and nine new players that are all very keen.

Last week Lake Grace 2 defeated Lake Grace 1 in their first game for the season, unfortunately there were players from both teams absent.

Friday 24th September Lake Grace 1 had a bye and Lake Grace 2 travelled to Kulin to play against Kulin White. We had 14 on the bus so we had a large support crew on board. The game was very good with Lake Grace 2 going down after a very closely contested game, the final score was Kulin White 29 points to Lake Grace 2, 26 points.

There are no games to be played over the school holidays (for which some of us are very grateful).

Training will re-commence next term at 3.45pm Wednesday afternoons, players are expected to do their own warm up starting at 3.30pm.

The next game will be on Friday 22nd October, Lake Grace 2 will play Kulin Yellow at 7.00pm and Lake Grace 1 will play Kulin White at 7.50pm. The bus will leave from the basketball courts at 5.45pm and return at about 9.45pm.

Parents and spectators wishing to go and watch the games need to book a seat on the bus with Debby Clarke on 9865 4041.

Debby Clarke



NEED A RUBBER STAMP??

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

TUTTI FRUITTIS WIN GRAND FINAL

The Tutti Fruittis's netball team from Lake Grace has won the Grand Final of the under 15's Division Two netball competition in the Katanning Association.

The game was played in Katanning on Saturday 25th September against Kojonup. Scores were very close, the quarter, half time and three quarter break saw no more than a two goal difference between the teams.

However at the end of time the score was Tutti Fruittis 32 to Kojonup 26. Well done girls!!! Also well done to Nicole Chappell who won fairest and best for the Grand Final as well as fairest and best for the season.

Lake Grace has had a team in the competition for the last eight years and they have been in the Grand Final three times, however this is the first time that they have actually won.

The players in the grand final were Lisa Clarke, Rhiannon Wallace, Jayne-Marie Argent, Lauren Bushby, Nicole Chappell, Caitlyn Beggs, Jenna Trezise, and Letisha Baker. This has been a long but enjoyable season for the girls and their families who have travelled to Katanning every weekend to play their sport.

A big thank you to Team Manager Cheryl Chappell for doing all of the organising and stepping in to coach every Saturday. Thanks also to coach Cassandra Hasket for coaching the girls during the

week although being unable to travel to watch them play.

Debby Clarke



*Back: Lisa Clarke, Lauren Bushby
Middle: Caitlyn Beggs, Jenna Trezise, Letisha Baker
Front: Jayne-Marie Argent, Nicole Chappell, Rhiannon Wallace
Absent: Shona Garlick, Ta-Leah Humphreys*

LAKE GRACE TENNIS RACQUET

Social tennis starts this Sunday 10th October at 2pm. The day will commence with our AGM, but don't worry all positions have received nominations so you won't be landed with a job - unless you really want one. The AGM is a good opportunity for members and new faces to put up ideas etc. to improve our club and inject more interest in tennis.

Following the AGM will be social tennis with organised games and some fun activities. New players and juniors are most welcome to come along and join in. Trainee coaches are available (no cost) to anyone who wants to brush up on their tennis or just get some one-on-one tennis.

The theme for this week is wear a hat and an Australian theme T-shirt. Prizes for best efforts.

Fixtures for the season are available from Nita's Hair Salon or ring Ross on 9865 1164.

Setup roster is Pauline Taylor and Cameron Lloyd, cleaning roster is Belinda and Ross Bowron.

Ross Bowron

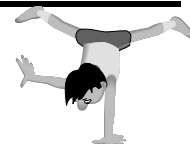
Fixtures

10th October	Open Day Social Tennis (AGM)
17th October	Social Tennis
24th October	Pennants vs Tarin Rock at TR
	Social Tennis 2pm
31st October	Pennants vs Dumblebung at LG
	Social Tennis 4pm

\$3 ball fee



LAKE GRACE GYMNASTICS CLUB



Congratulations to all gymnasts, coaches and parent helpers on last weeks wonderful gym display, held on the last day of gym for this year. The children have obviously been practising very hard, and the work of coaches and parent helpers in preparing them for the display was obvious - well done to all.

Big Pack-Up

Thank you to everyone who came to help pack up the Hall on the last day - all of our equipment is now in storage until next season. We very much appreciate the help we have received from loyal parents on our pack-up and set-up days over the course of the season, especially from those who have come in especially to help. Thank you all very much.

Rosters

Thank you very much to all parents who have been on roster for set-up, pack-up and helping in the main session throughout the season. This has enabled our children to be exposed to a wide variety of apparatus more regularly and has provided excellent support for our coaches in their efforts to implement their programs. A special thanks must go to Jeni Wyatt, Trish Cameron and Julie Bushby, who have gone on regular roster to help in the main session every two weeks all season - a mammoth effort!

AGM

Our AGM was held on September 22, and we thank all those who attended. Wendy O'Neill will once again take the position of President - thank you Wendy for your dedication. Many thanks to Theresa Naisbitt for taking the position of Treasurer, we thank Michelle Slarke for her efforts in this office in the past couple of years - a job well done! Thank you also to Jeni Wyatt, Trish Cameron and Helen McWhirter for taking positions

on our fund-raising committee - a very important part of our club. Thanks to Jeni, Trish and Julie Bushby for your efforts with fundraising this season - you helped us raise a considerable sum of money for our new equipment!

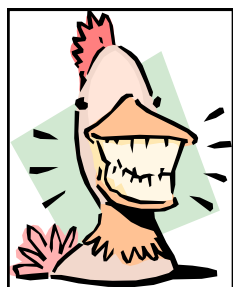
Unfortunately, the post of secretary was not filled at the AGM. I am no longer able to continue as secretary due to commitments with other community groups, and we really need someone to take over. The most important jobs that secretary will have next year are making up the roster, disseminating information to club members and answering any correspondence that requires an answer (very little - about six letters last season). Please contact me on 9866 8025 if you think you could take the position - we are getting desperate!

Coaches

Finally, of course, we must thank our coaches for their dedication. With each volunteer coach devoting more than 5 hours a week to gym, that is more than 15 hours a week devoted to our children's gymnastic development - a huge effort! So to Christine Willock (Head Coach and Kindergym Coach), Wendy O'Neill (President and General Gym Coach) and Karen Baker (General Gym Coach), thanks a million. Of course, the more coaches we have the less they have to do, and Christine will be leaving us in the next few years. It takes more than a year to train as a coach, so if anyone is interested in beginning training for Kindergym or General Gym coaching to ensure the continuation of our club, please contact Christine.

Happy Holidays - see you all again in April 2005!

Donna Hendry



Going somewhere!!! Need a passport photo?

The Lake Grace Telecentre can produce a photo suitable for passport or ID in just 10 minutes for \$8.00.

LAKE GRACE GOLF CLUB

Lake Grace Golf Club wound up their season with a three person ambrose on Sunday 26th September. Very generous sponsorship for closing day was provided by Lake Grace Communications and Computers, thank you Steve and Helen.

Winners for closing day were the combined threesome of Chad Stanton, Paul Morton and Paul Fisher with 53 1/4. Runners-up were Marcus and Nadene Owen, Stephanie Lay and Rex Walker.

Nearest the pins were Jenny Bidwell, Betty and Ray Scheid on number 4; Mike Clarke, Steve and

Val Crooks on number 6; Nadene and Marcus Owen, Stephanie Lay and Rex Walker on number 15; Michelle and Peter Lay and Craig Reeves on number 18.

Best third shot on number 11 was Reid Stubberfield, Derek Stanton and James Eaton.

Longest drive on number 3 was Andy Walker.

Best third shot on number 9 was (once again) Reid Stubberfield, Derek Stanton and James Eaton.

President Mike Clark thanked the sponsors for their generosity over the 2004 season, particularly for their flexibility while the course was closed for reseeding.

Thanks were also extended to Newman's Seed Works for donating the clover seed, John Bennett for donating the fertiliser and Bevan Lay being available at such short notice to spread it out.

Hope everyone had a good season and look forward to seeing you all in 2005.

Craig Reeves



Championship Placegetters for 2004:

Kevin Eggers (B Grade Champion); Helen Hunt (A Grade Ladies Champion); Michelle Lay (A Grade Runner-up); Andy Young (A Grade Men's Champion); Craig Reeves (A Grade Runner-up) and Golf Club President Mike Clark.
Absent - Mark Seaman (B Grade Runner-up)

LAKE GRACE BOWLS

Opening day, which was also the Cancer Foundation Day, 'rolled off' with 18 bowlers. The sum of \$178.30 was raised for this very worthwhile cause.

Winners were Milton Reynolds, Lois Dickins and Neville Moulden. There will be a busy bee this Saturday at 9am. It's a general cleanup, verges to be tidied up and shade cloth to be put up for shade shelters.

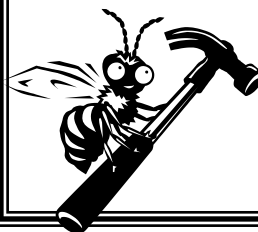
This Saturday, 9th October, 7UP pairs at 1pm. Sunday 10th October is the Mixed Fours Championship. Fixture books are available at the Club.

Lake Grace Bowling Club

Busy Bee

Saturday 9th October

9am Start



CLASSIFIEDS

FOR SALE

'91 VN Commodore

V8 with extras. Very good condition.
\$8,000 ono
Phone 9865 1334

AVAILABLE

Looking For Work

Fully experienced in farming.
Have ABN. Truck HC Licence.
Have good ability in header and chaser bin.
Welding experience. Based at Lake Grace
Caravan Park. Phone 9865 1425 after 7pm.
or PO Box 251 Lake Grace 6353

Puppy

One male. 8 weeks old. Ready to go.
Father - Huntaway kelpie X;
mother - elfindale. Free to good home
Parents fantastic sheep dogs.
Ring Ray & Julie on 9865 3017

House To Rent

Phone 9865 4041

PUBLIC NOTICES

Dr Jane Spencer

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

Community Bus

Please contact K Seaman on 9865 1842
between October 4th and October 29th for
bus bookings. Thank you.
Elsie Bishop

PUBLIC NOTICES

Ladies Christmas Party

Who's doing the Ladies
Christmas Party?
If it's you, please contact
Shirley Elliott on 9865 1137.

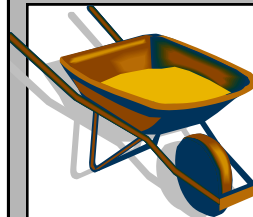


AGM

Lake Grace Tourist Promotions Group
Tuesday 12th October 6:30pm
At the Shire Chambers

Congratulations

"AgWest Machinery would like to
congratulate Donald Wallace for winning the
Kincrome Tool Box valued at \$215"

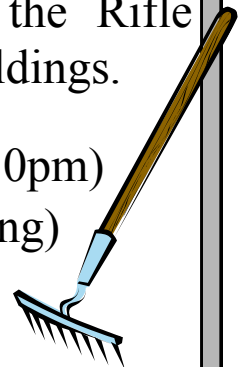


Rifle Range Clean- Up

Helpers are MOST welcome to
join Lake Grace Lions Club and
visiting Curtin University
students to clean up the Rifle
Range grounds and buildings.

Sat 9th Oct (from 2.30pm)
Sun 10th Oct (morning)

Bring shovels, rakes,
wheelbarrows and gloves



Lake Grace Shire Councillors

Councillor	Telephone	Fax
Darcy Roberts (President)	9874 4013	9874 4068
Andrew Walker (Vice President)	9865 1241	9865 1921
Ian Woods	9872 0011	9872 0050
Royce Taylor	9865 1507	9865 1320
Helen Bennett	9865 1026	9865 1568
Ollie Farrelly	9865 1304	9865 1188
Allan Lansdell	9874 4033	9874 4033
Meighan Stewart	9871 2042	9871 2042
Ian Chamberlain	9871 6043	9871 6035

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

Medicare

Lodge your claims via direct line.....

....at the Telecentre!!!

Direct phone line with a real
person on the other end

ANGLICAN CHURCH OF LAKE GRACE

Sunday 10th October

8:00am Lake Biddy
10:30am Lake Grace

Sunday 17th October

9:00am Lake Grace
5:30pm Pingaring

Enquiries:

Captain Derek McArtney 9865 1064
Deacon Michael Lloyd 9871 2041

Lake Grace Uniting Church

Sunday 10th October

No Service

Sunday 17th October

10:00 am

Enquiries:

Keith and Joan Fleming 9871 9025
Bob Burbridge 9865 4020

LAKE GRACE CATHOLIC CHURCH

Mass Time-Table

Sunday 10th October

8:00am Lake Grace

Sunday 17th October

6:00pm Lake Grace

Inquiries: Fr Pierre 9865 1248

Justices of the Peace

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

COMMUNITY CALENDAR

October

Fri 8 Dr Jane Spencer
Fish & Chip Night - LGS Club
Chase the Ace - LG Hotel

Sat 9 Steak Night - LG Sports Club
Bowls - 7UP Pairs
Federal Election

Sun 10 Open Day for Tennis - AGM
Bowls - Mixed Fours Championships

Mon 11 Uralla Ram Sale
CBH Grower/Carter Meetings

Tue 12 Lakes Village Choir — 11:30 am
Chair/SOYF Aerobics
LG Tourist Promotions Group AGM
LG Development Association Meeting

Wed 13 Pizza Night at Rosies

Thur 14 Holiday Activities - Contact Telecentre

Fri 15 Fish & Chip Night - LG Sports Club
Chase the Ace - LG Hotel
Lotterywest Seminar

Sat 16 Steak Night - LG Sports Club
Bowls - Consistency Singles

Sun 17 Social Tennis
Bowls - Social 1pm

Mon 18 Bowls - Ladies Kulin Classic
Fourth term school starts
P&C Meeting

Tue 19 Chair/SOYF Aerobics
Bowls - Ladies Kulin Classic

Wed 20 Pizza Night at Rosies

Thur 21 Newdegate Research Station Field Day

Coming Events:

22nd October - LG Sportsman's Club AGM
23rd October - Anglican Church Garage Sale
23rd October - Basketball Coaching Clinic @ Kulin
27th October - Newdegate Garden Tour
28th October - Pingrup Patchwork HACC
29th October - Quiz night at the Sportsman's Club
2nd November - Melbourne Cup Luncheon and fashion parade at the Sportsman's Club
6th November - Spring Ball and Fair at LGDHS to commemorate the schools 90th birthday and 60 years of CWA in Lake Grace.
8th November - Marketing Your Business Workshop
19th March 2005 - RFDS Fundraiser - Terry Hardy

SPENCER WOOLS

Agent for WESTCOAST WOOLS Pty Ltd

For all your wool selling needs...

**Clips on consignment – thru Auction or Private
Nett Price on Farm Forward Selling Options**

Oddments – On Spot Payments

Tel: DARREN SPENCER – 9865 1339 or 0428 651 339