

# LAKE LINK NEWS

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

1st February, 2007

\$1.10 inc GST

Vol 13 Issue 1

## Australia Day Celebrations



*Lake Grace's Citizen of the Year Steve McWhirter (right) with Lake Grace Shire President Darcy Roberts (left) and Citizen of the Year nominee Allan Zweck (middle).*

Lions, and Lioness, donned their aprons and cooked up a storm for 150 appreciative diners for Lake Grace's Australia Day breakfast held at the Shire Pool. The 7:30am start was a shock to the system, with some having to be forcefully encouraged from their beds, the smell of cooking bacon soon dispelled any hard feelings.

The early morning chill wasn't enough to deter some from flinging themselves in the water for a quick dip, however a brisk breeze meant it

was best to keep submerged. Following on from the very social breakfast Shire President started the formal proceedings of the announcement of Australia Day nominations.

Nominated were Allan Zweck for his organization of the VP Day Celebrations in 2005; Adeline Medlen for her welcoming and informative manner to travelers to our district; Steve McWhirter for his commitment to the local football club and his tireless work during times of emergency such as the January 2006

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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

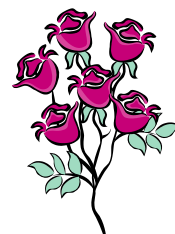
All articles, news & advertisements should be submitted to the Telecentre by close of business on Monday of paper week.

**Next Deadline: Monday 12th February**  
**Next Edition: Thursday 15th February**

### A very BIG thank you

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

*Leanne Mahoney  
Cheryl Chappell  
Allan Zweck*



*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

- Well it's back to work, kicking and screaming all the way but here none the less. The holidays whizzed by in record time leaving us floundering (just a little) for our first paper of the year. Thank you to everyone for getting in notes, news and advertising.
- As you can see from our front cover we now have a colour photocopier (thank you to Lotterywest for the grant) so we decided to celebrate our Aussie colours and do a little bit of advertising for the Telecentre at the same time.
- First Click courses are starting this week, those who have names down for Publisher, Excel and camera courses will be getting a phone call over the next couple of days.
- We had a very successful writing workshop with Margaret Cole last week which was enjoyed by all. The Lake Grace Telecentre will be instigating a Local History Writing Award this year. Once we have confirmation of sponsors for the awards we will start advertising. If you feel the creative juices flowing and would like to record your memories of an event/growing up etc in Lake Grace or would like to record a history of a building/club/organisation/individual then feel free to start scribbling.
- The next council meeting is recorded in the Shire pages as being on Wednesday 24th February, it is actually on Wednesday 28th February.
- In light of a recent phone account I would suggest that anyone and everyone get a block put on 1900 numbers for their telephone (home or business) The only legitimate purpose of having 1900 capability is to vote on 'Pulse of Perth' or reality TV (that I'm aware of). After having \$150 charged to our phone account and with us apparently not having a leg to stand on in terms of disputing the account I'm quite eager to spread the word. I can't even blame the kids, hubby or confess to having a naughty phone habit as on 11 of the 17 occasions no one was home. Telstra, bless their souls, realising that we had a whinge free background agreed to credit two thirds of the costs.....

Suzanne Reeves

## Thanks to Collators of the Last Edition



*Nadene Owen  
Harley Pittard  
Eileen Mather  
Allan Zweck  
Maurie Gilson  
Deb Beggs  
Sheryl Smith  
Leanne Mahoney  
Lorraine Seward*



## NEED A RUBBER STAMP??

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

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
<b>3/1</b>	6:33am	8:07pm	8:54pm	7:12am	<b>10/1</b>	6:39am	8:02pm	D.N.R.	1:44pm
<b>4/1</b>	6:34am	8:07pm	9:21pm	8:11am	<b>11/1</b>	6:40am	8:01pm	12:04am	2:44pm
<b>5/1</b>	6:35am	8:06pm	9:46pm	9:07am	<b>12/1</b>	6:41am	8pm	12:45am	3:45pm
<b>6/1</b>	6:36am	8:06pm	10:10pm	10:01am	<b>13/1</b>	6:42am	7:59pm	1:33am	4:44pm
<b>7/1</b>	6:37am	8:04pm	10:34pm	10:55am	<b>14/1</b>	6:43am	7:58pm	2:30am	5:39pm
<b>8/1</b>	6:38am	8:03pm	11:01pm	11:50am	<b>15/1</b>	6:44am	7:57pm	3:34am	6:28pm
<b>9/1</b>	6:38am	8:03pm	11:30pm	12:46pm	<b>16/1</b>	6:45am	7:56pm	4:44am	7:11pm



# Local Girls at Australian Youth Olympics

Courtney Gray from Lake Grace and Ashleigh Nelson from Wagin were thrilled to be selected to represent Australia at the Australian Youth Olympic Festival at Homebush Sydney in January 2007.

This selection was made even more special for both girls as it has extended an already amazing history between them. Both growing up in small country towns in the Upper Great Southern they met and became friends when they played hockey for the under 13's Regional side. Courtney started her hockey in Lake Grace and has had great support from the Lake Grace Hockey Club, before moving to School in Narrogin. They have remained friends ever since and have attended many state competitions together and are currently team mates for Willetton in the Premier League Competition in Perth.

To be selected in this Australian team both girls along with five other WA contenders attended a three series test in New Zealand recently which they won 3-nil. Four of the seven were lucky enough to be selected to attend the fourth Australian Youth Olympic Festival (AYOF), which lived up to its promises to be the biggest and most spectacular yet. The Australian Youth Olympic Festival (AYOF) is the largest Australian multi-sport event for athletes aged 13 – 19 years.

The AYOF is an initiative of the Australian Olympic Committee (AOC), following the success of the Sydney 2000 Olympic Games. The festival has previously been held in 2001, 2003 and 2005 enabling young athletes across Australia to compete with each other and international athletes from over 20 nations.

The AYOF's mission is to discover future Olympic Champions, provide them with an environment reminiscent of an Olympic Games and promote the Olympic ideals of fair play, honesty and pride in your country.

To win silver the Australian Women's team played extremely well going into the finals undefeated against countries such as China, Great Britain and New Zealand. They met Great Britain in the final which was always going to be a hard game as previous games had been close. In extremely hot conditions, Great Britain got off to an early start with two quick goals and managed to hold on to win 4-2. Although disappointed with the result of the final, Ashleigh and Courtney enjoyed the

fantastic opportunity to meet and play against other elite athletes, relished the opportunity to emulate the Olympic experience, and were enormously grateful to be lucky enough to live in a country which offers such an amazing opportunity to their youth.



Silver medal winners Ashleigh Nelson (left) of Wagin and Courtney Gray (right) of Tarin Rock, Lake Grace

## Lake Grace Playgroup

### TEDDY-BEAR'S PICNIC



**Thursday 8<sup>th</sup> February**

**9.30 11.30am**

**Pavilion Playground**

**Please bring a plate of picnic food to share.**

**All new mothers, expectant mothers, new people to town & members welcome.**

**Fun & Games**

**Bubbles**







# ABOUT TOWN

- It's a belated farewell to the Galantino family who have moved to Albany. We will continue to see Joe as he will be commuting to Lake Grace to see clients.
- Farewell also to Paul, Charmaine, Ashley and Amy Morton who have moved to Bunbury.
- Congratulations to Gerry Farrelly who celebrated his 21st on Australia Day with a 'few' family and friends.
- Well done to Rebecca Hardy and Adam Reynolds of Northampton who recently announced their engagement.
- All the best to Renae McEncroe and Jako de Klerk who are getting married this weekend at Margaret River.

## HAPPY BIRTHDAY



2nd February  
3rd February

Ray Bird  
Luke O'Neill  
Peter Medlen  
Joel Giles

9th February

Derek Stanton  
Joyce Gilson  
Mark Walker  
Angus Hunt

4th February

Cheryl Chappell  
Misha Clarke  
Olivia Jackson

10th February

Georgia Garard

11th February

Shona O'Neill

6th February

Joe Trevenen (50)

12th February

Sophie Fisher

7th February

Kathryn Nolan

Rebecca Hardy

8th February

Rommy Dorai Raj

Lily Jensen

Marcus Argent

14th

Jade Williams

Anna Strevett

Dayna Maroni

Donna Hendry

Adam Hunt



## HAPPY ANNIVERSARY

6th February - Greg & Kerrie Argent

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.

## Hiring for the Future

The WA Primary Industries Training Council is planning to run a workshop in Lake Grace on Tuesday 27 February 2007 at the Sportsman's Club. The subject is designed to assist farmers in attracting and retaining skilled farm staff and has a separate component in the afternoon targeting young people and parents in a primary industry career.

With much news in the media of late referring to the difficulty rural businesses are having in attracting and retaining skilled workers, this workshop funded by the State Government through an initiative of the Council of Australia Governments, is an opportunity for rural farmers and businesses to attend and seek solutions to any individual issues.

Speakers will offer support helping employers in the human resource component of hiring, induction and retention of employees – including overseas workers – for long term employment gains within the region.

The afternoon session is dedicated to parents and years 10,11 and 12 students, School Career Advisors, and teachers delivering Agriculture. Study, traineeships and career pathways will also be investigated.

Any person interested in attending this workshop should contact Neil Butterworth at the Small Business Centre on 0437048615. As refreshments will be provided during the day it is essential for catering purposes that you book your place before 27<sup>th</sup>.

# Lake Grace Weather

- Terry Gladish

## January Extremes

Highest Monthly Rainfall	268.6mm	2006
Lowest Monthly Rainfall	0.0	2003
Highest Number of Raindays	12	2006
Lowest Number of Raindays	0	2003
Highest Daily Rainfall	129.6mm	29/01/1990

## January Extremes

Highest Maximum Temperature	45.0	3/1/1997
Lowest Maximum Temperature	14.5	4/1/2007
Highest Minimum Temperature	29.2	5/1/1977
Lowest Minimum Temperature	05.3	25/1/2001

## February Extremes

Highest Maximum Temperature	45.4	1/2/1991
Lowest Maximum Temperature	16.4	25/2/1991
Highest Minimum Temperature	26.4	3/2/1997
Lowest Minimum Temperature	07.3	23/2/1967



Date	Min	Max	Rain
21/12	14.0	27.7	
22/12	12.0	27.7	
23/12	12.4	28.5	
24/12	12.9	n/a	
25/12	n/a	n/a	
26/12	13.3	34.8	
27/12	16.5	36.7	
28/12	21.0	38.3	
29/12	18.0	31.6	
30/12	16.2	32.7	
31/12	14.5	35.4	

Date	Min	Max	Rain
1/1	17.0	35.3	
2/1	17.0	26.5	
3/1	11.5	17.2	9.4
4/1	12.0	14.5 (rec)	2.2
5/1	11.9	23.2	2.4
6/1	11.8	28.0	
7/1	11.5	31.0	
8/1	16.0	34.2	
9/1	14.0	29.2	
10/1	14.2	26.2	0.2
11/1	12.8	27.3	
12/1	14.0	32.4	
13/1	15.4	38.3	
14/1	18.8	40.3	
15/1	23.3	30.8	
16/1	11.4	27.8	
17/1	12.0	32.3	
18/1	15.0	28.8	
19/1	13.0	24.0	
20/1	9.0	27.0	
21/1	11.5	31.8	
22/1	14.5	36.8	
23/1	15.4	29.5	
24/1	15.7	32.5	
25/1	16.8	33.6	
26/1	17.4	35.0	
27/1	15.5	35.7	
28/1	16.8	38.7	
29/1	21.0	36.3	
30/1	20.2	38.5	
31/1	16.4		

# SAND 'N' SALT

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

FASHION FOR THE SALT OF THE EARTH



## Summer Sizzle

Escape the summer heat with super  
summer styles at Sand 'N' Salt.

Come and see what we have  
for you.....



# Corporate Bowls

*Are starting again on.....*

**Friday 2nd February 2007**

**Time - 7:00 pm start**

**For a fun night out, nominate your team.**

*Will play 10 ends per night, playing every Friday night as long as weather permits.*

*If you are unable to form a team, or are new to town, please ring your name through and we will put you in a team.*

*Nominations close 6:00pm Thursday 1st February 2007.*

*Nominate as many teams as you like (teams of four).*

**Green Fees - \$3 per player per night**

***Weekly and final prizes to be won!***

**Fish & Chips available from 6:00pm.**

**Bowls are available!**

*For more information phone Geoff Sabourne on 0429 651 171.*



## Cemetery Restoration

All jokes aside, the view from the Lake Grace Cemetery is fabulous. Although the residents aren't likely to appreciate the lake and its numerous bird life, it creates a restful atmosphere for those visiting loved ones.

Over past years, improvements such as a niche wall and a memorial for stillborn and neonatal babies have been made to accommodate the needs of the town. Dedicated locals have held regular busy bees to fight the encroachment of weeds and other pests. When the scheme water was run west of Lake Grace the opportunity arose to install a water tank, providing a means of watering natives shrubs and an olive grove that have since been planted.

The heavy rainfall of January 2006 caused the ground to subside, damaging 60 grave sites, headstones and memorials within the cemetery. The resultant damage has spurred the Shire under the guidance of the Cemetery Restoration Group to not only repair, but to enhance the site. A Lotterywest grant provided funds for Albany Monumental Masons to complete this restoration work. This funding takes the pressure off families to repair the damage, it also means those residing within the cemetery that have no family locally will also have their sites treated with the respect that a final resting place deserves.



*The January floods of 2006 caused damage to approximately 60 grave sites within the Lake Grace Cemetery.*

The Cemetery Restoration Group recently met with Tom Bovell of Albany Monumental Masons to discuss improvements for the cemetery. Suggestions include better drainage for the cemetery grounds, grave markers for unidentified graves, windbreaks and a memorial garden with gazebo.

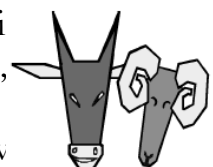


*The Lake Grace Cemetery is looking much tidier since Albany Monumental Masons completed restoration work.*

## Great Southern Stock Aids

Stock Mineral & Vitamin Supplement  
For further information please contact  
your local rural merchandiser or Great  
Southern Stock Aids, ph: 9862 6069,  
fax: 9862 6029, email:  
argates1@bigpond.com

- Superior Analysis
- Incl. Vitamins A,
- Excellent Value
- Custom mixes av



WA owned & operated



## Australia Day Celebrations *(cont.)*

flood; and Pauline Taylor for her incredible long distance horse rides that she has undertaken to raise funds for charities such as the Starlight Foundation, Breast Cancer Awareness and St John Ambulance (Lake Grace Sub Centre).

All those nominated were commended for their commitment to our town with the successful nominee being Steve McWhirter. Visibly overwhelmed, Steve was quick to point out that the award wasn't just for him, but also for the many that have worked alongside him.

Nominated for the Lake Grace Event of the Year were the Wheatbelt Cultural Forum which was hosted by the Lake Grace Artist's Group and Hardy's Hucklebuck, a fundraiser for Lake Grace St John Ambulance which was organized by Terry, Murray, Leigh and Julie Hardy and their families. The Hucklebuck, which raised \$6,000 for new equipment for the Lake Grace ambulance, was the successful nominee. Julie Hardy accepted the award on behalf of the Hardy families.



*Julie Hardy receives the award from Shire President Darcy Roberts.*

Congratulations to Steve and the Hardy families and to those who were nominated for their endeavour. Well done to the Lions for continuing the breakfast tradition.



*Local 'larrikins' Gary Frost and Chris Trevenen wave the flag for Australia.*



*Julia Oliver (left) and Kara Smith (right) are entranced by their flags.*



*Shire CEO Chris Jackson and Shire President Darcy Roberts announce the nominees.*





Shire of Lake Grace

# NEWS & NOTES

PO Box 50 Lake Grace • Phone 9865 1105 • Fax 9865 1109 • Email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)

## It's Budget Time Again!

Once again it's time for community groups and organizations to put forward their wish lists for Council's 2007/08 Budget deliberations.

Letters have been sent to the various community groups requesting budget submissions. Submissions will close mid March 2007 and need to be in writing and contain the relevant quotes and job costings.

It is planned to hold meetings in each town to provide community input into the budget. Watch your local newsletter for dates.

For more information please contact Manager Corporate Services Leonie McIlree on 9865 1105.

## LAKE GRACE LIBRARY RESOURCE & TELECENTRE BUILDING MANAGEMENT COMMITTEE

### 2007 Meeting Schedule

- Thursday 15 February
- Thursday 2 August
- Thursday 15 November

All meetings commence at 11am and will be held at the Lake Grace Library.



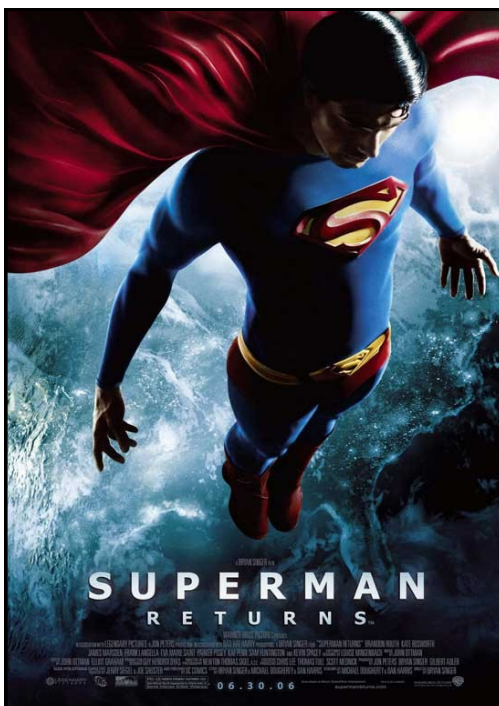
Late November saw the arrival of a brand new four bedroom, two bathroom transportable house for Blackbutt Way Lake Grace. Construction of a patio, fencing and the landscaping will be completed by the end of February. The house was built with assistance from the Country Housing Authority through a \$50,000 grant.

The house has been completed and Shire staff will now install fencing, a patio and barbeque area, paving and landscaping for the garden.

## EXPRESSIONS OF INTEREST ALLOCATION OF THE HOUSE

Expressions of interest are sought from community groups and local business for allocation of the house. Rental will be on a long term basis to assist in the provision of attracting staff and trades people to the town of Lake Grace.

Register your interest in writing and addressed to CEO Chris Jackson PO Box 50 Lake Grace WA 6353 by Wednesday 14 February 2007.



## NEWDEGATE

Thursday 8th February 2007  
at the Recreation Centre.

## LAKE GRACE

Friday 9th February 2007  
at the Sports Pavilion

**Movies start 8.30pm**

Popcorn on Sale!

Bring your own chair, rugs etc....

Sausage sizzle  
and bar facilities from 7.00pm....

Cost \$5.00 each or  
\$10.00 per family....

## COUNCIL ORDINARY MEETING

The first Council Meeting for the year will be held on Wednesday 24 February 2007, at the Lake Grace Sportsman's Club commencing at 1.00pm. Members of the public are invited to attend.





Shire of Lake Grace

# NEWS & NOTES

PO Box 50 Lake Grace • Phone 9865 1105 • Fax 9865 1109 • Email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)

## *Position Vacant*

### *Community Services Assistant*

The Shire of Lake Grace is seeking applications from suitably experienced persons for the position of Community Services Assistant.

The successful applicant will be familiar with computers, have word processing skills and developed people and communication skills.

This is anticipated to be a full time position however a flexible working arrangement may be considered.

Salary will be negotiated with the successful applicant and conditions will be in accordance with the Local Government Officers (WA) Award.

If you are interested and would like to discuss the position or obtain a Job Description, please contact Jim Fraser, Manager of Community Services at the Shire Office on 9865 1105.

**Applications close on 9 February 2007 and should be addressed to:**

The Chief Executive Officer  
Shire of Lake Grace  
PO Box 50  
Lake Grace WA 6353

#### **AUDIT COMMITTEE—CHANGE OF DATE**

The Audit Committee Meeting originally scheduled to be held on 21 February 2007 has been re-scheduled and will now be held at 11am on 6 February 2007 in the Lake Grace Lesser Hall.  
The meeting is open to the public.

### **All West Australians Reducing Emergencies (AWARE) Project**

Following the January 2006 flood, the Shire of Lake Grace secured funding through the AWARE program to conduct training and review its emergency management arrangements for the communities of Lake Grace, Newdegate, Lake King and Varley.

The Shire of Lake Grace has engaged Tim Stevens of Risk Solutions to develop a locally relevant emergency risk management strategy for the four towns of the shire. The Shire recognises that local knowledge is critical in managing emergencies and invites community groups to participate in this process.

Tim will meet with Shire Development and Progress Associations to outline the project, discuss the community consultation process and developing the emergency risk management strategy. Further consultation including a community survey is planned.

#### **AWARE Meetings**

##### **Lake King and Varley Progress Associations**

Tuesday 13<sup>th</sup> February

3.30 pm

Lake King Supper Room

##### **Newdegate Community Development Association**

Tuesday 13<sup>th</sup> February

6.00 pm

Newdegate Hall

##### **Lake Grace Development Association and Lake Grace Lions Club**

Wednesday 14<sup>th</sup> February

7.00 pm

Seminar Room, Lake Grace Telecentre

RSVP Michelle Slarke

Development Officer

Ph : (08) 9865 1105



## **Coming Attractions**

### **SHOWS ON THE GO!**

Country Arts 2007 Regional Touring Program

#### **IN TWO MINDS - a one man country rock musical by Dinkum Productions**

Coming to Lake Grace 24th March 2007 - tickets will be available from the Plaza soon.

Sponsored by the Shire of Lake Grace - more details shortly.



# Make Money Out of Your Saltland!

If you have salt affected land, or are noticing areas where your crop is getting patchy due to salinity, then saltland pastures may be for you. Saltbush-based pasture provide many benefits including:

- A source of high protein, out of season feed.
- A good source of Vitamin E.
- Reduce hand feeding in drought years.
- Manage salinity by reducing recharge on the valley floor.

Taking your paddocks out of production at the earliest signs of salinity can make a big difference in the productivity and grazing value of your saltland pastures.

Early intervention can mean the difference between be able to grow saltbush alleys with productive understorey (photo a) and block planting saltbush (photo b). Alleys of high protein saltbush, combined with a low salt, high energy understorey provide a valuable feed source. Block plantings still provide the high protein saltbush, but a low salt supplement such as a good quality hay is needed for weight maintenance.

**The Avon Catchment Council and Saltland Pastures Association are offering funding for farmers to grow saltland pastures in 2007. See advertisement for details.**



Australian Government



Saltland  
Pastures  
Association (Inc.)  
for productive saltland



## Funding available to grow saltland pastures

The Avon Catchment Council and the Saltland Pastures Association are offering funding for farmers to grow saltland pastures in the Avon Catchment in 2007. Funding is available for:

- Saltbush seedlings.
- Saltland pasture understorey species (eg. balansa clover, burr medic).
- Niche seeding of saltland pasture.

To apply, you must be:

- In the Avon Catchment.
- In the less than 450 mm rainfall zone.

Priority will be given to groups in areas of low adoption. If you do not have an incorporated group or LCDC in your area, you may apply through a sponsor organisation, or apply as an individual.

For more details or to apply, download the Expression of Interest form from the SPA website [www.crcsalinity.com.au/spa](http://www.crcsalinity.com.au/spa), or contact the SPA Project Manager:

**Sally Phelan, SPA Project Manager**

**Lake Grace**

P. 9865 1205 F. 9865 1282

M. 0427 902 126

E. [spa@agric.wa.gov.au](mailto:spa@agric.wa.gov.au)

**Applications close Friday 23<sup>rd</sup> February, 2007**



# LAKE GRACE HOSPITAL

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

TEL: 9890 2222

FAX: 9890 2202

## Immunisation:

### Lake Grace

Thursday 22nd February 2007

10:00 am—12:00 noon

Lake Grace Medical Centre

Conference Room

### Newdegate

Wednesday 7th February 2007

10:30 am—11:30 am

At Newdegate Surgery

Please remember to bring your book and Medicare Card.

*For any Child Health queries call the clinic on ph: 9890 2246 .*



## COULD YOU HAVE OSTEOPOROSIS?



See your doctor if:

- You think you have shrunk in height
- You have developed a “Dowager’s hump” in your spine
- You have a family history of osteoporosis
- You have any risk factors for osteoporosis
- You have had a fracture after minimal or no trauma
- You have sudden, severe, unexplained back pain
- You have had a recent fall
- You are worried about developing osteoporosis.

## RURAL WOMEN’S HEALTH VIDEOCONFERENCE

### ***Maintaining self-esteem and healthy relationships.***

- *Empty nest syndrome*
- *The cycle of life—from daughter to wise woman*
- *Loneliness is choice—not an inevitability*
- *Dealing with grief and separation.*
- *Looking for new challenges, rather than focusing on the doors closing.*

**THURSDAY 8TH FEBRUARY 2007**  
**at 1:00 pm (90 minute session)**  
**in the Hospital Relatives Room**

***Please contact the hospital for bookings on 9890 2222.***

## “FRESH START” QUIT SMOKING COURSE

Anyone out there wishing to quit smoking—or even those who are just thinking about it; please call to express your interest to Jill Duckworth at the hospital on 9890 2222.

Dates are to be confirmed but it will be soon!

## HACC Services:

Foot Clinic—Tuesday 6th February at the Lakes Village Hall, 9:00 am until 12 noon.  
Any queries call the hospital on 9890 2222.

## Visiting Allied Health Staff:

February visits have not been notified, so for appointments or information contact Primary Health, Narrogin **ph: 9881 0385.**

## FOR YOUR INFORMATION...

From March 2007, the hospital and grounds will be a No Smoking Zone as per Health Department policy. A designated area will be provided for members of the public.



# SCIENCE AND STUFF

**2006 SKEPTICS AWARDS:** Australian Sceptic of the Year was the peripatetic and colourful Dr Karl Kruszelnicki, who is the Julius Sumner Millar Fellow at Sydney University and a prolific author, broadcaster and tireless promoter of the wonders of science to young and old alike.



The winner of the \$10,000 prize was Dr Martin Bridgstock, a senior lecturer at Griffith University School of Science for his unit on Science, Scepticism and the Paranormal, which is designed to encourage students to research their own subjects using tools of scientific method and scepticism.

The \$2000 runner-up prize went to Kylie Sturgess, a teacher at PLC Perth, for her initiative in instituting a course to encourage students to investigate popular beliefs using sceptical principles.

The 2006 bent spoon award was Australian Pharmacies. The Bent Spoon Award is presented to the perpetrator of the most preposterous piece of pseudoscientific piffle. The ABC is the favourite contender so far to win the award this year for replacing Catalyst for Psychic Investigators, which is further evidence of a politically driven agenda to introduce "balance" to the ABC. Earlier the ABC had come under fire for axing the THE GLASSHOUSE, a panel-based satire that had won a large audience but was criticised by the government for perceived bias against it. ([www.skeptics.com.au](http://www.skeptics.com.au)).

**WHAT ARE OMEGA-3 FATTY ACIDS:** Omega-3 and Omega-6 fatty acids are polyunsaturated fats. Unlike saturated fats, which are used for energy and can be harmful (and fattening) if we eat too much of them, Polyunsaturated fats are chemically active fats that are important structural components of every cell membrane in our body.

A large body of research has shown that omega-3 fats are very important for cardiovascular health, and can therefore help to maintain a healthy heart. However, our bodies can't make these polyunsaturated fats, and diets in western societies have become increasingly deficient in omega-3. Vegetable sources of omega-3 include dark leafy vegetables, nuts and seeds. These can be converted to long-chain omega-3 fatty acids in the body, which are particularly important. However, many people have difficulty making these conversions. For these people the long chain omega-3 fatty acids can be obtained directly from oily deep sea fish like tuna, mackerel, pilchards and sardines, or marine algae. (Australian Science Magazine) (web site at [australianscience.com.au](http://australianscience.com.au)).

**ANCIENT REEF RUNS AGROUND NEAR MARGARET RIVER:** The discovery of the World's most southern coral reef has sounded a warning about how severe the impact of global warming could be. The fossilised coral reef was discovered 2.5 metres above the high tide mark at Foul Bay near the WA Town of Margaret River.

Prof. Malcolm McCulloch of the Australian National University's Research School of Earth Sciences said the reef dates back 128-125,000 years ago, which is in the middle of the last period of global warming before our most recent ice age.



Sea levels would have had to be 3-4 metres higher at the time for the reef to grow. Given its southerly location, the oceans must have been much warmer than now. At the time we know that atmospheric CO2 levels were high, climate had warmed, that the northern icesheets had melted significantly and that sea levels rose before dropping by around 130 metres again as the ice age returned and locked up water, McCulloch says. Sea levels 6 metres higher than today have been hypothesised for the era, but evidence has been unclear, partly because the peak was apparently brief.

Only around 0.5 metres can be attributed to thermal expansion of the oceans, so rises above this must have been the result of catastrophic melting of the Greenland or Arctic ice sheets. McCulloch says that estimating how much melting occurred has been the largest uncertainty in establishing what the World was like at the time. "Now from the Margaret River corals we have evidence of not only unusually warm ocean temperatures, but that this was associated with rapid melting of icesheets contributing to an additional 3-4 metres of sea level rise." Past changes were caused by regular cycles in the Earth's orbit, and McCulloch acknowledges that historical sea level rises "are all slightly different from one another". Nevertheless, he believes the discovery presents a warning for all those living close to the sea as to what they need to expect. Given the Australian rush to the coast over the past few decades and development that removes the ability of coastlines to respond to rising water levels, this may soon be a problem for many inhabitants of towns like Margaret River. (Australian Science vol 28 number 1 2007).

**BREAKING UP IS ALL TO EASY:** You would think that someone would notice a missing chunk of ice 30 metres thick and as large as 66-square-kilometres, but the Canadian Ice Service only discovered the change to the Coastline of Ellesmere Island, Canada's northernmost Arctic island, during a recent analysis of satellite images. The loss of the Ales ice shelf is the latest event in a process that has been going on for more than half a century. During that time about 90 per cent of the ice shelves that once fringed Ellesmere Island have disappeared. 2007 is International Polar Year and is to focus attention to these regions.



All articles in Science and Stuff are from science magazines and internet news services.

Maurice Gilson.

# LAKE GRACE ARTIST'S GROUP

While some of you were wallowing on the beach and swimming and generally having a good time the rest of us were home still being busy.

On 19th January we had a Journal Making workshop in the ART SPACE. This was making hand stitched hard cover journal/books/diaries.

These can be made using any new or recycled paper. There was a selection of cartridge paper, water colour paper, pastel paper, tissue paper, tracing paper, brown paper, coloured paper, photocopy and graph paper, all incorporated into the journals.

It was a fun day and everyone went home with a beautifully bound hard cover journal/book and the skills to make more.

It was pleasing to see Lauren Bushby and Jayne Argent take their journals and use them at the Margaret Cole Journal writing workshop the following week.

It was great to see teenagers Lauren, Lisa, Rhiannon and Jayne (she helped teach), come along to the workshops. Teenagers and young adults are all welcome to come along to all the workshops and meeting days.

Anyone that missed out on the workshop and would like to come and have a go at journal making/book binding, please let me know and we will get another session going — this is a one day workshop.

We have a busy schedule for the year 2007, so keep your eyes open for notices in the Links or around town.

If you are new to town or the district and would like to join us, regularly or occasionally, you are very welcome to come along. If you would like to get on our email list contact Anna on [kastrevett@esat.net.au](mailto:kastrevett@esat.net.au).

Meeting days and workshops will be advertised in the Lakes Link Calendar, or in the window of the ART SPACE. Contact myself Kerrie Argent 9865



*Enjoying the Journal Making workshop were: (back) Catherine Hendry, Phyllis Dunham, Rhiannon Wallace, Lisa Clarke, Kerrie Argent and (front) Sarah Allen, Anna Strevett, Jayne Argent and Elizabeth Spencer.*

4042, Anna Strevett 9865 4023 or Tania Spencer 9865 1339 for further information.

Workshops already booked for this year are, a painting workshop with Angela Stewart, and silk painting the 21st and 22nd of April. If you are interested please put your name down with Anna or myself.

Tania and Michelle will be getting into the sheep making casting come February, watch out for notices and posters and information in the Lakes Link. They will be on the lookout for plenty of helpers!

*Kerrie Argent*

## Paper & Card

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and leathergrains  
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## Sponsored by the Avon Catchment Council Native Plant Industries Project

### Oil Mallee Industry Update and Field Day

Thursday 22 February

10.00am Koorda Recreation Ground

#### Updates from the following organizations:

- Oil Mallee Association
- Kalannie Distillers
- Oil Mallee Company of Australia
- Department of Environment and Conservation
- Regional Representatives

#### Specific topics covered include:

- Research and Development
- Harvesting, mulching and oil distillation
- Mallee projects funded through regional catchment councils
- Planning, design and layout for large scale mallee projects
- Industry direction and opportunities

The afternoon session will include visits at several properties north of Koorda, finishing back in Koorda at 4.00pm.

**Lunch, bus and refreshments provided.**

To RSVP of for more information, please contact:

Tim Emmott: (08) 9621 2400 / [temmott@gawa.org.au](mailto:temmott@gawa.org.au) or Marg Scott (08) 9433 1244 / [marg.scott@oilmallee.com.au](mailto:marg.scott@oilmallee.com.au)

**Shire of Lake Grace community members are welcome to travel to the workshop with Shire staff.**

**Contact Jim Fraser or Michelle Slarke - Tel: 9865 1105.**



Sponsored by the Avon Catchment Council Native Plant Industries Project

# Do you need housing finance?



Country Housing Authority has been providing housing finance to farmers and businesses for over 30 years.

**WE COME TO YOU!**

Call our friendly staff on 1800 158 200 or visit [www.dhw.wa.gov.au](http://www.dhw.wa.gov.au)

## Regional Medical Centres Support Physical Activity Campaign

Wheatbelt general practitioners and medical centre staff are joining with Wheatbelt Population Health to promote the Heart Foundation's state wide physical activity campaign, 'Find Thirty. It's not a big exercise' from the 4th –15th February 2007.

During the campaign a 'Find Thirty' competition and colourful display will be run in medical centers across the Wheatbelt to increase the awareness of the importance of physical activity. GP surgeries participating in the promotion include: Boddington Medical Centre, Bruce Rock Health Centre, Federal Street Clinic – Narrogin, Dalwallinu Medical Centre, Gemini General Practice, Kondinin Medical Centre, Lake Grace General Practice, Lancelin Medical Centre, Merredin Medical Centre, Newdegate General Practice, Quairading Medical Practice, The Doctor Shop, Wagin Medical Centre and Wongan Hills Medical Centre.

'Physical activity booklets and pamphlets will be available in the waiting areas of medical centers, explaining the benefits of physical activity and simple ways to include activity into their day' said Wheatbelt Public Health Unit, Health Promotion Officer, Tracy Fuhrmann.

The enthusiastic response from Wheatbelt medical centres to be involved shows interest to promote this message to the community.

'The Find Thirty campaign is about showing people how easy it is to include physical activity into their day and the health benefits they can gain from doing so', said Miss Fuhrmann.

Almost half of Wheatbelt adults are not doing enough activity for good health, and are overweight or obese, so it is important campaigns such as this are promoted regularly.

"We are promoting thirty minutes a day of moderate intensity physical activity for good health, which can be broken down into three lots of ten minutes of activity."

"This isn't difficult to achieve, it involves doing simple everyday things, regularly – like going for a walk, dancing to your favourite music or playing with your children" said Ms Fuhrmann.

For further information about Find Thirty activities happening in the Wheatbelt please contact Tracy Fuhrmann, at the Wheatbelt Public Health Unit on

## Cameron Firearms

- Firearms
- Ammunition
- Re-loading equipment
- Accessories



Contact Mark  
0429 653 031

D/L 9993869

### Seminar room Facilities Available for Hire

\$99 for full day  
\$49.50 for half day  
\$22 per hour

Fully heated and air conditioned, comfortable seating with kitchen facilities.

*Ring the Telecentre to book.*

### Scanning

Have your family photographs scanned and saved to CD at the Telecentre.

We can also download from your digital camera.

Enquiries on 9865 1470.

## *Hail, flood, drought, locusts! What next?*

*You, or someone you know may have stress - which is acute distress associated with hard times.  
If stress persists it can lead to depression.*

### Stress Busting!

#### Stress Responses

##### BEHAVIOUR

- Withdrawing, isolating, 'distancing'
- Irritated by others
- Feelings of detachment
- Outburst of anger, frequent arguments
- Increased use of alcohol or drugs
- Avoidance of people/places/things

##### THINKING

- Frequent thoughts of crisis
- Unpleasant dreams
- Problems making decisions
- Problems with concentration
- Forgetfulness
- Loss of objectivity

##### HOW TO LOOK AFTER YOURSELF

- Get plenty of rest even if you can't sleep
- Daily physical activity improves well-being
- Re-establish normal routines
- Contact friends
- Express your feelings
- Reduce use of alcohol/drugs
- Access support services

##### HOW TO HELP OTHERS

- Spend time with them
- Offer support and a listening ear
- Help with everyday tasks
- Give them 'space'/private time
- Don't take anger personally
- Don't tell them they are 'lucky it wasn't worse'/'forget it, life goes on'/'others had it harder'

#### *Want more information or support?*

##### Australian Psychological Society

(Find a Psychologist)  
1800 333 497  
[www.psychology.org.au](http://www.psychology.org.au)

##### beyondblue info line

1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.ybblue.com.au](http://www.ybblue.com.au) - website for young people

##### Bush Crisis Line and Support Services

(24 hour support for rural health practitioners and their families)  
1800 805 391

##### Centrelink

- Info on all govt. benefits - 13 61 50
  - Drought Assistance Line - 13 23 16
  - Farmer Assistance Line - 1800 050 585
- [www.centrelink.gov.au](http://www.centrelink.gov.au) Information on income support and referrals to counselors

##### Kids Help Line

1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au) - Online counseling

##### Lifeline

13 11 14

##### Lifeline's "Just Ask"

(Rural Mental Health information)  
1300 13 11 14

##### Mensline Australia

1300 789 978  
[www.menslineaus.org.au](http://www.menslineaus.org.au)

##### Parent Help Line

(Child and Youth Health)  
1300 364 100

##### Relationships Australia

1300 364 277  
[www.relationships.com.au](http://www.relationships.com.au)

##### Rural Women's Telephone Counselling Service

1800 182 098

##### Rural and Remote Mental Health

13 14 65

##### Trans-Help Foundation

(Support for transport drivers and their families)  
1300 787 996  
[www.transhelpfoundation.com](http://www.transhelpfoundation.com)

##### Women's Information Service

1800 188 158

##### [www.abc.ent.au/water/drought/](http://www.abc.ent.au/water/drought/)

ABC News drought related info

##### [www.counsellingonline.org.au](http://www.counsellingonline.org.au)

Online drug and alcohol counseling

##### [www.crufad.org](http://www.crufad.org)

Info on depression, anxiety and its management

##### [www.depressionnet.com.au](http://www.depressionnet.com.au)

Online info and support forums

##### [www.farmsafe.org.au](http://www.farmsafe.org.au)

Info on health and safety for farmers/families

##### [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

Online psychological therapy

##### [www.reachout.com.au](http://www.reachout.com.au)

Info to help young people through tough times



# Switch on...

to your Wheatbelt TAFE



## *Sean Gillespie —Wool Classing*

"I have been in the industry for more than 20 years.  
This will mean that I am accredited."

## *Donna Cochrane —Wool Classing*

"I am getting my certificate as I need it to be a  
wool broker. It's very challenging but I really liked  
the wool testing."

# Study online at your local TAFE Centre

**Study selected courses at your local telecentre  
via virtual classroom. Please contact  
your local telecentre for more information.**

**Kondinin TAFE Centre**

35 Jones St, Kondinin WA 6367  
Ph: 9889 1056

**Pingelly TAFE Centre**

23 Parade St, Pingelly WA 6308  
Ph: 9887 1458

**Beverley Telecentre**

2/123 Vincent St, Beverley 6304  
PH: 9646 1600

**Brookton Telecentre**

42 Lennard Rd, Brookton  
Ph: 9642 1395

**Corrigin Telecentre**

35 Lark Cres, Corrigin WA 6375  
Ph 9063 2778

**Hyden Telecentre**

40 Naughton St, Hyden WA 6359  
Ph: 9880 5088

**Kondinin Telecentre**

3 Gordon St, Kondinin WA 6367  
Ph: 9889 1117

**Lake Grace Telecentre**

Lot 65 Absolon St, Lake Grace 6353  
Ph: 9865 1470

**Newdegate Telecentre**

Collier St, Newdegate WA 6365  
Ph: 9871 1791

**Pingelly Telecentre**

Parade St, Pingelly WA 6308  
Ph: 9887 1409

**Varley Telecentre**

Lot 19 Arthur St, Varley WA 6355  
Ph: 9875 1075

**Wagin Telecentre**

46-48 Tudhoe St, Wagin WA 6315  
Ph: 9861 1644

**Wandering Telecentre**

18 Watts St, Wandering 6308  
PH: 9884 1561

**West Arthur Telecentre (Darkan)**

27/29 Burrowes St, Darkan WA 6392  
Ph: 9736 2000

**Wickepin Telecentre**

24 Wogolin Rd, Wickepin WA 6370  
Ph: 9888 1500

**Williams Telecentre**

5 Brooking St, Williams WA 6391  
Ph: 9885 1378

**Freecall 1800 627 256**  
**[www.cyoctafe.wa.edu.au](http://www.cyoctafe.wa.edu.au)**



# HUMOUR

## Baking a Cake

Alice was to bake a cake for the church ladies' group bake sale, but she forgot to do it until the last minute.

She baked an angel food cake and when she took it from the oven, the center had dropped flat.

She said, "Oh dear, there's no time to bake another cake."

So, she looked around the house for something to build up the center of the cake.

Alice found it in the bathroom ... a roll of toilet paper.

She plunked it in and covered it with icing.

The finished product looked beautiful, so she rushed it to the church. Before she left the house, Alice had given her daughter some money and specific instructions to be at the bake sale the minute it opened, and to buy that cake and bring it home.

When the daughter arrived at the sale, the attractive cake had already been sold.

Alice was beside herself.

The next day, Alice was invited to a friend's home where two tables of bridge were to be played that afternoon.

After the game, a fancy lunch was served, and to top it off, the cake in question was presented for dessert.

Alice saw the cake, she started to get out of her chair to rush into the kitchen to tell her hostess all about it, but before she could get to her feet, one of the other ladies said, "What a beautiful cake!"

Alice sat back in her chair when she heard the hostess (who was a prominent church member) say, "Thank you, I baked it myself."

## Thank You Notes

One Christmas, mom decreed that she was no longer going to remind her children of their thank-you note duties.

As a result, their grandmother never received acknowledgments of the generous checks she had given.

The next year things were different, however.

"The children came over in person to thank me," the grandparent told a friend triumphantly.

"How wonderful!" the friend exclaimed. "What do you think caused the change in behavior?"

"Oh, that's easy," the grandmother replied. "This year I didn't sign the cheques."

## Christmas Present

It was the day after Christmas at a church in San Francisco. The pastor of the church was looking over the cradle when he noticed that the baby Jesus was

missing from among the figures. Immediately he turned and went outside and saw a little boy with a red wagon, and in the wagon was the figure of the little infant, Jesus.

So he walked up to the boy and said, "Well, where did you get Him, my fine friend?"

The little boy replied, "I got him from the church."

"And why did you take him?"

The boy said, "Well, about a week before Christmas I prayed to the little Lord Jesus and I told him if he would bring me a red wagon for Christmas I would give him a ride around the block in it."

## Marriage Problems

A man and woman were having marriage problems, and decided to end their union after a very short time together. After a most brief attempt to reconcile, the couple went to court to finalize their break-up.

The judge asked the husband, "What has brought you to this point, where you are not able to keep this marriage together?"

The husband said, "In the six weeks we've been together, we haven't been able to agree on one thing."

The wife said, "Seven weeks."

## Fishing

A game warden noticed how a particular fellow named Sam consistently caught more fish than anyone else, whereas the other guys would only catch three or four a day. Sam would come in off the lake with a boat full. Stringer after stringer was always packed with freshly caught trout. The warden, curious, asked Sam his secret. The successful fisherman invited the game warden to accompany him and observe. So the next morning the two met at the dock and took off in Sam's boat. When they got to the middle of the lake, Sam stopped the boat, and the warden sat back to see how it was done.

Sam's approach was simple. He took out a stick of dynamite, lit it, and threw it in the air. The explosion rocked the lake with such a force that dead fish immediately began to surface. Sam took out a net and started scooping them up. Well, you can imagine the reaction of the game warden. When he recovered from the shock of it all, he began yelling at Sam. "You can't do this! I'll put you in jail, buddy! You will be paying every fine there is in the book!"

Sam, meanwhile, set his net down and took out another stick of dynamite. He lit it and tossed it in the lap of the game warden with these words, "Are you going to sit there all day complaining, or are you going to fish?"



## New Small Business Service Available to Community

Following the closure of the Small Business Centre in Narrogin in May 2006, a new centre has now opened in Wagin to service your area.

Neil Butterworth is the new manager and can be contacted on 0437 048 615. Neil has worked as a small business facilitator for over 15 years and is very experienced to assist you with any small business problem.

One of the government programs, the New Enterprise Incentive Scheme (NEIS) in particular has worked successfully in assisting unemployed people get into self employment. To find out how this program could help you, please give Neil a call or call into your nearest Telecentre where brochures on the program are available.

For new and existing businesses, the Great Southern Regional Business Association will be conducting small business workshops in your area. Details of the workshops for 2007 will be advertised through this newsletter – so watch for more information. Workshops revolve around training for tourism, cash flow, and marketing however if you have a special request for any particular subject, please contact me, and we will do our best to meet your needs.

The new centre has access to small business

training vouchers that may be redeemed at up to \$200 per person. As the vouchers relate to small business training, applicants must quote their ABN to participate.

Please write this number down for future reference:  
Neil Butterworth – Great Southern Regional Business Association – 0437048615.

**This program is provided free to the community through State government funding and the support of the Shires of Wagin, Dumbleyung, West Arthur, Narrogin and Australia Post.**

*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**



## OVERSIZE OVERLAND

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## WHAT COULD YOUR SPORTING CLUB DO WITH \$2000?



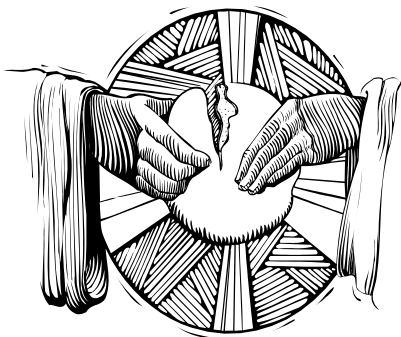
### HEALTHY CLUB SPONSORSHIPS

Incorporated clubs playing in a recognised sporting competition over the 2007 inter season may apply for up to \$2000 for initiatives to make their club safer, healthier and to train and educate volunteers.

In return for sponsorship, clubs are required to become permanently and totally smoke free in all indoor areas and introduce strategies to address other health issues. Clubs will also need to develop and introduce a Healthy Club Policy addressing the issues of smoking, sun protection, sport safety, alcohol and healthy food choices.

Guidelines and application forms can be obtained from the Sports Medicine Australia website at [www.smawa.asn.au](http://www.smawa.asn.au) or by contacting Sports Medicine Australia on (08) 9285 8033.

**APPLICATIONS CLOSE 5pm, Friday March 2 2007.**



Maria Regina Catholic Parish  
wishes to thank everyone for  
your grain, wool, yabbie and  
monetary donations during our  
Harvest Appeal 2006-07.

May our Good Lord continue  
to bless your good works for  
this year 2007 and beyond.

God bless you all.

# THANK YOU

## HANDYMAN



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Richard  
Mob: 0427 817 891  
Home: 9820 6061



Welcome to Night Watch for the fortnight, from midnight Friday 3<sup>rd</sup> February to midnight Friday February 16<sup>th</sup>. Remember astronomy is looking up. Never look at the Sun without a solar filter that completely covers the skyward end on a telescope and never with binoculars.

Viewing of the night sky is available here at my place or your place if out of town, just ring to book on 9865 1516 for information. All times are WA daylight saving.

Our local star, the Sun, resides in the Constellation of Capricornus for the whole fortnight and shines at magnitude -26.72. Morning twilight starts around 5am and evening twilight ends around 9:38pm. The sun takes around 12hrs 30 minutes to transit across the sky. Viewing of the sun can be arranged, as I check the sunspots every day possible.

**MOON PHASES:** The Moon will be at the last quarter phase on Saturday 10<sup>th</sup> in Libra at 6:41pm and shines at magnitude -6.0.

On Wednesday 7<sup>th</sup> at 8:11am in Virgo, the Moon will be at apogee (furthest), from Earth at 404,992kms.

**OTHER MOON PHENOMENON:** On Saturday 3<sup>rd</sup> in Leo, the Moon will be 0.9° north of the ringed planet Saturn, and also 1.1° north of the +1.3 magnitude blue double star Regulas, which is 77.49 light years away. The double shines at +7.6 magnitude and is yellow. In Virgo on Thursday 8<sup>th</sup>, the Moon will be 1.3° (small finger at arms length), south of the bright magnitude +0.8 blue star Spica, which is 262 light years away. (Spica means sheaf of wheat).

On Monday 12<sup>th</sup>, in the morning sky in Scorpius, the Moon will be 0.7° (close), to the red supergiant star Antares (heart of the scorpion), which shines at magnitude +1.2 at 603 light years from Earth. Antares has a close double at magnitude +5.4 and shines blue/green. It will also be 6° (three fingers at arms length), south of the planet Jupiter.

On Thursday morning 12<sup>th</sup>, the Moon will be 4° (two fingers at arms length), south of Mars. With the moon moving through the night sky mostly after evening twilight there should be plenty of good nights for viewing.

**PLANETS:** Mercury in the Constellation of Aquarius, sets on Saturday evening at 9pm in the twilight, shining at magnitude -0.7 at 18° east elevation. By Friday 16<sup>th</sup>, Mercury will set at 8:19pm.

Venus at a very bright -3.9 magnitude, in the evening night sky in Aquarius, sets at 9:22pm just before end of twilight. On Friday 16<sup>th</sup>, Venus sets at 9:13pm.

The red planet Mars in Sagittarius, rises in the late morning sky at 4:05am on Saturday 3<sup>rd</sup> at magnitude +1.4. Mars is close to the moon on the 15<sup>th</sup> and rises at 3:59am on Friday 16<sup>th</sup>.

Jupiter the giant gas planet in the constellation of Ophiuchus, rises in the early morning sky at 2:04am at

magnitude -1.9, and is close to the moon on Monday 12<sup>th</sup>. Jupiter rises at 12:24am on Friday 16<sup>th</sup>.

The ringed gas planet Saturn in the constellation of Leo, rises in the evening sky at 8:30pm at magnitude +0.0 on Saturday just 0.9° (close), south of the moon. Saturn will be at opposition (opposite side of the Earth to the sun on Sunday 11<sup>th</sup>). On Friday 16<sup>th</sup> Saturn will rise at 7:36pm.

Uranus in Aquarius at magnitude +5.9 sets in the evening twilight at 8:44pm and would be hard to find.

Neptune in Capricornus is starting to rise in the morning twilight and too close to the sun.

Meteors in the Constellation of Centaurus will be at twenty per hour some time during night. To find Centaurus, look for the southern cross (Crux), as it almost surrounds it.

There are satellites and meteors during the night. If you see a very bright light crossing the sky, it will be the space station or if the light oscillates it is a plane or a tumbling satellite.

#### CONSTELLATIONS IN VIEW WITH THE MAIN OBJECTS ARE:

Orion the Hunter (the saucepan), with the nebula M42 in the handle, the flame and horsehead nebula near the southmost star of the three bottom stars. The bright red star to the north to north east is the supergiant Betelgeuse at 427.47 light years distant and shines at magnitude +0.5, and the bright blue star Rigel is also a supergiant and at 772.88 light years shines at +0.18. In the handle there are four stars called the Trapezium that light up the gasses. The bright stars under Orion represent Lepus (the hare).

The brightest star in the sky southeast of the saucepan is Canis Major at 8.6 light years shines at magnitude -1.44 and is a close double. The double star is a white dwarf and a spoonful would weigh as much as a large bulldozer. To the north-northeast is the constellation of Gemini. To the North of Orion is Auriga (the charioteer) and to north to northwest is Taurus (the bull) with the orange/red star Alderbaran in the open star cluster Hyades and along the same line is the open star cluster, the Plaiades or the seven sisters, which is the oldest eye test known.

You should be able to see seven stars or better. The line of stars and dark gas marks the Orion arm of the Galaxy, which is where we live. Carina is in the south east and the southern cross is behind that with Centaurus.

Please report any strange sightings so they may be explained if possible.

Maurice Gilson,

A member of the Astronomical Society of WA in Perth.

16 Clarke Avenue Lake Grace.

Phone: 9865 1516.

Email: mgi11687@big pond.net.au





## Snippets from St Anne's Anglican Church

### Parish points

The **Annual Meeting of Parishioners** will be held on Sunday February 25<sup>th</sup> following worship at the Parish Centre. Light luncheon to follow. Everybody is welcome. A **Lenten Study Group** will begin on Wednesday 28<sup>th</sup> February. The six week study will discuss "What it means to be an Anglican" and encourage you to consider your life as a Christian. The sessions will start at 7pm, followed by supper. Please register your interest with Terry Gladish. Everybody is welcome.

**Confirmation** is an opportunity to affirm your baptism as a disciple of Christ. A confirmation class is starting in February at St Anne's and if you, or a member of your family, wish to become a communicate member of our Church then please contact Terry Gladish.

### Worship times

#### Lake Grace

Sunday 4<sup>th</sup> February 9am

Sunday 11<sup>th</sup> February 9am

#### Newdegate

Sunday 18<sup>th</sup> February 8am

#### Ash Wednesday service

Wednesday 21<sup>st</sup> February 7.30pm

St Anne's Lake Grace

### Enquiries

Terry Gladish (08) 9865 1022

Lynn Parker (08) 9865 1084

## Desperately Seeking Country Adult Swimmers of all Abilities to Attend Coaching Clinic

Date: Saturday 10th March  
Time: 10:00am - 1.00pm  
Venue: Narrogin Leisure Centre  
Clayton Road Narrogin  
Cost: \$30.00 (includes lunch)

RSVP With Payment by Tuesday 6th March to Trina Lane, Project coordinator, Masters Swimming WA  
PO Box 57 Claremont WA 6910  
Any queries - 9387 4400 or  
[sandgroppersclub@aussiwa.com.au](mailto:sandgroppersclub@aussiwa.com.au)

### For an extra \$36 you can become a BE ACTIVE Sandgroppers Club member!

Annual Membership (calendar year) benefits include: Sandgropper club swim cap, BE ACTIVE drink bottle, access to annual coaching in several country areas; quarterly training programs for all swimming abilities, coaching tips and direct link to metropolitan coaches for ongoing support; access to Masters competitions - Inter club, State, National and International; quarterly newsletter in hard or electronic copy; access to swim masters Swimming WA clubs when visiting Perth or other regional centres.

## FARMWORKS LAKE GRACE HAS A VACANCY FOR A STORE/SALE PERSON.

Farmworks Australia is a WA owned and operated national rural merchandising company. For the right person a career path in the rural retailing sector could be available.

The applicant will need to be diligent, honest and possess good communication skills.

Knowledge of the agricultural industry would be favourable but not essential as on the job training will be provided.

Applications close on Friday the 9<sup>th</sup> of February 2007.

Please apply in writing to:

The Manager  
Farmworks Lake Grace  
PO Box 158  
Lake Grace WA 6353  
Ph: 9865 1217



## Australia's Best Back Yards

Channel 7 is planning a new programme called **Australia's Best Back Yards** and they are looking for **eccentric and amazing backyards** to feature in the programme. They need to be **residential back yards** so the huge open cut mine in the back yard of the Gwalia Museum and Hoover House does not qualify unfortunately!!!

There must be some some amazing backyards in the Wheatbelt. Some years back there was a guy in Toodyay who painted every thing with spots – even the grapevine leaves each summer!!! That is what they are looking for - or a truly amazing one like a jungle with caves and waterfalls or some such thing. Not just wonderful gardens. Needs to be something with a difference!!!

If you know of any amazing back yards in our area please let **Angie Richards of DSP Beyond** know the details. She can be contacted on (02) 9455 0411 or email [angie@dspbeyond.com](mailto:angie@dspbeyond.com).

## WA Young Farmer on Again in 2007

WA Rural Youth is again set to host the CSBP WA Young Farmer of the Year competition at Wagin Woolorama in 2007. The competition is the premier event for young farmers from all over regional WA to compete for the title of "WA's Young Farmer of the Year". The competition will be held on Friday 9 March on the Horse Oval at the West Gate.

From 9am until the Presentations Sundowner, fearless young men and women will be put through their paces across eight farm-based modules. Modules test both practical skills and theoretical knowledge across major industry areas such as cattle, sheep and wool and agronomy as well as other relevant areas such as machinery repair and maintenance, farm finance, farm safety and a domestic module. All skills that farmers would be expected to carry out regularly in their farming operations. You don't even have to be a farmer to enter, with past competitors being students, agronomists, bankers, farmhands, farmers and even a journalist!

Cameron Williams (27) of Mogumber took out the 2006 competition after participating in a regional event at the Moora Show. He later went on to win the National Finals also hosted by WA Rural Youth at the Dowerin Field Days.

Mr Williams said it was a good opportunity for farmers to be recognised for the onerous job they often had to do. "Competing in young farmer competitions at Moora, Wagin Woolorama and on a national stage has increased my confidence to deal with whatever farming and personal challenges come along."

Mr Williams also said that the competition had inspired him to learn more about areas of the farm he would have put off, like bookkeeping and farm finance. "I'd encourage anyone thinking about entering to join it. It's a great day out meeting lots of other young farmers from all over WA as well as challenging yourself and your brain in a fun but supportive way" he said.

CSBP are pleased to be the Major Sponsor again in 2007. CSBP's Manager of Training and Development Mr Barrie Ball praised the continuing partnership with WA Rural Youth. "As an agribusiness company we are always looking to support rural events which have a positive impact on the WA rural community. This competition is a marvellous opportunity to showcase what rural life can offer young people and raise the awareness in the wider community of the high levels of skills that are required of farmers these days".

WA Rural Youth's State President John Paul Collins echoes Mr Ball's sentiments "The competition aims to promote life on the land as an exciting and vibrant

career option while also giving important recognition to the skills and achievements of young people working in agricultural industries. Competitions like this put a positive aspect on it rather than a negative, about life in the bush".

Mr Collins went on to say that, "the competition has a history of female entrants performing exceptionally well. The blokes had better watch out because in previous years the girls have given them a run for their money!"

Over \$2000 in cash and prizes are up for grabs at the WA event with the winner and runner up going on to represent WA at the National Finals later on in August.

To be eligible to enter the 2007 CSBP WA Young Farmer of the Year Competition, entrants must be aged 16-30 and have a keen interest in agriculture. Nominations are now open until the 26 February 2007. To register your interests visit our website at [www.ruralityouthwa.org.au](http://www.ruralityouthwa.org.au) or call the WA Rural Youth Head Office on 9645 5004.

For more information or to arrange an interview call Cameron Williams (2006 Winner) on 0427 519 000, or John Paul Collins (Rural Youth State President) on 0407 514 146.



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Greg Guile - WFI Wagin 18 Tavistock Street.

Phone 9861 1788 Mobile 0427 991 574.

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## Active Ageing - Farming Over 55?

Farming Over 55 is a program of the Farm Injury Prevention Project of the Australian Centre for Agricultural Health and Safety, funded by the Commonwealth Department of Health and Ageing.

The program looks to address issues for older farmers through an innovative program addressing natural processes of ageing and ways to make work easier as farmers get older and is guided by Farmsafe Australia's Safety Of Older Farmers Reference Group.

As part of the program, workshops are being held across Australia to bring farmers together to:

- ☐ discuss how getting older affects farm work
- ☐ discuss ideas to make work easier
- ☐ receive free information and products to help make work easier

The workshops also have guest speakers from the medical profession who provide information about the natural processes of ageing, with the take home message to accept and respect your age and to make the necessary changes to stay fit and well.

SuperCheap Auto also provide support by displaying some of their products that can help compensate for the natural process of ageing including trolleys (loss of strength), non-slip ladders (loss of balance) and work lights (loss of any visual ability).

Workshops have already been held in Bingara and Pilliga in NSW and similar workshops are soon to be held in WA and SA, with all ideas and outcomes from the events to be compiled into a practical resource for farmers.

For further information on the Farming Over 55 program please contact Michelle Darrington at Farmsafe WA Alliance on (08) 9359 4118 or email [farmsafe\\_eo@westnet.com.au](mailto:farmsafe_eo@westnet.com.au).

***Farmsafe Australia and Farmsafe WA Alliance  
would like to invite you to participate in a***

### **Farming Over 55? Workshop**

on the 5th February 2006  
at the John Higgins Community Complex  
Clayton Road, Narrogin from 8.30am

Lunch will be provided

Please RSVP to  
Michelle Darrington on 9359 4118  
or John McDougall on 0427 856 864  
by Monday 29th January 2007  
Please invite others and couples/partners are  
encouraged to both attend!

## Thank You...Thank You...Thank You...Thank You

The Lake Grace Sportsman's Club would like to thank the following businesses who contributed to the 'Business Sponsored Christmas Drinks' which were held on Friday 22nd December 2006.

Ag West Machinery  
AWB  
Bankwest  
CCL Hardware  
Elders  
Farmworks  
Fyfe Transport  
Gardiner's Meat Supply  
Great Southern Fuel Supplies  
Lakes Building Maintenance  
Lake Grace Communications & Computers  
Lake Grace Gardening Supplies  
Lake Grace Plaza  
Lake Grace Sportsman's Club  
Lakeway Hair Salon  
Landmark  
Maalouf Ford  
Neu-Tech Auto Electrics  
Outback TV

Peter Hudson's Tyre & Mechanical  
RW & R Pelham  
Saltbush Inn  
SBM Tyres & Mechanical  
Shire of Lake Grace  
Tom O'Neill Spraying  
Trevenen Cabinet Making  
Trevenen Plumbing  
Walker's Vineyard  
Westpac Bank





# Royal Flying Doctor Service Raffle

On behalf of the R.F.D.S I would like to thank all our very generous businesses around Lake Grace and Kukerin for their kind donations of gifts and vouchers for our Christmas raffle. Thank you also to every one who bought tickets; Natalie and Belinda for the donation from the town Christmas tree; Caryn and her helpers who ran a sausage sizzle after swimming lessons and a very kind contractor from Hopetoun for his generous cheque. The final total was \$1,712. Whoever has won a prize and hasn't picked it up, please ring Jean on 9861 1842.

*Jean Seaman*

## Donators and raffle winners

Dorothy + Magnus	T. Earnshaw	C75	Kukerin Store	Phyllis McCracken	D27
Ann + Phil Franks	J. Sabourne	R78	A + G Milton + Toy world	Edie Trevenen	W18
Thrifty Link	H. McDonald	M100	Soccer Set	Laurel Lampard	A77
Elders	M. Burbridge	W28	A.G.I	Jen Bennett	M49
Thrifty Link	M. Stanton	W46	Health + Beauty	S Elliott	A90
Soccer Set	J. Sabourne	C88	Post Office	Kiwi	F91
P+ L Taylor	B. Piercy	A24	R.F.D.S	Narelle Hutter	C76
A.G.I	Narrelle Hutter	F93	Thrifty Link	Terry Gladish	E53
Outback TV	Phyllis McCracken	D85	Rosies Café	Chad	F69
L.G Hotel-Motel	Alan Thiel	B13	Garden Centre	Ana + Eric	A70
Walker Wines	Adrian Chesson	A28	A.G.I	S Joyce	E33
Thrifty Link	Phyllis McCracken	D89	Sand + Salt	Grumpy	A30
Soccer Set	Diane McDonald	B06	Annie + Lindsay Slarke	John Kellow	W43
A.G.I	Peter Lay	C64	Landmark	Chad Stanton	F71
Farmers Centre	Jill Haines	W44	L.G Sportsman's Club	C Pinney	C51
Farmworks	Cheryl Hudson	C39	Maalouf Ford	Di Desmond	C94
L.G Hotel-Motel	Alan Stubby	C63			
Gardiner's Meats	Narelle Hutter	C65			



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Your enquiries could lead to an **“On - farm assessment”** which could result in a **“Government Farm Water Grant”** for \$20,000 (you are required to contribute \$6,000, making a total of \$26,000 for expenditure on your problems)

The present round of applications closes February 25 2007.  
(Some qualifications apply)

Please Phone Ben Mouritz (08) 9880 5113  
Fax: 9880 5109 for any Queries



## 2007 CROP UPDATES

**This year the regional crop updates will be held in Corrigin, Ravensthorpe and Jerramungup.**

Farmers across the Lake Grace Advisory District will be receiving a flier for one of the three updates listed at right, however you may attend any of the above updates you wish to.

Crop Updates will provide a bus to take farmers from Lake Grace to the Corrigin and Jerramungup venues, if numbers warrant.

Jerramungup	Ravensthorpe	Corrigin
Co-Location Building 10 Tobruk Rd	Ravensthorpe Town Hall	Corrigin Town Hall and District Club
Wed 21 <sup>st</sup> February 10am – 4:45pm Sundowner to follow	Thurs 22 <sup>nd</sup> February 7am – 12:20pm Breakfast provided	Friday 23 <sup>rd</sup> February 9:30am – 5:00pm Sundowner to follow
Registration \$20 GST inc		Registration \$20 GST inc
Contact Leanne Bee 9835 1177	Contact Julianne Hill 9838 1997	Contact Cindy Parsons 9881 0222
PLEASE RSVP TO APPROPRIATE CONTACT ABOVE BY 16 <sup>th</sup> FEBRUARY FOR CATERING PURPOSES.		

AND we need to know numbers for buses.

**TO REGISTER YOUR INTEREST FOR A FREE BUS RIDE TO CORRIGIN OR JERRAMUNGUP, PLEASE CONTACT THE LAKE GRACE DEPARTMENT OF AGRICULTURE AND FOOD OFFICE ON 9865 1205**

## MILLAR'S CREEK B & B

79 Mt Shadforth Rd DENMARK 6333



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Relax in our large beautifully-appointed rooms enjoy the spacious grounds overlooking the creek. Close to town, wineries, restaurants, and all the attractions Denmark has to offer.

Peter and Lyn Taylor  
79 Mt Shadforth Road Denmark 6333  
Phone 08 9848 1838

Mob: Peter 0429 649 026; Lyn 0427 649 026  
Email PeterandLyn1@westnet.com.au

## National Emergency Volunteer Support Fund (NEVSF)

The National Emergency Volunteer Support Fund provides grants to fund projects that boost recruitment, retention and training strategies of volunteer organisations at the frontline of emergency management and, within guidelines established by State or Territory emergency management authorities, fund capital equipment.

A notional cap of \$50,000 (GST exclusive) is available for each individual grant. However, this cap may be exceeded if the project is considered to be cost effective with measurable high value returns to the volunteer organisation and the community.

The following link will tell you who can apply, what will and won't be funded, how to apply, assessment of application, advice and assistance etc.

<http://www.ema.gov.au/agd/EMA/emaInternet.nsf/Page/RWPCF0664D5D5904DCACA257005001A3C35>

Upon completion of projects, grant recipients are required to submit a Final Report to fulfil audit and Australian Government reporting requirements. The Final Report is to include a Project Summary accompanied by other documentation as listed in the Final Report Package.



# FREE Skateboard Clinics

Darren Pryor—winner of the 2005 National Gravity Games is back once more to conduct free clinics in your town.



## Saturday 24<sup>th</sup> February

Where	Time	Skill Level
Lake Grace Skate Park	9-10am	Beginner
Lake Grace Skate Park	10-11am	Beginner
Lake Grace Skate Park	11-12noon	Intermediate*
Dumbleyung Skate Park	1-2pm	Beginner
Dumbleyung Skate Park	2-3pm	Intermediate*
Wickepin Skate Park	4-5pm	Beginner
Wickepin Skate Park	5-6pm	Beginner

## Sunday 25<sup>th</sup> February

Corrigin Skate Park	9-10am	Beginner
Corrigin Skate Park	10-11am	Intermediate*
Kondinin Skate Park	12-1pm	Beginner
Kondinin Skate Park	1-2pm	Beginner
Kondinin Skate Park	2-3pm	Intermediate*
Hyden Skate Park	4-5pm	Beginner

**Be quick, spots limited!!  
Awesome prizes to be won!!**

Don't miss out on this invaluable opportunity to learn the tricks of the trade from one of the best in the state. Spots are limited, so be quick to secure yours. Please note, there is limited equipment available for hire at \$3 p/hr.



For enquiries or to secure your spot, please contact  
Leanne Gledich, Be-active Co-ordinator on  
9880 1204 or 0427 444 025

OR

Chloe Tienhoven, Community Development Officer  
Shire of Kondinin on  
9889 1006 or 0429 465 110

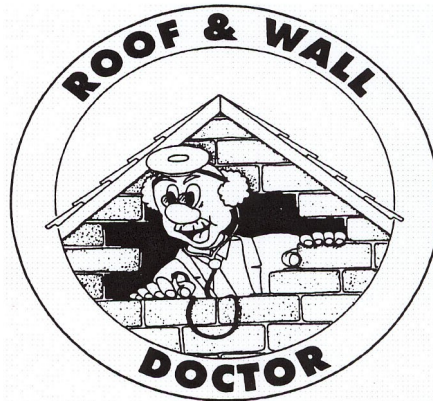




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## Look Out Lleyton, Here Comes Bowron!

Shaye Bowron enjoyed a unique experience on January 5th, in participating in a SunSmart Super coaching clinic sponsored by SunSmart and LandMark.

Organised by Joe Galantino and Kathy Humphreys at their local Landmark agency, two tickets were made available at short notice for any junior in the required age bracket. Shaye completed the entry form and was selected along with another boy from Kulin.

The coaching staff comprised of metro clubs coaches volunteering their time, a tennis player who once held no 1 doubles seeded position in the

world (Bhupati) and our very own legend, Margaret Court.

The kids were split into age groups and then rotated around eleven courts, whilst they did forehand, backhand, volley, smash and approaching drills. The coach was very good with plenty of encouragement and advice.

Shaye really enjoyed the day and would like to thank LandMark for the opportunity to participate in a great day. From there we proceeded to the dome and watched Nathan Healy and Alicia Molik beat the Americans in the deciding match of mixed doubles.



*Left: Shaye Bowron receives some one-on-one tuition from tennis legend Margaret Court.*

*Below: Shaye (third from left) and other coaching clinic participants with former no. 1 doubles player Bhupati.*



## LAKE GRACE TENNIS NOTES

A fair bit has happened since the last time notes have been entered, so I'll endeavour to give a brief update.

We held our mixed doubles championships on the 17th December which was quite a hot day. Subsequently entries were down, although the standard was good, even tennis.

We played one set, first to nine games and after 3 rounds there was only 6 games separating first from fourth position. Eventual champions were Joe Galantino and Heather Bell on two wins and 26 points. Michelle Lynch and Simon Thomas came runner up on two wins and 24 points. Well done to everyone as we were playing under difficult conditions.

Our pennant season hasn't yielded a win as yet, although we have been steadily improving with some new faces in our team.

We play Newdegate this weekend and their year has been similar to ours so it should be a good match. We play Newdegate at home not as in our fixtures.

The following week we play Toolibin at Lake Grace. The week after is our singles championships.

There will be social tennis on Tuesday and Thursday afternoons at 5.30pm for anyone who's looking to get in some practice or just have a bit of fun. Daylight saving has to be good for something, I just haven't figured out what yet.

*Ross Bowron*



Shire of Lake Grace

# ARC NEWS & NOTES

PO Box 50 Lake Grace Phone 9865 1105 Fax 9865 1109 Email [shire@lakegrace.wa.gov.au](mailto:shire@lakegrace.wa.gov.au)

## SUMMER FITNESS TIMETABLE

DAY	AM	PM
Monday	<b>Minimum of four(4) persons required per class</b>	5.45 - 6.35 - AQUA (Letisha) 6.50 - 7.40 - FORCE (Letisha)
Tuesday		
Wednesday		5.45 - 6.35 - DEEP AQUA H2O (Letisha) 6.50 - 7.40 - THUMP - MIXED (Letisha)
Thursday		
Friday	9.30 - 10.15 - LITE PACE AQUA (Anna)	For further information contact Letisha - Aquatic & Recreation Coordinator Shire of Lake Grace – 9865 1105 or <a href="mailto:letisha@lakegrace.wa.gov.au">letisha@lakegrace.wa.gov.au</a>

### ARC SWIM SCHOOL

#### Infant & Toddler Swimming Lessons



Where; Lake Grace Swimming Pool

When; March 2007

Cost; \$41.00 per child for 10 lessons or \$4.50 per child per lesson

Classes will be run 2 days a week (Mon & Wed or Tues & Thurs) for 4 weeks (weather permitting) and will also include 2 Saturdays. Class times and days will go by demand.

Please indicate your preferred days and time (am or pm) on the registration form.

If you would like further information or require a registration form please contact the Shire on 9865 1105 or email [letisha@lakegrace.wa.gov.au](mailto:letisha@lakegrace.wa.gov.au)

Registrations close Monday 5th February 2007.

Registrations close Monday 5th February 2007.

### AUSTSWIM TEACHER TRAINING

If you are interested in becoming a registered swimming instructor, names are being taken to organize a course to come to Lake Grace.

For further information please contact Letisha at the Shire on 9865 1105 or email [letisha@lakegrace.wa.gov.au](mailto:letisha@lakegrace.wa.gov.au)

# TARIN ROCK TENNIS

A warmish day was granted for the Junior Tournament held on the 30<sup>th</sup> of December. With a few less entries compared to last year a fun filled day was had by all. There was lots of competition in all age groups with fantastic tennis skills being displayed.

The results of the day are as follows;

## 11 years & Under Girls Singles

Champion Melanie Naisbitt

Runner Up Corrina Baker

## 11 years & Under Boys Singles

Champion Sheldon Taylor

Runner Up Jarrod Doney

## 11 years & Under Girls Doubles

Champions Malanie Naisbitt & Corrina Baker

Runner Up Juanita O'Neill & Kathleen Naisbitt

## 11 years & Under Boys Doubles

Champions Jake Angwin & Sheldon Taylor

Runner Up Lewis Edwards & Mark Smith

## 11 years & Under Mixed Doubles

Champion Melanie Naisbitt & Harrison Slarke

Runner Up Juanita O'Neill & Liam Baker

## 13 years & Under Girls Singles

Champion Meg Pearce

Runner Up Ellie Naisbitt

## 13 years & Under Boys Singles

Champion Aaron Ward

Runner Up Brandon Doney

## 13 years & Under Girls Doubles

Champions Meg Pearce & Kelly Smith

Runner Up Taryn Waters & Kirsty Joyce

## 13 years & Under Boys Doubles

Champions Brandon Doney & Aaron Ward

Runner Up No-one as only 2 entries

## 13 years & Under Mixed Doubles

Champions Aaron Ward & Penny Angwin

Runner Up Brandon Doney & Taryn Waters

## 16 years & Under Girls Singles

Champion Sheryl Waters

Runner Up Lauren Taylor

## 16 years & Under Boys Singles

Champion Ryan Davis

Runner Up Nat Fyfe

## 16 years & Under Girls Doubles

Champions Jessica Smith & Lauren Taylor

Runner Up Katelyn Slarke & Julia Baker

## 16 years & Under Boys Doubles

Champions James O'Neill & Ryan Davis

Runner Up Dean Rintoul & Nat Fyfe

## 16 years & Under Mixed Doubles

Champions Lauren Taylor & Nat Fyfe

Runner Up Ellie Naisbitt & Ryan Davis

A big thank you to all club members who helped out with the organizing for the day. A special mention to kitchen people, umpires, people who were tallying the results and parents for bringing their children to the tournament.

## The results of the raffles were:

Mark and Lisa Pearce donated two nights accommodation in their holiday house in Albany which was raffled with \$100. James O'Neill was the lucky winner!

East Mundalla Stud donated \$100 for a raffle won by Mick Gray.

Unfortunately our sponsorship for the day was down on usual years so a very special thank you to those who contributed and made the day possible. A special mention to Graeme Taylor from Elders who donated \$200 and gave other generous donations.

## Sponsors for the day

J & W O'Neill, Elders, Lake Grace Plaza, Lake Grace Road House, Fyfe Transport, R & S Robinson, High Valley Merino Stud, East Mundalla Merino Stud, Lake Grace Post Office, Lakeway Hair Salon, M & L Pearce, F & G deVree, P & L Houston, J.W. Naisbitt & Co, A.L. Naisbitt, Wilmarada, P & B O'Neill, R & C Willock, Lake Grace Health & Beauty, Lake Grace Hairdressing Salon, Mary Williams, Kukerin General Store, Henderson Grading, Kukerin Post Office, Agwest Machinery, C & J Bray, A.W. Cameron & Son, Lake Grace Hotel, Lake Grace Tyre Power, A.T. & D. Morgan, Neu Tech Auto Electrics, United Farmers.

## Club Pennants

This week sees the return of pennants and for some of us who have laid the racquet to rest over the festive season it could be a rusty start to the year! This week we have Friday night tennis with a BBQ to follow. The Wallace family is on cleaning roster. Pennants will be at Toolibin. Please speak to Ross about the change in start times. Next week we have Friday night tennis again with Tameka and Karissa on cleaning roster. Pennants is at Dudinin on Sunday starting at 1pm.

A reminder that Saturday the 17<sup>th</sup> is the invitation day to Kulin Tennis club.

Sharon Robinson



# DERBY FLASHBACKS

The 80 year rivalry between Lake Grace and North Lake Grace has come to an end with North Lake Grace ceasing as a club and merging into Lake Grace Cricket Club. Twenty games have been selected to appear in flashbacks. Here is our next installment.

## 1991/92

North Lake Grace defeated Lake Grace in the derby played on Saturday, February 1, by the narrow margin of four runs.

Batting first Norths made 6/173 from 44 overs, with W Milton 89 the highest score.

For Lake Grace R Walker 3/42 saw him achieve 350 wickets.

Lake Grace began the run chase well, scoring 1 for 59 off 10 overs before heavy rain intervened, causing a delay in play.

On resumption Norths were able to restrict the scoring and take wickets. N Bairstow bowled very well to claim five wickets while S Rodgers was economical at the other end.

At the completion of play the Derby Cup was presented to the captain of North Lake Grace, Steve Rodgers, by Mr. Glen Duckworth, life member of the North Lake Grace Cricket Club.

## North Lake Grace

W Milton	c Bozanich	b R Walker	89
S Rodgers	c Pelham	b G Pinney	34
G Milton	c R Walker	b B Taylor	19
J O'Neill	c G Pinney	b A Walker	8
N Bairstow	c B Taylor	b A Walker	5
A Hunt	lbw R Walker		3
P Robson	not out		6
C Evans	not out		1
		Sundries	9
		Total	6/173

Fall of wickets: 64,130,154,154,161,166.

Lake Grace bowlers R Walker 11-1-3/42; D Pelham 8-0-0/22; B Taylor 11-1-1/33; G Pinney 8-1-1/34; G Smith 1-0-0/11; A Walker 5-0-1/22.

## Lake Grace

B Taylor	c C Gardiner	b P Robson	23
A Walker	c Rodgers	b Bairstow	22
G Pinney	c C Gardiner	b Bairstow	20
G Smith		b Bairstow	2
C Stanton	c C Gardiner	b Bairstow	6
R Fleay	c O'Neill	b W Milton	9
S Bozanish		b Rodgers	9
D Pelham	Not out		
D Powell	Not out		
		Sundries	10
		Total	9/169

Fall of wickets : 59,82,82,119,129,132,155,156.

North Lake Grace bowling: W Milton 11-1-1/40; Robson 11-1-1/46; N Bairstow 11-0-5/39; S Rodgers 11-2-1/35.

Although the Derby Cup has been presented for the first time, the results assembled on it date back to 1972/73, the first season of the Lake Grace/Kukerin Cricket Association. Each club has won it 10 times.

The cup is played for in qualifying round matches only, 2-1 being the result for North this season.

The actual match results including finals are: 65 matches played, 36 won by Lake Grace, 28 by North Lake Grace, with one draw.

The leading players during this period of 20 years are:

## Lake Grace Batsmen (runs)

R Walker	1077
A Walker	933
W Walker	863
A Coad	643
R Fleay	598

## Lake Grace Bowlers (wickets)

R Walker	58
A Walker	52
W Walker	36

## North Lake Grace Batsmen (runs)

R Duckworth	1923
R Taylor	1523
D Gardiner	1006
K Eggers	722
A Slarke	671
W Milton	547
M Bairstow	526

## North Lake Grace Bowlers (wickets)

R Taylor	52
B Duckworth	49
N Bairstow	47
R Duckworth	40
D Gardiner	37
W Milton	37

In the period of the Lake Grace Cricket Association 1925/26 to 1971/72, results can not be found for 41 derbies. However, the results read as follows: 129 played, 87 won by Lake Grace, 29 by North Lake Grace, with 12 drawn and 1 tie.

The leading players for Lake Grace during this period were:

Batsmen	Runs
W Walker	1290
A Coad	1119
K Mason	1080
D Robinson	734

## DERBY FLASHBACKS (CONT.)

Bowlers	Wickets
W Walker	177
J McMahon jnr	110
H Willock	88
K Mason	76
T Griffin	69
H Cook	42
L Smith	35
G Compton	31

No records were kept regarding North Lake Grace during this period.

The most runs scored in a season in derby matches were: 391 by R Duckworth in 1971/72 and 291 by R Walker in 1981/82.

The most wickets taken by a bowler in a season in derby matches was 27 by W Walker in 1960/61, including two hat-tricks..

### 1978/79

#### One run win to Lake Grace

Lake Grace won the toss, and both teams settled down to a hard and interesting game with Lake Grace taking the honors by one run. With one bowler to go and 6 runs needed Lake Grace sent in their last batsman in Don Fleay, who hit a four and needed 2 runs which was easily snapped up by A Walker.

#### North Lake Grace

J O'Neill	b S Reynolds	12
N Bairstow	c A Coad b A Walker	0
R Duckworth	b A Walker	6
R Taylor	c A Walker b W Walker	48

D Gardiner	b S Reynolds	0
R Peterson	n.o.	77
D Duckworth	b R Fleay	0
G Houston	n.o.	19
Sundries		7
TOTAL	6 for	169
Bowling S Reynolds, 2/21 W Walker 1/30, R Fleay 1/26.		

#### Lake Grace

S Reynolds	c T Mason b G Houston	3
A Coad	c N Bairstow b G Houston	28
W Walker	b G Houston	14
W Mason	c J O'Neill b R Taylor	29
N O'Neill	b R Taylor	0
M Gray	b N Bairstow	7
G Bailey	lbw R Taylor	8
R Fleay	c A Duckworth b N Bairstow	5
D Fleay	n.o.	11
S Hunt	c J O'Neill b G Houston	3
Sundries		6
TOTAL	6 for	170

Bowling G Houston 4/51, R Taylor 3/32, N Bairstow 2/17.

Man of the match for North Lake Grace went to R Peterson as well as the most runs scored.

The man of the match for Lake Grace went to A Walker as well as the most runs. The best fielder award went to D Fleay.

Andrew Walker

## LAKE GRACE CRICKET CLUB NOTES

Game played against Kalgarin-Pingaring 6<sup>th</sup> January 2007 at Pingaring.

Lake Grace won the toss and batted first.....

J Desmond	Caught Hodgson	Bowled R Spurr	29
D Stanton	LBW G Argent		1
K Fleay	Bowled D Wyatt		1
R Bishop	LBW G Argent		56
J Wright	Bowled G Argent		32
G Pinney	Caught Wyatt	Bowled G Argent	3
G Leo	Not Out		44
J Eggers	LBW G Argent		7
K Gray	Run Out		3
B Desmond	Not Out		8
S Stubby	DNB		

Total 203 (including 19 sundries) from our 44 overs.

Bowling figures for Kalg/Ping : G Argent 11 overs 5 for 42, D Wyatt 11 overs 1 for 24, T James 9 overs 0 for 58, R Spurr 9 overs 1 for 40, T Fotheringham 2 overs 0 for 20, M Spurr 2 overs 0 for 15.

Kalg/Ping batting....

R Spurr	Not Out	79
K James	Run Out (Eggers)	76

M Spurr Not Out 34  
Total 208 (incl 19 sundries) made in the 38<sup>th</sup> over.

Bowling figures for Lake Grace : G Leo 9 overs 0 for 46, B Desmond 5 overs 0 for 28, D Stanton 7 overs 0 for 39, G Pinney 4 overs 0 for 23, K Fleay 7 overs 0 for 35, R Bishop 4 overs 0 for 15, J Eggers 2 overs 0 for 16.

Well done to the Kalg / Ping boys on a comprehensive win.

This weekend (3<sup>rd</sup> Feb) we play Hyden at home.

A reminder to the players and supporters and wives/partners/friends etc etc, the annual grape pick at Walkers Vineyard is here again. The white grapes will be ready to be picked this weekend (Sunday 4<sup>th</sup>) at this stage. The red grapes won't be too far away either – maybe one-two weeks.

Your help would be greatly appreciated if you can spare a few hours for this worthy fundraising event for the cricket club.

Derek Stanton

# CLASSIFIEDS

## PUBLIC NOTICES

### Shire Council Meetings - 2007

The next Council meeting is  
Wednesday 28th February.  
Lake Grace Sportsman's Club.  
Meeting starts 1:00pm.  
*Members of the public are welcome to  
attend meetings.*

### Chemcert Course

Kulin Resource Centre will be holding a  
**Chemcert Reaccreditation Course**  
(1 day - subsidised by Farmbis 65%)  
and a **Chemcert accreditation course**  
(2 day for beginners) in March 2007.  
For any enquiries please ring the Kulin  
Resource Centre on 9880 1021.

### Senior Citizens Luncheons

*First Thursday of every month*  
March 1st - Anglican Guild

### CWA Meetings

13th February - 1:30pm

### AGM

Ongerup Women's Hockey Association  
March 11 - 10am  
Ongerup Sports Pavilion

### Bowls Meeting

Lake Grace Bowls Club  
Monday 5th February  
7pm at the Sportsman's Club

### Got something to get rid of???

*Advertise in the classifieds.....85 cents per  
line. Public Notices are free.*

## FOR SALE

### Dishwasher

20 years old. In good working order  
No longer needed. \$50.00  
Call Kevin & Sarah on 9864 9043

### 1996 Ford Courier Dual cab

Diesel, Alloy Roo Bar, Wide Rims, Two Way.  
Good Condition. \$12,500 o.n.o.  
T Smith 9865 3025

## WANTED

### Agistment

300-1000 Sheep  
John Read (Jumbo) Ph/fax 9864 7921

## AVAILABLE

### To Let

3 Bedroom Brick House  
New Reverse air/con, Refurbished bathroom  
and laundry.  
Fresh paint. Large secure yard.  
In Lake Grace town.  
Ph 0429 9871 20

### Avon

Drop off your orders or ring them through to  
Leanne on 9865 1411.  
Cheques need to be cash or made out to  
Leanne Mahoney. There is a 50cent  
surcharge for each order.  
All items are guaranteed and must be paid  
for on pickup.

**The local emergency services have asked that If it is an emergency  
and you need fire & rescue or the ambulance then please dial 000!**

## Lake Grace Shire Councillors

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

## CRISIS CARE NUMBERS

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

## Justices of the Peace

Mr Neil Bishop	ph 9865 1632
Mr Colin Connolly	ph 9865 1010
Mr Ron Dewson	ph 9865 1224
Mrs Shirley Duckworth	ph 9865 1189
Mr Len Elliott	ph 9865 1137
Mr Lynn Parker	ph 9865 1217 (wk)
Mr Peter Taylor	ph 9864 9026
Mr Darcy Roberts	ph 9874 4013
Mr Geoff Sabourne	ph 9865 1171
Mrs Amanda Milton	ph 9865 1960

## ANGLICAN CHURCH OF LAKE GRACE

### Sunday 4th February

Lake Grace 9:00am

### Sunday 11th February

Lake Grace 9:00am

Enquiries: Terry Gladish 9865 1022  
Lynn Parker 9865 1084

## Lake Grace Uniting Church

### First Sunday of each month - 10:00am

See notice board for changes

### Wednesday - 7pm

Home Fellowship. Please ring for venue.

### Enquiries:

Bob Burbridge 9865 4020  
Rev. John Whaley 9865 1377  
0429 651 378

## LAKE GRACE CATHOLIC CHURCH

### Friday 2nd February

Jerdacuttup 7pm

### Saturday 3rd February

Hopetoun 6pm  
Kukerin (C/S) 6:30pm

### Sunday 4th February

Ravensthorpe 8am  
Lake King 10:30am  
Lake Grace 6pm

### Sunday 11th February

Lake Grace 8am  
Kukerin 10am

Queries to Fr Pierre Repuyan on 9865 1248

## Southern Ag Care

### Rural Financial Counsellor - Chris Wheatcroft

P.O. Box 105 Gnowangerup, WA, 6335

Tel 9827 7559 Fax 9433 6684

Mob 0427 271 559

e-mail wheaty@aapt.net.au

### Rural Family Counsellor - Margaret Cole

0427 441 459 colwheat@it.net.au



# COMMUNITY CALENDAR

## February

Fri 2 Fish & Chip Night - LGS Club  
Corporate Bowls

Sat 3 Cricket — Lake Grace v Hyden  
Steak Night - LGS Club  
Bowls — Kulin Open Fours  
Inter Zone Round Robin— Kojonup

Sun 4 Tennis— Lake Grace v Newdegate

Mon 5 Farming Over 55 Workshop  
Bowls Club Meeting @ 7pm

Tues 6 Social Tennis — 5.30pm  
Pingrup Potters  
Foot Clinic  
Sportsman's Club Meeting

Wed 7 Pizza Night at Rosie's  
AQUA Programme—5:45pm

Thur 8 Rural Women's Health V/C (p.13)  
Social Tennis— 5.30pm  
Roadwise Meeting—11am  
Telecentre Meeting—3:30pm

Fri 9 Fish & Chip Night - LGS Club  
Corporate Bowls  
Movie Night (p.10)

Sat 10 Steak Night - LGS Club  
Cricket — Lake King v Lake Grace  
Bowls— Lake Grace v Kukerin  
Tennis— Lake Grace v Toolibin

Sun 11 Bowls— Singles Championship

Mon 12 LLN Deadline 5pm

Tue 13 Bowls— Lake Grace Classic  
Social Tennis — 5.30pm  
Pingrup Potters  
CWA Meeting 1:30pm  
AWARE Meetings (L King & Newd)

Wed 14 Bowls— Lake Grace Classic  
Pizza night at Rosie's  
AQUA Programme—5:45pm

AWARE Meetings (Lake Grace)  
Lakes Link News  
Social Tennis— 5.30pm  
Library T/C Building Meeting

### Coming Events

Feb 20—LG Artist's Group—Sculpture & Meeting  
Feb 22—Immunisation  
Feb 22—Oil Mallee Field Day (p.17)  
Feb 24—Skateboard Clinic (p.31)  
Feb 28 — Shire Council Meeting  
March 1— Senior Citizens Luncheon  
March 9— Chemcert Course in LG  
March 10—Swimming Coaching Clinic  
March 11—Ongerup Hockey Assoc AGM  
March 20—LG Artist's Group—Paint'g & Meeting  
April 21 & 22—Painting Workshop

*Please register your events with us at the Telecentre. The diary will now be held at the Telecentre, so if you want your events registered so they can be included in the calendar please give us a ring on 9865 1470.*

## Medicare

Lodge your claims via direct line  
no phone queues, no forms to fill in  
At the Lake Grace Telecentre



Hi every one,

I hope you all had a good Christmas and a happy New Year.

I have made some more rugs.

I went to Albany to the cinemas to watch Happy Feet. It is a good movie for the whole family to watch.

I also have made more scrap books.

Bye Sheryl