

LAKE LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
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17th November, 2005

\$1.10 inc GST

Vol 11 Issue 20

We've Got That Winning Feeling!

The *Aquatics and Recreation in the Community* project established by the Shire of Lake Grace, which offered community members the opportunity to participate in a wide range of activities at no cost, was announced last Wednesday (9th November) as the winner of the **Small Rural and Remote Community Project** at the **2005 Heart Foundation Kellogg Local Government Awards**.

The Awards recognise councils nationwide for the work done in promoting and supporting heart health through good nutrition, physical activity, and smoke free environments. The awards also encourage councils to continue initiating sustainable structural changes and collaborate with like-minded community-based organisations on local heart health initiatives to reach individuals and families within their communities. The awards offer a pool of \$35,000 which is distributed amongst the winners in each of the seven categories.

Lake Grace's winning project involved a program of group fitness classes, aqua-aerobics, aqua-fitness, walking groups, weights classes, social competitions, health promotion events, kids activities and community activity fun days. The classes and activities were provided at no cost to all members of the community.

The Shire of Lake Grace initiated a physical activity program by the name of "ARC" – Aquatics and Recreation in the Community. The ARC project provides assistance to the towns of Lake Grace and Newdegate to increase physical activity and provide instruction and management for the community recreational programs identified by the respective communities.

The programs have resulted in an increase in physical activity and made better use of existing recreational facilities. The programs have also encouraged the communities to become more involved in health respective projects resulting in

physical activity awareness and education.

The programs have been very well received by the community and participation numbers have steadily increased since the programs' inception last year. The Shire has appointed a dedicated programs coordinator, Letisha Marshall, to run all the activities, and ensures community awareness of the available activities by distributing an information flyer at the beginning of each season to all residents

Heart Foundation National Director of Cardiovascular Health Programs and presenter at the Awards ceremony Dr Peter Abernethy, commended the Shire of Lake Grace on their award winning project. "This program offers a wide range of community members an opportunity to come together for the purpose of fun and physical activity. The implications on the heart health of the people involved is incredibly positive." Abernethy said.

Kellogg's spokesperson Rebecca Boustead also commended the Shire of Lake Grace on their sensible approach to providing a wide range of physical activities to cater for a diverse range of community members.

The *Aquatics and Recreation in the Community* project had previously won the Western Australian state award in the same category, and as a result became eligible for the national award, competing against winners of each other state and territory.

Representatives from the Heart Foundation, Kellogg and the Department of Sport and Recreation judged this year's awards based on the entrant's initiative in implementing their program; the community consultation process; the ability to deliver, create, and promote opportunities for heart health and a healthy lifestyle in the community; and taking into account that the program or project meets the requirements of the award program.

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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 28th November
Next Edition: Thursday 1st December

A very BIG thank you

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

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

- ☺ There's only two more papers for 2005 - not that I'm counting - so for anyone wanting to get advertising, articles etc. in before the Christmas/January holidays please do so. This is a good opportunity for those businesses/facilities having shorter hours over January to get their ads in and keep their clientele informed. I haven't yet worked out when the first paper will be in 2006, so anyone planning events for January and the first couple of weeks in February please get the details into me so I can include them in the calendar.
- ☺ I will be sending out subscription forms in the next paper, so for all those wanting to continue with their current subscription, wanting to become a new subscriber or thinking about giving an annual subscription for a Christmas gift keep an eye out!
- ☺ Still looking for names for another forklift accreditation course, if you are interested please ring the Telecentre and put your name down. If the numbers are right we will be able to run another one in late February 2006.
- ☺ Our ATO consultant, Sam Soliman, will be in town on Tuesday 6th December. He is interested in sharing his wisdom while he is in town. If you have any tax, GST, superannuation etc. etc. queries then please give a ring and book in. On the other hand if you can think of some topical subject that Sam could talk about in a group setting please feel free to let me know. Wonderful that I have had a couple of responses, we welcome more....
- ☺ The next First Click courses will be run in February 2006, if you are interested please get your names in. The terms of the First Click funding are that if we don't have full classes then we will have to give a portion of the money back. Therefore if classes aren't full we will have to postpone them till a later date.
- ☺ Still taking alterations/deletions/additions for the local phone book, won't be printing it until late December so you have time to get those changes in.

Suzanne Reeves

Lake Grace & Newdegate General Practice



There will be **NO DOCTOR**

In Lake Grace from
Saturday 19th November at 8:00am till
Tuesday 22nd November at 9am.

Surgery will be open Monday 21st November
8:30am to 1pm for ordered medication only.

Sorry for any inconvenience.

Thanks to Collators of the Last Edition



Lorraine Seward
Jodie Blackwood
Vynka & Clancy Lay
Stuart Blackwood
Allan Zweck
Rebecca Reeves
Stuart Blackwood

Changes to smoking in enclosed public places legislation in Western Australia

From 1 November 2005

The Law will:

Permit smoking in only ONE enclosed public place in any licensed premises at any one time.

From 31 July 2006

The Law will:

Prohibit smoking in all enclosed public places including those within all licensed premises.

The Lakes Link News is.....



Take a Seat for Art

Sit down, take a seat, be seated, Lake Grace Artists' Group presents an exhibition all about the humble chair. Over the next two weeks, audiences will experience innovative 'chair art' in the street and in the gallery.

The 'Chair' exhibition will be on show in the Multi-Arts Space and the Lake Grace main street. Local residents may recognise their donated chairs suspended from the Art Space cantilever, while a stack of 'teetering' chairs (right) in the town centre also gives a glimpse of how artists have interpreted the theme.

The meaning and symbolism of the chair is explored by the invited artists through video, drawing, painting, installation and sculpture. According to dream theory, seeing a chair in your dream symbolizes your need to sit down and take time out to contemplate a situation before proceeding.

'Chair' rounds out a successful inaugural year of exhibitions and art workshops in the new



Multi-Arts Space. The exhibition is the first of the Group's annual invitational exhibitions showcasing the work of local and West Australian artists. 'Chair' opens this Friday at 7.30pm, and will run until December 3rd, opening daily from 10am to 4pm.

Michelle Slarke

Lake Grace Artists' Group presents

chair

An Invitational Exhibition
featuring West Australian Artists

**Opening Friday 18th Nov
@ 7:30pm - all welcome**

**19th Nov— 3rd Dec,
10am to 4pm**

**Multi-Arts Space & Main Street,
Lake Grace**

Supported by  Country Arts WA



ABOUT TOWN

- ★ Congratulations to Clint and Tracey Earnshaw on the arrival of Summer Leanne on Wednesday 9th November, Summer weighed in at 8lb 3oz and is a little sister for Cayson, Cody, Charlee and Cooper.
- ★ Condolences to Lulette Harvey and family on the recent passing of Lulette's mother.
- ★ Best wishes to Hazel Thiel who is recuperating from a recent back operation.
- ★ Well done to all those (ex Lake Grace) students who recently won awards at the Narrogin SHS Year 12 presentation evening (see below):

School Prize Winners

4A's

Shona O'Neill

Subject Prize Winners

Discrete Mathematics

Matthew O'Neill

Geography

Matthew O'Neill

Modelling with Mathematics

Rysha Bird

Work Studies

Shona O'Neill

Runners-up and High Achievers

Art and Design

Jessica Frost

Independent Living

Shona O'Neill

Structured Workplace Learning

Shona O'Neill

Vocational English

Emma Parker

HAPPY BIRTHDAY



November 18	Jessica O'Neill Jessica Newton Debbie O'Neill	November 25	Kim McPherson Melanie Argent
November 19	Quinten O'Neill Mary Giles	November 26	John O'Neill
November 20	Trenton King	November 28	Jenna Taplin Konnah Holmes
November 21	Patsy Lewin Jayden Dowling	November 29	Jean Seaman Beau Bowron
November 22	Emma Slarke	November 30	Phillip Fleay Glenda Slarke
November 23	Allan Marshall Tanya Argent		Maureen Moulden Jodi Pearce
November 24	Amber McPherson	December 1	Violet Jenks



HAPPY ANNIVERSARY

November 26 - Elsie and John Griffin
December 1 - Debbie and John O'Neill

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

Drinks Awareness Night



Local police will be holding an awareness session at the
Lake Grace Sportsman's Club on
Friday 18th November 2005 from
7:00pm onwards

This is a public relations event in order to give you an idea of how many
 drinks it takes to send

you over the legal Blood Alcohol Limit of 0.05%.

Police will be on hand with breath testing equipment, including the Drager

Wanted Dunny/ Earth Closet/ Thunder Box



The Shire of Lake Grace is seeking an
old fashioned toilet and pan for
 the Lake Grace Australian Mission
 Hospital Museum.

The Shire is developing the tourist
 potential of the Museum through the *Lake
 Grace Australian Inland Mission Hospital -
 The People and Its Story* project. We want
 to display the toilet and pan (not the
 outhouse) to show the facilities and
 working conditions of the hospital. If you
 have an old dunny and pan that you no
 longer use(!), please contact Michelle
 Slarke (9865 1878)
 or Ollie Farrelly (9865 1304)

Supported by LotteryWest

CONTRACT HARVESTING WANTED



Field bins and cartage available.
 Near Lake Grace.
 Must be clean.
 Contact Ron Boulton
 9865 4014

SAND'N'SALT

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

FASHION FOR THE SALT OF THE EARTH

Warning!  **Warning!**

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Christmas!!!



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Lakes District Well Women's Clinic

Attention all women aged 18-70 years.

Have you had a pap smear in the
past 2 years?

Cervical cancer is one of the most
preventable cancers and easily detected by
regular pap smears. So please do yourself a
favour and have a pap smear with your local
GP, the visiting female GP (ph 9865 1208) or
us. Our next clinics are on

Tuesday, 6th December

These clinics are FREE

To make an appointment, Please phone

Jill Dykes on 9871 9024 or

Anna Taylor on 9865 1507

Lake Grace Weather

- Terry Gladish

Rainfall Extremes for November

Highest Monthly Rainfall	130mm	1930
Lowest Monthly Rainfall	0mm	1966
Highest Number of Raindays	13	1965
Lowest Number of Raindays	0	1966
Highest Daily Rainfall	70.4mm	11/11/1971

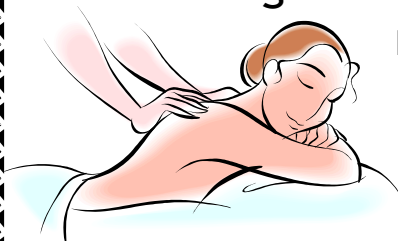


Date	Min	Max	Rain
3/11	8.6	26.0	
4/11	9.4	25.3	
5/11	9.3	18.5	4.2
6/11	6.1	24.0	0.2
7/11	8.7	24.7	
8/11	9.4	20.1	
9/11	8.9	21.1	
10/11	6.1	27.0	
11/11	11.5	26.0	
12/11	12.6	30.1	
13/11	12.8	24.3	
14/11	10.7	24.0	
15/11	11.0	35.0	
16/11	18.4		

Massage

Sports ☺ Swedish ☺ Huna (Hawaiian)

Massage for relaxation, stress release, to de-tox, rejuvenate and revitalise



Appointments Essential

Mornings, afternoons or evenings available.
Monday to Sunday

Call Marion Price on 9882 4062 or 0427 824 062
Shop 3, Church Square, Fortune Street, NARROGIN WA

***Vouchers available for anniversaries, birthdays,
Christmas and other special occasions.***

Mmmmmm Massage!

Centrelink – Self Help in Your Community



Centrelink provides Access Points in excess of 180 smaller regional, rural and remote communities across Australia, including Lake Grace.

Your local Access Point, located at Lake Grace, is a self-help facility, where you can do your business with Centrelink.

Access Point services are provided to Centrelink customers free of charge, and provide access to a wide range of Centrelink services by connecting you with staff at our call centres and local Centrelink offices.

The Lake Grace Access Point can provide you with these self-help facilities:

- ❖ a dedicated telephone programmed to call the Centrelink Call Centre network, where experienced staff can assist you with your enquiries (you may also use this phone to undertake Centrelink Self Service options);
- ❖ a fax/photocopier machine with STD access that is programmed to your local Centrelink Customer Service Centre; and
- ❖ guides to Centrelink payments and services and brochures containing information about our self-service options.

Your Centrelink Access Point can also:

- ❖ copy and verify Proof of Identity forms and documents so you do not need to send your original documents in the mail.

"Centrelink Access Points play an important role in the life of a local community, and working in partnership with communities and business is essential to the success of Centrelink improving access to services for rural customers," said Centrelink's WA Manager of Regional Services, Ron Fernandez.

"We appreciate the partnership and goodwill of individual community organisations such as the Lake Grace Telecentre, who provide the Access Point services on our behalf."

The Lake Grace Access Point is part of an increasing network of similar Access Points around Australia improving access to valuable government services, fulfilling Centrelink's role of helping Australians reach their goals and full potential.

For more information about Centrelink services, go to the Centrelink web site at www.centrelink.gov.au

Early morning

Christmas Remembrance



**Sunday 4th December
8:00 am at cemetery**



Balloons available

Open timeslot for personal input

Tea, coffee, muffins and scones supplied.

Ring Jeanette Trevenen (9865 1358) or Julie Smith (9865 3058) if you have any queries

Western Australian Exploration

At the Remembrance Day school assembly, on behalf of the Lions Club, Allan Zweck presented a copy of Volume 1 of, "Western Australian Exploration" to the principal Mr Grant Draper, for the Lake Grace Library. The book contains copies of letters, diaries and journals of exploration and discovery in Western Australia from 1826 to 1835, many of which have never before been publicly accessible and is the first volume of a series to compile similar documents through the 1800's.

It is due to the foresight of our First Surveyor General, Lt John Septimus Roe, 1829 – 1871, who kept together the many copies of explorations, that we are able to publish them in book form for the general public, which is unique in our Australian history. Almost 25 years ago, the idea of such a production was first mooted, and it is only now after 10,000 hours of volunteer planning, research and proof reading that the project has come to fruition.

When our Governor, His Excellency, Lieutenant General John Sanderson, launched the book, he described it as "bringing alive moment by moment,

the new discoveries of Western Australia of well over one hundred years ago".

Although a reference book of some 600 pages of Early Explorations, it would have great interest for the history minded people in our community too. The copy, autographed by the Governor, John Sanderson at the book launch, and donated by the Lions Club, is now available at the local Library.

Allan Zweck

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sheet



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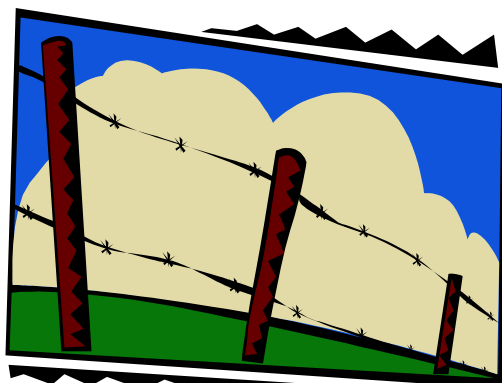
Noel Shepherd – Parts Manager

David Allan – Service Manager

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Genuine parts ☐ Quality Service

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Lake Grace and Beyond

Phone 9865 1456



**24 HOUR EMERGENCY
SERVICE PH: 98651206**

LAKE GRACE & DISTRICTS HEALTH SERVICE

Health Services Calendar:

Visiting Allied Health Staff:

- Physiotherapist (29th November)
- Occupational Therapist
- Podiatrist
- Speech Therapist
- Dietitian

Information on when visits are scheduled and appointments for all of these health professionals can be made by contacting Primary Health Narrogin ph: 98810385

Home Care Events:

Seniors Games Meeting & Practise

Friday 18th November
10:00 am Lakes Village Hall

- Team selection
- Invitations to other towns
- Entertainment arrangements / suggestions
- Volunteers to assist with marshalling etc.

Dumbleyung Lake Outing

Friday 25th November
9:30am to ~ 4:00 pm
(Bus leaving from the Lakes Village Hall)

- bring folding chair and insect repellent
- \$15 for picnic lunch and transport

More information is available from the hospital on 9865 1206.

Patients Assisted Travel Scheme (P.A.T.S.)



If you need to travel >100 kms to see a specialist and would like to access financial assistance with travel and accommodation costs, then this scheme can help you.

You should ask your doctor for a PATS application form (the referring doctor must complete section A) **and lodge this form prior to your appointment.**

Further details about eligibility and payment rates are available during office hours from health service staff who are trained in the administration of PATS.

Volunteers and Caterers Wanted! Can you help?

The Seniors Games will be held in Lake Grace on 28th March 2006. Teams from here and other towns (150 to 200 seniors are expected in total) will be competing in events, to be held in the Shire Hall.

Expressions of Interest are called to provide:



- A light lunch
- Afternoon tea
- Evening meal (two course)

Volunteers to assist with marshalling, umpiring, entertainment etc will also be required.

If you can help us or would like more information about any of the above, please leave your contact details at the Hospital.

Have you recently returned from travelling overseas?

If you have a fever, bad cough, trouble breathing or otherwise feel unwell:

- Please tell your doctor about these symptoms and that you have been overseas
- Cover your nose and mouth with a tissue when coughing or sneezing
- Throw tissue away in a bin afterwards and then wash your hands with soap and water



Lake Grace Shire Visitor Information Centre

The restored station master's house is the new Lake Grace Shire Visitor Information Centre and needs volunteers to man it.

The aim is to have it open seven days a week in two shifts, 10.00am to 1.00pm and 1.00pm to 4.00pm.

The more volunteers we have the better; it is not a hard job and good fun, last week I met Peter Jennings who used to live in Lake Grace and worked in the railway station in the early fifties.

There are training sessions available if required.



So if you would like to volunteer some of your time please ring Annie Slarke 9865 1170 or Lyn Taylor 9864 9026.

When there are enough volunteers a roster will be organised and published and I am sure it will be a fun job and very rewarding.

Lyn Taylor

YOUTH ADVISORY COUNCIL

We have been quite busy with activities the last two weeks. Friday 4th November, we had water polo and a sausage sizzle.

Friday 11th November, Hayley Wisewould took the members for a work out, doing circuit work with fitball, weights, skipping ropes, medicine ball and steps.

Our next activity will be Friday 25th November, and will be water polo. It will commence at 3.30pm and finish at 5.00pm, to allow those that play basketball time to get ready and meet the bus. Entry to the pool will be at members own expense. No evening meal will be provided.

Debby Clarke

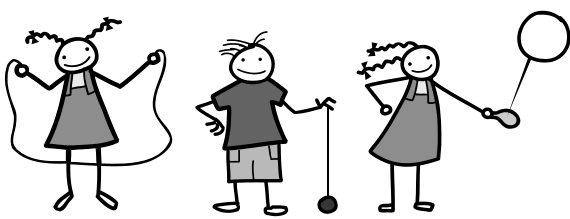
Desperately Seeking

Babysitter/nanny for the summer holidays.

3 January - 30 January

3 kids, short hours, remuneration negotiable

Contact Danielle
0427 676 025



House For Sale

Comfortable and centrally
Located at 22 Bennett St.
Approx. 230 square metres.

3 bedroom, 1 bathroom and extra
shower in laundry.

Large living area including family
room, lounge, study and dining
room.



Ducted air conditioning and
reticulated gardens.
\$160,000 ONO.



Shire of Lake Grace

NEWS & NOTES

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

Congratulations

to Letisha Marshall, Leonie McIlree and all those involved in the development and delivery of the Aquatic and Recreation in the Community program. Council was recently the recipient of the National 2005 Heart Foundation Kellogg Local Government Awards, in the category of Small Rural and Remote Community Project. The cash component of the award will be used for the further development of the program. See article in this issue of the Lakes Link News.

Custom • Plates for Christmas

If you are planning to order custom number plates as a Christmas gift please make sure your order is received at the Shire office by 1st December at the latest to ensure delivery in time for Christmas. These make a wonderful gift for the car enthusiast. Order forms and price lists are available at the Shire.

Early Morning Swimming

Commencing Monday 21st November
6.30am to 7.30am

Swim to rotto



It's on again,
starting Mon 21st November
For more details and to

Prohibited Burning Period

Commenced on 15th November 2005

Until 31st January 2006

Reminder to all landowners and occupiers in the Lake Grace Shire.

Fire breaks should have been cleared by 1 November 2005.

These breaks need to be maintained until 31st March 2006.

Penalty for failing to comply with the Bushfires Act 1954 ranges from a \$100 infringement to a fine of up to \$1000. The person in default is also liable to pay the cost of performing the work directed if it is not carried out by the owner or occupier before the date required.

Firebreak, harvest ban and movement of machinery information brochures are available from the Shire office. For any other queries

CHRISTMAS TRADING HOURS

SHIRE OFFICE

CLOSING 1.00pm Friday 23 Dec 2005
REOPENING 8.15am Tuesday 3 Jan 2006

TRANSPORT & LICENCING

CLOSING 12.00noon Friday 23 Dec 2005
REOPENING 8.15 am Tuesday 3 Jan 2006

LAKE GRACE SWIMMING POOL

XMAS DAY
Sunday 25 Dec 2005 **CLOSED**

BOXING DAY
Monday 26 Dec 2005 **OPEN 12 noon-5.30**

NEW YEAR'S DAY
Sunday 1 Jan 2006 **OPEN 12 noon-5.30**

SCIENCE AND STUFF

GIZMO

A hand-held device has been developed that can locate people who are buried by rubble during earthquakes. The life locator is a type of radar known as ultrawideband. By analysing reflected waves, it can detect the chest movement of people who are alive and breathing, even through 4.5 metres of rubble.



If you start to fall asleep at the wheel, your car will soon warn you. Japanese firm Denso is developing a system that beeps and blows air onto dozy drivers' necks to keep them awake. The Driver Assistance System's camera monitors blinking, and electrodes in the steering wheel monitor heart rate, so it can spot when drivers begin to nod off.

NEPTUNE TO SPILL DEEP SECRETS

The life of a marine biologist is not an easy one. You risk losing your lunch every time you go out on the open sea, and come back with only a few snippets of evidence about what is happening beneath the waves. Now all that is set to change with the setting up of an underwater observatory linking an array of sea-floor webcams, microphones, sensors, robotic rovers and scientific instruments. Together they will give biologists an unprecedented round-the-clock picture of the marine life and geology of the north-eastern Pacific Ocean. Called Neptune it will initially extend 800 kilometres out from Vancouver Island. The final plan is for a 3,000-kilometre network that will cover the entire Juan De Fuca tectonic plate, the smallest of the major plates. This will let scientists observe the full gamut of seismic and ocean processes.

AIRLINE BUGS



Dangerous levels of coliform bacteria have been found in drinking water aboard 15 per cent of 327 planes tested by the US Environmental Protection Agency at 19 airports. Airlines have now agreed to disinfect water supplies and monitor quality.

MANNA FROM ETHIOPIA

Cereals used in Ethiopia to make bread could enrich the diets of people everywhere with coeliac disease, who react to the gluten in cereals such as wheat, barley and rye. It was known that tef (*Eragrostis tef*), did not trigger symptoms, and now research at Leiden University Medical Center in the Netherlands has confirmed that it contains no gluten. (The New England Journal of Medicine, vol 353, p 1748).

KING OF DINOSAURS SMELT DINNER COMING

Tyrannosaurus Rex was a bloodhound among dinosaurs. The unusually large olfactory lobe in its brain shows it had more powerful sense of smell than other predatory dinosaurs. The smelling acuity of dinosaurs' bird descendants varies with the size of their olfactory

lobe, and we can infer the size of the organ in dinosaurs from fossil skulls, or rocks that produced internal skull casts. A scientist has compared the relative sizes of olfactory lobes in birds, crocodiles and two-legged predatory dinosaurs called theropods, the group that contained giants such as T. Rex, Allosaurus and Giganotosaurus. T. Rex had the biggest organ of all, he told a conference, indicating it had a keener sense of smell than other giant predatory dinosaurs, and would have out-sniffed a giant bird or croc of equal size.



WIRED REEF TO SPOT POLLUTERS

An ambitious project for a sensor network to map pollution and its effects on Australia's Great Barrier Reef is to be launched within the next few months. It could provide evidence that will finally settle controversy about the effect of pollution on the reef. The impact of pollutants such as fertiliser run-off entering the waters around the reef has been hotly disputed, with some researchers arguing the reef's health has been misrepresented by conservationists, as a way of forcing people to take climate change seriously. In the first stage, hundreds of sensors will be installed across an area of four to five square kilometres on Davies Reef, in the centre of the Great Barrier Reef. It will include salinity, humidity and light sensors on the reef itself. Sensors will also be installed at the mouth of rivers that empty close to the reef, to monitor fertiliser run-off from the local sugar plantations.

MIND OVER OBJECT

Think of a place, person or thing; then watch the word instantly appear on a computer screen. Such "brain reading" is far into the future. But Cyberkinetics in Foxborough, Massachusetts, has developed an implant, called Braingate, that detects neural firing, permitting the control of objects with thought. In June 2004 surgeons implanted the firm's tiny chip containing 100 electrodes into the motor cortex of a 24-year old quadriplegic. Each electrode connected directly into a neuron, and allowed the patient to play computer games, and check e-mail with his thoughts.

SPOT THAT GENE

More than a million gene variants linked to common diseases should be easier to identify thanks to a new catalogue of human genetic variation. The variants or "alleles" are inherited in clumps, called haplotypes, in particular regions of our chromosomes. The "hapmap" published in Nature (vol 437, p 1299), should help researchers zero in on them without screening the entire genome.



Maurie



Thinking great
gift ideas?
Think.....



John Deere Toys



Toys for **BIG** boys...
Toys for LITTLE boys...

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WAGIN — LAKE GRACE



JOHN DEERE



VP Day *Archives*



‘WARS ARE TERRIBLE’ **The fallen must always be honoured**

When World War II broke out in 1939, enlisting provided young Australian men with what they thought would be an exciting opportunity to escape the Depression and see the world. But as Arthur Duckworth found out in 1941 when he stepped on hostile soil - the war was frightening.

Much of Arthur Duckworth's War was spent as a prisoner of war in Italy and Austria but a stint of active service defending Tobruk and El Alamein from German occupation taught the 22 year old a stern lesson in the tragedy that is war. And these days, more than 60 years on, Mr Duckworth remembers World War II with clarity, describing it in three words. "It is terrible", he said. "I was 22 and my battalion, the 2/28 Infantry, was sent to



Private AR Duckworth
2/28 Battalion AIF

Tobruk as reinforcements and that was the first time I saw war. We didn't know what it was going to be like and we didn't know what to think but it didn't take long for reality to take hold. You were always scared but you got over it after awhile, taking it day by day ".

"We didn't move in the daylight hours and lived in holes in the ground. They always used to say to us 'You'll only put your head up once' – because the German's had us surrounded. At night we were sent out on patrols behind tanks in extended lines and shells would be flying over our heads all the time. When you have shrapnel falling all over you it is scary and when you're going through a mine field you never know when you're going to stand on a mine. The noise hurt our ears and on each patrol we must have lost five or six men. It was terrible"

Two weeks after landing at Tobruk in the dark of night, Mr Duckworth sustained a shrapnel wound and was shipped to the Egyptian port of Alexandria. But a swift recovery saw him back behind enemy lines charged with defending El Alamein from Rommel's advancing troops and there his war took a turn.

"On July 27, 1942, our whole battalion was captured at Alamein," he said. "When we were sent in we were told we would have tanks and aeroplanes as backup but they never arrived, and when we woke up in the morning we were surrounded. We tried to dig ourselves in but the ground was rock hard. A German came in with his tank and pointed the barrel into our dugout and we were left with no choice other than to surrender. Looking back now I think we were sent in as guinea pigs and I wonder if the reinforcements were ever coming".

For the next three years Mr Duckworth was a prisoner of war, first in Italy and then, after Italy capitulated, he was sent for the remainder of the

VP Day *Archives* (cont.)

war to Austria. "When we were first captured and transported to the staging camp in Ben Gajzei it was terrible," he said. "For days we were just lying on the ground before being shipped off to Italy. We would have sooner been back with the battalion but life wasn't too bad in the camps. They didn't have much tucker so they didn't give it to us and when Red Cross parcels didn't get through we had very little to eat. But in a strange way it was a pretty carefree kind of life. Some blokes made a wireless and we were able to get news but we had to keep it hidden, and above all else we had to do what the Italians said".

Although Mr Duckworth's war is long over, the memories will never leave him and while he retains those memories he believes its important for them to be shared with younger generations. "Celebrating Anzac Day is important because it shares memories of what goes on in war and honours those who sacrificed their lives," he said. "It is so important that the generations following us learn and are interested in what happened in the World Wars. They must ask questions and be taught that war is terrible".

Above article written by Jennifer Eliot and provided by the kind consent of the Narrogin Observer.

Arthur Duckworth was originally a Lake Grace boy, coming from a farming family NE of Lake Grace and was the middle boy in a family of five boys.

He enlisted in the Army when he was 21 years old, and the above story from the Narrogin Observer was written just before Anzac day 2004. The last 18 months of his war was in a prison camp in Austria. The photo below is the soccer team that Arthur played in while in the camp, they made the guernseys in camp themselves (note the kangaroo emblem on the pocket), and Arthur still has his.

When Arthur returned to Lake Grace after the War, he leased a farm, and later took it over. However he had another interest down at South Lake Grace, where the school teacher Jessie Forbes was to change his way of life. They married, and Jessie's father wanted him to take over his farm East of Harrismith, which he did, and he farmed there for 50 years, where they raised a family of three sons and a daughter.

Arthur was a good country footballer, but it was his sons who made League football, and now the grandsons are following the tradition. Arthur and Jessie have retired to Narrogin.

Allan Zweck



*Front L to R: Bryce Jones, Ian Barker, Vince Grace, Dinny Voak, P Seville.
Back L to R: Jack Turner, Ted Marshall, Frank Wharton, Frank Collie, Arthur Duckworth and Jim Doyd.*

This photo was taken at St Marein, Austria in 1944.

Feeling Sheepish....

Sheep numbers have jumped in the Lake Grace region as the local craft ladies have extended their creativity into yet another field.

Irene McGlinn conducted an informal class recently, teaching participants on the finer points of making a sheep that not only looks cute but has the potential to be marketed to tourists. By cut out time six and a half sheep had been made (somebody must have had a premonition of a lotto win). However participants are armed with a pattern and have their technique down pat, so expect the flock to keep growing.

The regular but informal get together of the craft group ensures that once craft projects are started, there is no valid excuse for them to not be finished. Aside from the productivity, it is an ideal social outlet - reaching beyond participants day-to-day social networks.

There is opportunity for anyone to share ideas and skills, with the group running informal lessons like the sheep making class. It is a no pressure, timetable free opportunity for crafty people to unleash their creativity surrounded by like-minded people.



With the opening of the Lake Grace Visitor's Centre, there is opportunity for local craft and produce to be sold to tourists and travellers.

The craft group meets once a fortnight (on a Saturday) at the local CWA from 11am onwards. Anyone is welcome to attend. Their next get-together is this Saturday 19th November.

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Administrator

Lake Grace

Ref - 25116



An exciting opportunity currently exists with the Operations Department for an Administrator based in the Lake Grace District.

The position will suit an enthusiastic, innovative and highly motivated individual who wishes to join a multi-disciplinary team in Lake Grace, committed to providing a vitally important role in the efficient running of the Lake Grace District.

The Administrator will be responsible for:

- ❖ Co-ordination of the clerical and administrative duties for the district office and to assist management when required.
- ❖ Liaison with the Company's external and internal customers.
- ❖ Code and enter timesheets for all staff.
- ❖ Purchasing and inventory management.
- ❖ Co-ordinating of the recruitment, selection and training of seasonal staff.
- ❖ Plan, organise and co-ordinate events.
- ❖ Data processing and statistical analysis.

SELECTION CRITERIA

Essential:

- ❖ Advanced skills in Microsoft office suite products
- ❖ Demonstrated written and verbal communication skills
- ❖ 1-2 years relevant work experience
- ❖ Demonstrated organisational and administrative skills
- ❖ Enthusiastic, innovative and highly motivated
- ❖ Data entry, attention to detail and processing skills
- ❖ Customer Service Experience

Desirable

- ❖ Understanding of the Grains Industry
- ❖ Sampling Experience
- ❖ Experience in SAP

Salary commensurate with qualifications and experience will be discussed at the interview stage.

For further information, please contact, Greg Pinney – Area Manager, on 9865 1106 or visit our website at www.cbh.com.au. Applications addressing the selection criteria should be forward to employment@cbh.com.au no later than **Friday 18th November 2005**.

HUMOUR

A lady goes to her priest one day and tells him. "Father, I have a problem. I have two female parrots, but they only know how to say one thing."

"What do they say?" the priest inquired.

They say, "Hi, we're hookers! Do you want to have some fun?"

"That's obscene!" the priest exclaimed, Then he thought for a moment.

"You know," he said, "I may have a solution to your problem. I have two male talking parrots, which I have taught to pray and read the Bible.

Bring your two parrots over to my house, and we'll put them in the cage with Francis and Peter. My parrots can teach your parrots to praise and worship, and your parrots are sure to stop saying that phrase in no time."

"Thank you," the woman responded, "this may very well be the solution."

The next day, she brought her female parrots to the priest's house.

As he ushered her in, she saw that his two male parrots were inside their cage holding rosary beads and praying.

Impressed, she walked over and placed her parrots in with them.

After a few minutes, the female parrots cried out in unison: "Hi, we're hookers! Do you want to have some fun?"

There was stunned silence.

Shocked, one male parrot looked over at the other male parrot and exclaimed, "Put the beads away, Frank. Our prayers have been answered!"



A woman goes into Harrods to buy a rod and reel for her grandson's birthday. She doesn't know which one to get, so she just grabs one and goes over to the counter.

The Harrods salesman is standing there, wearing dark glasses. She says, "Excuse me. Can you tell me anything about this rod and reel?" He says, "Madam, I'm completely blind; but, if you'll drop it on the counter, I can tell you everything you need to know about it from the sound it makes." She doesn't believe him but drops it on the counter anyway.

He says, "That's a six-foot Shakespeare graphite rod with a Zebco 404 reel and 10-lb line. It's a good all around combination, and it's on sale this week for £44." She says, "It's amazing that you can tell all that just by the sound of it dropping on the counter. I'll take it!" As she opens her purse, her credit card drops on the floor. "Oh, that sounds like a Visa card," he says.

As the lady bends down to pick up the card, she accidentally breaks wind. At first she is really

embarrassed but then realises there is no way the salesman will know it was her who vented to the atmosphere.

The man rings up the sale and says, "That'll be £58.50 please." The woman is totally confused by this and asks, "Didn't you tell me it was on sale for £44. How did you get to £58.50?"

He replies, "Yes Madam, the rod and reel are £44, but the Duck Caller is £11 and the Fish Bait is £3.50."



Donald Rumsfeld is giving the president his daily briefing. He concludes by saying: "Yesterday, 3 Brazilian soldiers were killed in an accident."

"OH NO!" the President exclaims. "That's terrible!"

His staff sits stunned at this display of emotion, nervously watching as the president sits, head in hands.

Finally, the President looks up and asks....."How many is a Brazillion??!"

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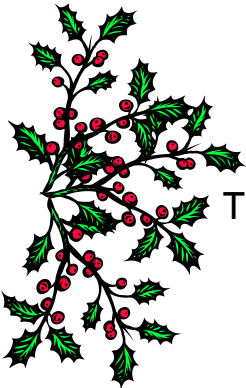
Monday November 21st

Ladies 15yrs & over
BYO drinks & nibblies

Theme- Red & Green with maybe a colour in between!!

Doors open 7:30 pm for 8pm start

Gold coin donation entry- rice bowl appeal
Raffles to support local ambulance centre
Plate for supper

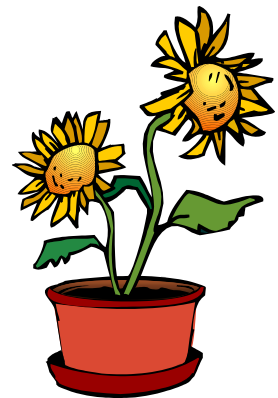


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Tel 9071 6555
9071 6788 (fax)
1800 015 535

Website www.grahamjacobs.com.au



Welcome to Night Watch for the fortnight, from midnight Friday November 18th, to midnight Friday December 2nd. Astronomy is looking up. Never observe the Sun without proper protection.

Our local star, the Sun, at magnitude – 26.72, starts the fortnight in the Constellation of Libra. On Tuesday 22nd it will rise in the Constellation of Scorpius. On Wednesday 30th the Sun will have moved into the thirteenth Constellation of Ophiuchus (the Serpent bearer).

The Moon, on Wednesday 23rd at 2pm, will be at Apogee (furthest), at 404,370 kilometres from Earth. On Thursday 24th, the last quarter Moon will be at 6:01am, reflecting sunlight at magnitude -6.0 and at 3° north of the bright star Regulas. On Monday 28th the Moon will be 1.1° of bright star Spica. The new Moon will be at 10:51pm on Thursday 1st of December, and 0.3° north of the red supergiant star Antares on the 2nd. On Saturday the Moon is in Taurus, Gemini on 20th and 21st, Cancer on 22nd and 23rd, Leo on 24th, 25th and 26th, Virgo on 27th, 28th and 29th, Libra on 30th and December 1st, Scorpius on 2nd.

Mercury, in Ophiuchus, sets one hour after sunset at 7:43pm, 3° north of the red star Antares at 0.0 magnitude. On Friday 25th, Mercury will be between the Sun and Earth at inferior conjunction.

Mercury will be 45 million kilometres from the Sun on Sunday 27th at Perihelion (closest to the sun).

On Friday 2nd December, Mercury will rise at 4:12am in Libra at magnitude -0.4.

Our sister planet Venus, sets at 10:26pm in the Constellation of Sagittarius on Saturday, at magnitude -4.3. On Friday 2nd December, Venus sets at 10:12pm.

The red planet Mars, in the Constellation of Aries, at magnitude -2.6 is in the sky all night for the fortnight, setting in the morning twilight.

Jupiter, the giant gas planet, in Virgo, rises at 3:54am

on Saturday morning at magnitude -1.8. On Tuesday morning 29th, Jupiter will be 3° north of the Moon. Jupiter rises at 3:10am on Friday morning the 2nd of December.

In the Constellation of Cancer, the ringed planet Saturn, rises at 11:55pm on Saturday evening at magnitude 0.0. On Tuesday 22nd, Saturn will be 4° south of the Moon. Saturn, on Friday evening 2nd December, rises at 10:59pm.

At magnitude +5.9 in Aquarius, Uranus with a blue/green coloured disc, sets on Saturday morning at 1:18am, and at 11:16pm on Friday evening 2nd of December.

With a grey/green coloured disc, Neptune in Capricornus at magnitude +8.0, sets at 12:11am on Saturday morning and at 11:16pm on Friday 2nd December, can be seen with binoculars.

The very small and distant planet Pluto is now too close to the SUN to be seen even with large telescopes.

Meteors can be seen in the mornings of 22nd in the Constellations of Monoceros (the unicorn), and on Thursday morning 1st in Orion (the saucepan).

You will now notice that as the tail of the Scorpion goes down in the west south west in the evening night sky, that Orion the hunter (the saucepan), rises in the east. This comes with the myth that the gods keep them apart to stop the scorpion stinging the hunter on the leg.

The bright blue star, Achernar, is now high in the south to south east, and marks the beginning of the Constellation of Eridanus the river, which runs to the bright star patch at the bottom of the saucepan, which is the Constellation of Lepus the Hare.

Maurice Gilson.

A member of the Astronomical Society of W.A.

16 Clarke Avenue Lake Grace.

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

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
19/11	4:57am	6:47pm	10:14pm	7:03am	26/11	4:54am	6:54pm	1:37am	1:42pm
20/11	4:56am	6:48pm	11:01pm	7:59am	27/11	4:54am	6:55pm	2:02am	2:38pm
21/11	4:56am	6:49pm	11:41pm	8:58am	28/11	4:54am	6:55pm	2:28am	3:37pm
22/11	4:56am	6:50pm	DNR	9:57am	29/11	4:54am	6:56pm	2:57am	4:39pm
23/11	4:55am	6:51pm	12:15am	10:55am	30/11	4:54am	6:57pm	3:29am	5:44pm
24/11	4:55am	6:52pm	12:45am	11:51am	1/12	4:53am	6:58pm	4:08am	6:53pm
25/11	4:55am	6:53pm	1:11am	12:46pm	2/12	4:53am	6:59pm	4:55am	8:01pm



Lake Grace – Mae Connelly
 Tel: 9865 1670 Fax: 9865 1311

A guide to completing the CBH Carters Delivery Form (CDF) for AWB deliveries:

Please note - CBH won't allow you to use the one letter codes used for the last few harvests, eg "AWBI" for the AWB National Pool & "N" for Harvest Loan.

You MUST write the "Acquirer" and "Payment Method" in full on each CDF:

AWB option	"Acquirer"	"Payment Method"
Multi V contract	AWB Australia	Contract
RiskAssist contract	AWB Australia	Contract
Fixed Grade contract <i>(barley or canola)</i>	AWB Australia	Contract
Cash at Silo <i>(wheat, barley or canola)</i>	AWB Australia	Cash
AWB Suspense	AWB International	Suspense
Harvest Loan	AWB International	Harvest Loan
Flexible Drawdown Loan	AWB International	Harvest Loan
Advanced Payment	AWB International	Advanced Payment
Deferred Payment	AWB International	Deferred Payment
Distributions	AWB International	Distributions

Lake Grace Christmas Lights Competition

The Lions Club of Lake Grace will be conducting the Lake Grace Christmas Lights competition again this year.

Prizes will be awarded for the best display in the following categories: residential, non residential & group of five or more buildings in one area of the street.

\$100 worth of vouchers for each category will be issued to the lucky winners to be redeemed at any

Lake Grace retail outlet.

Judging will take place on Wednesday 21st December 2005. To be eligible for the competition, lights must remain on between 8.00pm and 10.30pm on this date.

The prize winners be contacted by your Lake Grace Lions Club and their names will be displayed on the Plaza notice board and at the Post Office.

Anglican Ladies Guild Stall

will now be held on

**Friday 2nd
December**

Raffles, plants, cakes
and other yummy
produce will be available
for purchase.



Senior Citizens Christmas Luncheon

Hosted by the Lions Ladies

**Thursday 1st December
12:00 noon**



At the Lesser Hall

Any queries to be directed to Maureen
Moulden on 9856 1841

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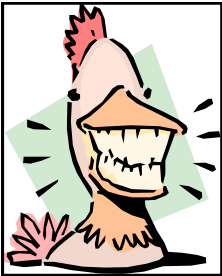
Oddments – On Spot Payments

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Lake Grace will be represented in next year's Commonwealth Games celebrations! Debby Clarke has been selected as a runner in the Queen's Baton Relay, the world's longest, most inclusive relay.

Runners are nominated for their contribution to

Debby will run in Yallingup on February 9, 2006. The relay concludes at the Opening Ceremony, as the final relay runner hands the baton to Her Majesty Queen Elizabeth II, or Her representative. At that moment the relay ends and the Games begin.



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

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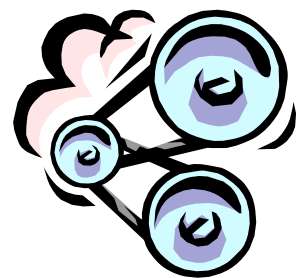
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Trailer parts



Pulleys

Keyed and

contact Mark

Good Reads for Teens

The Silver Brumby by Elyne Mitchell

The Silver Brumby is a magical story, it really is. It's about a young colt by the name of Thowra. He is a legend among the people also known as the white stallion. Everyone wanted to catch him so they could either keep him or sell him for a high price. When Thowra was old enough he ran his own herd and defended them against the magnificent stallion, the Brolga. I doubt guys would want to read this story, so girls, go in and grab it.

Define Normal by Julie Anne Peters

Define Normal is a book about two girls who are completely different from one another. One is totally wild and likes having fun, her name is Jazz. The other one is a real teacher's pet kind of girl, her name is Antonia. Both girls help each other out through the times they've had and even though Antonia is the one meant to be helping Jazz, it works both ways. If you really don't understand yourself, read this book and you will find who you truly are.

Wish Upon A Unicorn by Vicki Blum

This story is about a unicorn that has magical powers. I know it might sound a bit corny already but if you like fantasy then at least try and read this book. Back to it, the unicorn meets a small girl named Arica and the unicorn gives her magic to use against the enemies, trolls and their evil master named Raden. Raden takes Arica prisoner just as they have done with the unicorns, fortunately Arica finds out she can read the thoughts of unicorns. Please read this book, I know it may sound like a book just for little kids but it's not. Just believe.

Rebecca Reeves

* All the books featured are available at the Lake Grace Library



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Blue Light Disco

The Lake Grace Police and the Student Councillors of Lake Grace District High School are holding a Blue Light Disco.

When: Friday 25th November
Where: Lake Grace Pavilion
Cost: \$3.00
Time:
 pp—year 2: 6:00—7:00pm
 year 3—year 7: 7:00—8:30pm



Chips, Drinks and Lollies will be on sale throughout the night.

Hope to see you all there!

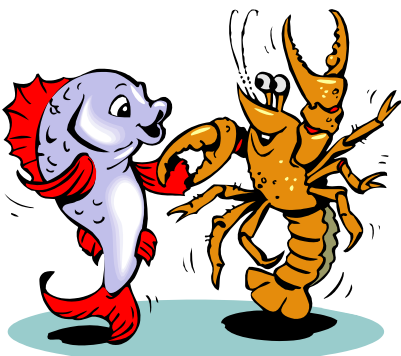
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Marron
for the dinner table
priced according to weight

Fresh marron now available from Walker's Vineyard.

Place your orders for all your Christmas needs by ringing Ray Bushby or talking to Bill at Walker's Vineyard.



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 No. 1730

Roma's Ride

On Thursday 3rd November Pauline Taylor, Jane and Lauren Bushby brought their horses to school as part of their continued promotion of breast cancer awareness.

the riders and their support group. It also brought home the reality that one of their peers, Lauren Bushby, who is a student at Lake Grace District High School was a part of this adventure.



Jenny Pitman speaking to the schoolchildren

Although minus one of their participants, Elaine McTaggart, it was an opportunity for children of Lake Grace to hear of the massive undertaking by



Pauline Taylor's horse "Ellie" enjoys the attention

Jenny Pitman, a breast cancer survivor, spoke to the school children on the importance of looking after our bodies and being aware of any changes.

At last count, the group had raised \$27,500.00!

The Tony Crawford Experience

60's & 70's night

Guitar Extraordinaire

Appearing 8pm till late
Lake Grace Sportsman's Club
Saturday 10th December 2005

**No cover charge*



Safety Advisory Service Extended

Due to the huge uptake of the popular Advisory Service, funding for the program has been extended and will be available for a further 12 months.

Since its inception in October 2004, approximately 400 farmers have participated in the free on-farm audits from as far a field as Broome down to Esperance.

Coordinated through the Farmsafe WA Alliance, the successful service will continue to offer farmers a non-threatening forum to discuss their legal requirements for occupational health and safety with an independent qualified safety consultant.

Fully accredited advisor, Ben Olsen conducts risk assessments and prepares safety and health

action plans on the host farms. Nearby farmers are able to participate in the assessment and they are provided with the knowledge to then go back and complete a safety audit on their property.

The farm visits take between 3-4 hours and more than 400 farmers have already participated in the program, which is unique to Western Australia.

The strategy, which is funded through Worksafe, aims to increase the number of Western Australian agriculture enterprises with safety and health action plans in place.

This year's schedule will be tight and farmers are advised to contact the Farmsafe WA Alliance on 08 9359 4118 to register their interest ASAP and ensure they don't miss out!



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- Low contract period (12 months).
- Over 1800 customer service agents Australia wide.
- Voted Australia's #1 ISP in Customer satisfaction. (16th and 17th ACNielsen Consult Australian Online Survey 2004 and Australian Broadband Survey 2003).
- 7-Day Award-Winning Technical Support team.
- No excess charges.
- Free uploads.
- Free Static IP address (Premium ADSL Accounts only).
- Unlimited Free Traffic to Software Vault, Online Gaming, File Mirrors and Peering Resources (Premium ADSL Accounts only).

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

Plans start from \$29.95 per month

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

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

The National Young Leaders Day

The Young Leaders Day for secondary students in Western Australia for 2005 was held in Perth on Monday the 7th of November with approximately 1200 students in attendance. The event was held in the Perth Convention centre enabling easy access for those students that could travel by bus or train in the metro area (about 60%). For those travelling from the country there was ample parking available. Approximately 65% of students are from Government Schools and the other 35% are from Private Schools.

Guest speakers included Phillipa O'Connor (host of Postcards W.A.), Shaun McManus (past captain of the Fremantle Dockers), Dr. Fiona Wood (Australian of the Year), Laine Beechly (most successful female surfer), Mike Martin (General Manager of Young Leaders Foundation), Allana Slater (Australia's most successful Gymnast), the day was hosted by Wesley Denning (from Go Wild).

The first Young Leaders Day for secondary students was held in Sydney in 1997 and for Primary students was in 1999. They are held in most capital cities in Australia. They are also held in New Zealand and Singapore. The Young Leaders Days for primary students are held in term one and for secondary students in term four.

The purpose of the days is to have a positive impact on the lives of students so that they in turn will be more able to have a positive impact on the lives of fellow students.

As an adult I thought that it was a most enjoyable and informative day, I'm sure I would have benefited from such an experience at that age. I can thoroughly recommend it to everyone, students, parents and teachers.

Debby Clarke



L to R: Lisa Clarke, Jayne Argent and Paul Curtin, who attended the National Young Leaders Day

Community & Church

Living with people just like us

Café Church

5:30pm

PINGARING

COMMUNITY CENTRE



20th November 2005

Jesus



What's so special?

Was Jesus who he said he was?

We had 19 come to our last meeting at Pingaring on the 6th of November, and you are welcomed to join us on the 20th of November at the Community Centre. We meet together over a cup of tea or coffee and talk about the connections between Community and Church. If transport is a difficulty we can help, so please let us know.



Shire of Lake Grace

ARC NEWS & NOTES

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

Bring on summer. It always amazes me the new energy the comes with the warmth (that also brings the flies and mozzies). As new classes begin to crank up, I want to encourage participants to give feedback. Whether it is good or not so good, any type is great for the future development of the program. Don't be shy on letting us know what you want to say.

The more feedback, the better the development.

Wishing you good health

Letisha - ARC



BRONZE MEDALLION COURSE / REFRESHER

FULL COURSE \$75
SATURDAY 3rd & SUNDAY 4th
DECEMBER 2005
9.30pm - 4.00pm DAILY

REFRESHER ONLY
SUNDAY 4th DECEMBER 2005
9.30pm - 4.00pm
(times may vary depending on group)

TO REGISTER OR FOR MORE
INFORMATION CONTACT
LETISHA AT THE SHIRE ON
98651105

CHRISTMAS BREAK

There will be no land or water classes from Saturday 24th of December 2005 until Tuesday 3rd of January 2006.

Classes will resume Wednesday 4th of January 2006 as per timetable.

NEWDEGATE AQUA FITNESS

Expressions of interest are welcome to assist in providing the community of Newdegate the Aqua fitness program for 2005/06 For more information contact Letisha at the Shire on 9865 1105

PLEASE NOTE

DUE TO PRIVATE USE OF THEHALL, LAND CLASSES FOR MONDAY 5th & TUESDAY 6th of DECEMBER 2005 WILL MEET AT THE SPORTING PAVILION

DO YOU NEED A FITBALL?

Are you keen to join a fitball class but don't have the fitball? Now you can order a fitball through Letisha at the Shire. Prices may vary depending on quality and order quantity. For more information contact Letisha at the Shire 9865 1105.

SHORT & SWEET

- There will be no land or aqua classes on the 21st November 2005.
- From the 8th of December all classes will be held at the Sporting pavilion.
- If you are participating in an outdoor class it is strongly advised you wear a mosquito repellent.
- All teenagers are welcome to all classes.
- Reminder that all fitball classes do require you to bring your own fitball. If you do not have one and would like to participate in the classes please see your class instructor or Letisha.
- All classes unless otherwise specified cater for both male and female.
- WARM WEATHER = DRINK LOTS OF H2O BEFORE, DURING & AFTER CLASSES (don't forget to eat before classes ... you need fuel for your body)
- THERE WILL BE NO CLASSES DURING THE WEEK BETWEEN XMAS & NEW YEARS

**AQUA CLASSES WILL REQUIRE THE COST OF A NORMAL POOL ENTRY OF \$2.20
SEASON PASSES ARE AVAILABLE AT THE POOL OR THE SHIRE OFFICE**

Shire of Lake Grace - Current class explanation

GI JANES

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

Beginners - Advanced (work at your own pace)

FITNESSBALL

A unique and effective class using your own fit ball to sculpt and tone every muscle.

BYO FIT BALL

TTT/ AQUA- TRIM, TAUT & TERRIFIC

A 45 minute workout using free weights, balls and barbells for upper and lower body toning. Will vary between land and water.

See your instructor for more information.

COMMANDO JOES

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

Beginners - Advanced (work at your own pace)

GROUP TRAINING

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

XPRESS BALL

An express workout with your own fit ball, combining core stability, weights and balance, while working against the clock.

BYO FIT BALL

COMBO BALL

A low impact workout incorporating your own fit ball to tone muscle, improve posture, flexibility and core stability.

BYO FIT BALL

AQUAMAN

Designed specifically for men, a 50 minute moderate to high intensity class incorporating cardio, resistance, and buoyancy weights. Fantastic for weight loss, muscle toning and general fitness (*cost of pool entry*)

AQUA DEEP

Designed to work against your own resistance with the use of buoyancy equipment. Fantastic for cardio, toning and an all over workout.

Must be able to swim (*cost of pool entry*)

AQUA - COMBO

A great class for both men and woman all ages from 12 and up, offering a combination of cardio, aqua weights, deep water and endurance. All intensity levels catered for (*cost of pool entry*)

AQUA LITE PACE

Designed for lite intensity workout, encouraging movement agility and strength.

Lite to moderate intensity (*cost of pool entry*)

AQUA CIRCUIT

A great class working all areas of fitness through cardio, resistance, buoyancy weights, balance and strength. Great for toning and an all over workout. All fitness levels welcome (*cost of pool entry*)

NEW FITNESS TIMETABLE - Beginning 22nd November 2005

Day	AM	PM
MONDAY	10 00- 10.50am (Letisha) - AQUA COMBO	5.30-6.20pm (Anna) - GI JANES 6.30-7.15pm (Anna) - FITNESSBALL 6.30 - 7.15pm (Letisha) - AQUAMAN
TUESDAY	6.00- 6.40am (Hayley) - GROUP TRAINING 9.15-10.00am (Anna) - FITNESSBALL	2.00-2.45pm (Hayley) - TTT/AQUA TTT 5.50 - 6.40pm (Letisha) - AQUA CIRCUIT 7.00-7.50pm (Hayley) - COMMANDO JOES + WEIGHTS
WEDNESDAY		6.30 pm - MIXED TOUCH FOOTBALL
THURSDAY	6.00- 6.40am (Hayley) - XPRESS BALL 8.50-9.25am (Anna) - XPRESS BALL	6.30-7.15pm (Anna) - COMBO BALL 5.50-6.40 - AQUA DEEP (Letisha)
FRIDAY	9.00 - 9.45am (Letisha) - AQUA - LITE PACE	

All classes are subject to change without notice

For further information contact: Letisha - Aquatic & Recreation Coordinator, Shire of Lake Grace – 9865 1105 or letisha@lakegrace.wa.gov.au

Classes are designed to cater for all levels of fitness unless otherwise informed

- ❖ For safety reasons there is no entry 5 minutes after a class commences.
- ❖ Always bring a sweat towel and water bottle to classes; suitable footwear must be worn at all times.
- ❖ Please inform your instructor of any health concerns you may have at the beginning of the class.
- ❖ Teenagers are welcome to all classes.
- ❖ The fit ball can also be known as an anti burst ball, fitness ball etc.

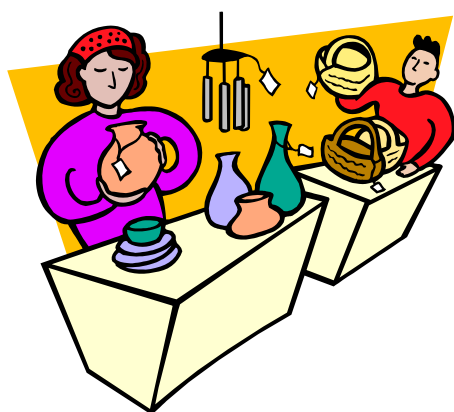
Lake Grace Shire Visitor Information Centre Committee are holding a.....

Market Day

Visitor Information Centre Lawn

Saturday 10th of December

10.00am till 2.00pm



The committee will be doing Devonshire Teas and a sausage sizzle. We are asking other individuals and community groups to come and join us.

Fees are \$10 per stall (3mx3m) supply your own table and chairs.

Contact Debby Clarke on 9865 4041 to confirm your stall.

A chance to buy some of those last minute gifts or raise some last minute funds for Christmas.

Lake Grace Hockey Club News



Our AGM was held on Friday 11th November with a great turn out of past and new players. Thank you to Belinda for the use of her patio.

Our Committee for the next season is	
President	Belinda Bowron
Vice President	Danielle Robertson
Secretary	vacant
Treasurer	Karel Walker
Committee members	Letisha Marshall Caryn Kirk

A Grade coach	vacant
B Grade coach	Amanda Milton
C Grade coach	Danielle Robertson
JB coach	Lindsay McGlinn

Anyone who is interested in the positions of Secretary or A grade coach, please contact the President on 9865 1298.

EWENIQUE Weed Free Pelletised Sheep Manure

✓ 100% organic

✓ Low Odour

✓ Heat treated

Made from 100%
crushed sheep dags

20kg bag \$12

Ph: Darren Spencer

0428 651 339

or 9865 1339



LAKE GRACE LADIES BOWLS

Although we defeated Kukerin on both rinks at home on Saturday 5th it was by no means an easy win.

It is good to see so many new players in the Kukerin team namely Nola Timperley, Beverley Davidson, Debbie Smith, Vicki Frost who all played very well.

On Thursday Jean, Audrey, Dorothy and Lyn traveled to Kondinin to play in their Gala Day. We

won two games and lost the third by a measure on the last end. Audrey was a winner all day playing excellent bowls and coming home with the raffle, lots of goodies ready for Christmas.

Saturday 12th Lake Grace played Newdegate at Newdegate. Jenny's team were victorious with 18-17 while Jean's team suffered a loss of 12-26. Lake Grace scored one point while Newdegate scored three.

Lyn Taylor

TARIN ROCK TENNIS CLUB NOTES

There was a good turn up for social tennis on Saturday afternoon. It was great to see lots of kids having a hit as well.

This week there will be Friday night tennis starting at 6pm. Please bring a salad to share for the BBQ after tennis. Pennants is at Tarin Rock this week starting at 1pm. Please let Ross Robinson know if you are unavailable to play this weekend. Nita Gooding is on cleaning this week after Friday night tennis and Karissa DeVree after Sunday pennants.

A reminder that the Ladies Christmas Concert is next Monday the 21st of November!! There will be a busy bee on the day of the concert at 1pm to set up the hall. All members will need to be at the hall that night at 6.30-7pm. All help will be appreciated! Please remember to put a "luxury" donation in the basket for the raffle. There will be rehearsals for the play during the week. Please contact Belinda O'Neill for more information.

Sharon Robinson

Bushys Garden Nursery

CLOSING DOWN



Bird Baths * Statues * Pots

REDUCED

Roses less 10%

Selected stock prices as marked

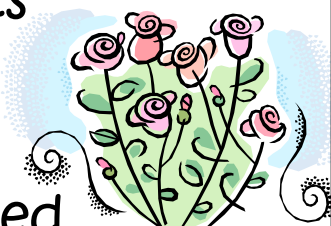
Saving \$\$\$

Come and grab a bargain before its all gone!!

....**SALE**....

All enquiries to Julie Bushby

Phone 9865 3017 - North Lake Grace



LAKE GRACE CRICKET

After having a weeks rest due to a bye, the Lake Grace boys were all ready to fire up against Hyden last week-end. Going into the third game of the season the team was picked and the club has now played 19 different players.

Having lost the toss (AGAIN - Captain Karl Fleay), we were sent out to field. Some tight bowling by openers Karl Fleay and Derek Stanton restricted the run flow early on. But the Hyden openers started to settle in and some changes to the bowling attack was required.

This move saw wickets fall straight away with Steve Eaglestone and Luke Bairstow claiming a wicket each. Captain Fleay made another quick change before drinks to try and unsettle Hyden, bringing on Alex Duckworth and Darren Spencer. Both bowled tight but were unlucky leading into drinks.

So, by the 22nd over, Lake Grace had Hyden 2 for 54 off 22 overs.

After drinks, Captain Fleay brought Derek Stanton and himself back into the attack and this move brought about another wicket before Stanton removed himself from the ground to allow 12th man Zane Connolly the chance to show off his fielding brilliance. Stanton finished with figures of 8 overs, 1 for 16.

Steve Eaglestone was re-introduced and he continued to bowl tight to finish with the figures of 1 for 20 off 11 overs. Peter Kain was bowling from

the other end and he finished with 2 for 41 off his 6 overs. Captain Karl completed his 11 overs and finished with 2 for 29. Luke Bairstow finished with figures of 6 overs, 1 for 27.

At the end of the 44 overs, Hyden were 7 out for a total of 151.

Lake Grace were fairly confident with this run chase but once again we failed to accumulate the runs. Stand out batsman was number 3 batsman Luke Bairstow (36) and number 4 batsman Alex Duckworth (23) who put on half of the total team runs. There was a bit of a collapse once Bairstow was out and Lake Grace lost 6 wickets for 32 runs.

Lake Grace did manage to pass 100 runs though (for the first time this season) through the fine strokeplay of Matt Trevenen and Sam Stubby.

With 9 down and the total only at 107, Reid Stubby joined Sam at the crease and they decided to have a crack at the total and prolong the drinking activities a bit longer.

They took the total to 127 before Reid was run-out, thus falling 24 runs short of the total. Sam finished with 15 not out.

This week-end is the derby against North Lake Grace. Come along and watch as we have two gentleman in our team that are currently looking down the barrel at having to purchase a keg for the team (kegs are often purchased should a batsman fail to score ANY runs for three innings).

HIGH SCHOOL BASKETBALL

Friday 4th November both teams played the later games at 7.50pm. Lake Grace One played against Kulin Green. Lake Grace One lead from the start and it seemed they could do nothing wrong. Kulin Green seemed to have quite a bit of the ball, however they had trouble converting their hard work to points on the board. All in all Lake Grace One displayed a wonderful example of team work with everyone being involved in the game, and each member of the team scoring points. The final score was Lake Grace One 52 to Kulin Green 23.

Lake Grace Two played Kulin Blue, the only team to be unbeaten. Lake Grace Two came out well and were in front for the majority of the first half. In the second half Kulin Blue pulled together and developed a lead that Lake Grace Two could not claw back. The final score was Kulin Blue 37 to Lake Grace Two 26.

Friday the 11th of November Lake Grace Two played

Kulin Green. Although Lake Grace Two had no subs they apparently did not need them for they soundly defeated Kulin Green. The final score was Lake Grace Two 52 points to Kulin Green 15 points.

Lake Grace One played Kulin Blue in the last game of the night and were lucky enough to have three umpires. Lake Grace One had all eight members playing on the night which did make it tricky for the subbing. Unfortunately Kulin Blue showed why they remain undefeated on top of the ladder with a win of 35 points to Lake Grace One 23 points.

There is no game for our teams this Friday as the game has been played during training to allow for members to attend the Cadet camp. The next game in Kulin will be on Friday the 25th of November and the bus will leave the courts at 5.45p.m.

Debby Clarke

LAKE GRACE TENNIS

The Lake Grace Tennis Club held its AGM at noon on Sunday before Social Tennis. I am pleased to say the meeting was very productive with all positions filled and quite a few good ideas put forward. Ross Bowron was re-elected as president, as was Grant Marshall as Vice-President and Linda Hunt as Treasurer. Welcome aboard to Helen Bennett who will be our secretary for 2005/06. Thanks to Paul Leoni for filling in for those months as secretary. Cameron Lloyd and Anna Taylor were re-elected Captains, with new additions to the committee being Danielle Robertson, Rex Walker and Pauline Taylor. Well done to everyone for accepting positions as it gives us momentum to move the Club forward.

The Tennis Club will be holding a raffle which will be drawn before Christmas so make sure you snap up some tickets as soon as they become

available. It's a great prize. The tickets should be available really soon so I'll leave you in suspense about the prize until then.

Junior tournaments are underway with Kulin's and Katanning's on this weekend. If your kids are interested, contact our Junior Coordinator Michelle Slarke, for more information.

The Lake Grace Junior Tournament will take place in early December so kids get your partners and have heaps of practice. Junior Tennis is on Wednesdays after school and there is also Sunday Social Tennis.

Pennants are in Wagin, versus Wagin, this weekend. Names in to Anna Taylor and Cameron Lloyd please.

Ross Bowron

Tennis, Anyone!



The Lake Grace Tennis Club invites you to come and experience the family fun of tennis in a relaxed atmosphere.

Tennis is a low impact outdoor game the whole family can play. We all need to get away from our work once in a while and get some exercise out in the sun.

Our focus this year, especially at the Lake Grace Tennis Club, is to introduce (or re-introduce) tennis to as many people as possible, regardless of age or ability. We are particularly keen to involve the children as we don't have the services of our Zone Coach at the moment.

Michelle Slarke, our Junior Co-ordinator, and helpers are holding Junior Tennis on Wednesdays after school. In addition to this, organised social tennis will be held on Sundays up until 18th December in an effort to increase the amount of people playing tennis.

Please don't be shy. If you've always wanted to have a go but never got around to it, come and see us and give it a shot.

If you have any ideas, queries or suggestions, read our notes in this issue (above), for our committee members names. Don't let our facilities go to waste!

Tennis, the Family Game!

CLASSIFIEDS

FOR SALE

Going Cheap

My bad luck is your good luck.
Small bales of Rain Damaged Oaten Hay for sale. The cows are still eating it so it's OK, or maybe you want some for the garden.
Phone 9865 1122

House - 6 Wright Place

Weatherboard with iron roof. Two large bedrooms with upstairs loft. Lounge room, living room. New split system a/c. New polished floor boards. Large garage/shed.
Exterior recently painted.
New aluminium windows and security screens.
\$100,000. Ph 9535 5849, mob 0419 011 705

Reluctant Sale

Falcon EL Stn Wagon with 9 seats.
Suit young family needing the extra space.
Reliable country car with lots of extras
all for \$5,500.
Phone 98651122

2 x 3 Seater Leather Couches

V Good Condition, very comfortable
Was \$850 for the pair
Reduced to \$500.

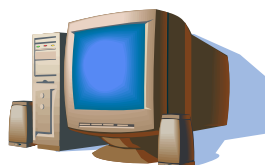
Jarrah Entertainment Unit for TV/Stereo

1.6m wide x 1.2m high.
Solid jarrah top and base.
Heaps of storage space
for cd's/dvd's/videos
Very Good Condition.
\$600 ono.

Ph: 9865 2163 for further information.

Desktop Computer

Features: 8 GB Hard drive,
17" Colour monitor, Windows XP, CD burner
\$250.00 ONO.
Contact 9865 1863 or
0427 651 863



PUBLIC NOTICES

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

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

Senior Citizens Luncheons 2005

First Thursday of every month
December 1st - Lions Ladies



AGM

Lake Grace Playgroup
Thursday 8th December
9:30am sharp
Catholic Parish House
(yellow house behind church)
All present and new members welcome.
This is a normal playgroup day so bring the kids along

Dr Annie Irvine

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

FOR SALE

Generator

GX390 Honda
13.0 HP Motor 7 KVA
\$1,500
Phone: 0427 651 491

Assorted Goods

- Tarps all sizes and conditions
 - Sampling equipment
- Contact CBH Office: 9865 1106

Lake Grace Shire Councillors

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

CRISIS CARE NUMBERS

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

Justices of the Peace

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

ANGLICAN CHURCH OF LAKE GRACE

Sunday 20th November

9:00am	Lake Grace
5:30pm	Pingaring

Sunday 27th November

8:00am	Newdegate
10:30am	Lake Grace - Sunday School
5:30pm	Lake Grace

Enquiries:

Revd Captain Derek McArtney 9865 1064

Lake Grace Uniting Church

First Sunday of each month - 10:00am

See notice board for changes

Enquiries:

Bob Burbridge 9865 4020
John Whaley 9865 1377 0429 651 378

LAKE GRACE CATHOLIC CHURCH Mass Time-Table

Friday 18th November

Jerdacuttup 7:00pm

Saturday 19th November

Hopetoun 6:00pm

Sunday 20th November

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

Friday 25th November

Newdegate 5:00pm

Sunday 27th November

Kukerin 8:00am
Lake Grace 10:00am

Inquiries: Fr Pierre 9865 1248

COMMUNITY CALENDAR

November/December

Fri 18	Fish & Chip Night - LGS Club Drinks Awareness Night 7:00pm Opening of Chair Exhibition - 7:30pm High School Basketball Seniors games meeting & practise	Tue 29	SOYF Aerobics - Village Hall 10:00am Physiotherapist
Sat 19	Steak Night - LGS Club Craft Group - CWA - 11am (p.18) Tennis - Social Tennis 3pm start Bowls - Championship Fours Cricket - Nth LG v Lake Grace *Derby*	Wed 30	Pizza night at Rosie's
Sun 20	Tennis - Pennants Wagin v LG Bowls - Social 1pm	Thur 1	Lakes Link News Senior Citizen's Christmas Luncheon First Click Class (Day only)
Mon 21	Early morning swimming commences Swim to Rotto commences Ladies Christmas Concert AQUA Classes Return LGDHS P&C Meeting	Coming Events 2nd December - Anglican Stall 3rd December - LGDHS Year 10 Graduation 3rd December - Bronze Medallion Course (p.32) 4th December - Bronze Medallion Course (p.32) 4th December - Remembrance Day (p.9) 6th December - Well Women's Clinic 6th December - LGDHS Awards Night 8th December - Last day of school year 8th December - LG Playgroup AGM 10th December - Lake Grace Junior Tennis Tourn 10th December - Market Day 10th December - 60's & 70's Music (p.29) 15th December - LAST LLN FOR 2005 15th December - Dr Annie Irvine 16th December - Dr Annie Irvine 17th December - Community Christmas Tree 18th December - Mixed Doubles (tennis) Champs 21st December - Christmas Lights Judging (p.25) 25th March 2006 - Terry Hardy Fundraiser 28th March 2006 - Seniors Games	
Tue 22	SOYF Aerobics - Village Hall 10:00am Village Choir - 11:30am		
Wed 23	Pizza night at Rosie's		
Thur 24	First Click Classes (Day & Evening)		
Fri 25	Fish & Chip Night - LGS Club Seniors Dumblyung Lake outing YAC - Water Polo High School Basketball Blue Light Disco (p.28)		
Sat 26	Steak Night - LGS Club Cricket - Lake Grace v Kukerin Cricket - Newdegate v Nth Lk Grace Bowls - Pennants Kulin v LG		
Sun 27	Tennis - Social Tennis 2pm start Bowls - Social 1pm		
Mon 28	Lakes Link News deadline		

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

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