

LAKE LINK NEWS

Produced at the
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4th December 2008

\$1.10 inc GST

Vol 14 Issue 23

A Message for Drivers

The Shire of Lake Grace and the Lake Grace Roadwise committee have just taken delivery of a speed trailer, a timely arrival coinciding with the start of the White Ribbons Campaign. The Transportable Radar Speed Display AD300 (TRSD) is a mobile radar speed display trailer that will be used within the Shire of Lake Grace.

Main Roads statistics indicate that 55,968 vehicles per year pass through Lake Grace including travellers to and from Perth and Esperance as well as the Eastern States and the Goldfields. These statistics were recorded prior to the establishment of the mine at Ravensthorpe and do not include the many tourists and motorists travelling north south on the Albany-Hyden route. A recent traffic count conducted from April – May 2007 (33 days) at the

east end of Stubbs Street recorded 26,881 vehicles travelling east west.

Speeding on local roads within the Shire of Lake Grace is considered a problem for the community. Lake Grace RoadWise Committee has identified that speeding is an issue throughout the area that requires both enforcement and an education focus. Objectives of the trailer are to change attitudes and behaviours within the community in regards to speeding and to Increase motorists' awareness of the speed at which they are travelling.

The Shire of Lake Grace received a Community Road Safety Grants Program grant to purchase the trailer, which will be managed by the Shire of Lake Grace and the Lake Grace RoadWise committee. A Community Safety and Crime Prevention survey of shire residents in 2006 and subsequent Shire of Lake CS&CP plan identified "Road safety, local traffic issues and hoon behaviour" as a priority with the action to purchase a 'Speed Alert Monitor'.

A TRSD unit is used to advise approaching motorists of their current speed, bringing to their attention their current driving behaviour. The TRSD unit displays the speed to the approaching motorists via a LED display board, together with pre-set messages such as Too Fast – Slow Down flashing up. These pre-set messages can be set to match certain speeds and be changed within the TRSD unit to suit the environment and prevailing speed zones.

The TRSD will be utilised in times of emergency, and for example, during hazardous weather or events such as the locust plague. The TRSD can also be utilised during major regional events such as the Newdegate Field Days, held every September.

The mobile nature of the unit will allow us to target a range of areas throughout the Shire: the 50km/h residential areas, 60, 70 and 80km/h speed zoned roads, and the open roads.



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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 and Friday

9am - 12:45pm then 1:15pm - 5:00pm

CLOSED on Wednesday

Deadlines & Editions



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

Next Deadline

Monday 15th December

Next Edition

Thursday 18th December

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 emailed if possible.

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



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

Gwen Oliver
Elsie Bishop

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

- TAFE have been unable to locate a trainer (or make phone contact with her) at this stage for the RSA (Responsible Service of Alcohol) workshop, so we will conduct the workshop in February 2009. Remember this course will cost you nothing at this stage but you must get your name down.
- Computer workshops. The email one is full but I still have places available in the digital camera and excel workshops.
- If anyone has a key for the Telecentre and is no longer a member I would appreciate it if you could return your key. We are starting to run low on available keys and as they cost close to \$20 to replace I would appreciate their return.
- One more paper to go. If you would like to do some Christmas advertising or get information out for events that may be being held in January then please send your 'stuff' in, the earlier the better! Our subscription forms have gone out in this paper, if you didn't get one they are available at the Lake Grace Telecentre.

Suzanne Reeves

Thanks

To

Mary Naisbitt

Allan Zweck

Joan de Vree

Maurie Gilson

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 on 9865 1470 to book.

Looking for bricks or pavers?

Contact Michael Naisbitt on 9865 1151 (fax)
or 0427 652 151.

Michael gets his supplies from

- Midland Brick,
- BGC Blockpave
- Austral Bricks.

All shapes and sizes.

Samples and brochures available
for viewing.

Can also lay them for you.



Thank You

Thank you to all the people and businesses that contributed to the drive for pens for South Africa. A total of 3020 pens were collected from the district. (The pen drive in Perth collected 1400 pens making a grand total of 4420 pens).

The first two batches of pens from Perth were received by a school located near the border of South Africa and Zimbabwe and we wish the students luck with their studies.

I would like to make a special mention of Azella Trevenen who raised money by the sale of toys and personal items for the pen drive and Lynda of the Newdegate Roadhouse who also made a huge contribution.

Right: Clive with some of the 3020 pens donated.



Maningrida Aboriginal Children's Book Project

Maningrida is a township in Arnhem Land about an hour east by plane from Darwin. The people who live there fish and bark paint. It is an underprivileged community and lacks even the most basic amenities.

I am collecting books to send off to the community and would request counting, alphabet books and nursery rhymes. Also story books would be very helpful.

This is the break up of the primary school students: preprimary, 30 boys and 30 girls (60); year 1, 40 boys and 30 girls (70); year 2, 20 boys and 15 girls (35); year 3, 30 boys and 35 girls (65); year 4 35 boys and 30 girls (65); year 5, 30 boys and 30 girls (60); year 6, 40 boys and 40 girls (80).

If you would like to take part please drop the books to Clive at the Police Station or ring the Station during office hours on 9865 1007.

Clive Watkins

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



ABOUT TOWN

- Sincere sympathy to the family of Arthur Duckworth who passed away Friday 28th November.

HAPPY BIRTHDAY



5th December	Jemma Hardy	11th December	Zaide Chesson
	Steve King	12th December	Adelyn Curtin
	Reggie Stuart		Tylah Kennedy
	Sian Chesson		Lisa Lindley
6th December	Cheryl Hudson	14th December	Steve Curtin
	Bill Willcocks		Suzanne Reeves
7th December	Brendan Bell		Alex Reeves
8th December	David Fyfe	15th December	Terry Hardy
	Brady McGlinn		Coralie Pinney
9th December	Regan Bennett	16th December	Tom Taylor
10th December	Robert Carruthers		Michael Gray
	Diedre Trevenen		Demi-Lee Tomkins
	Bodhi Clifton		Alison Medlen
	Joel Jenks		Paul Nayda
11th December	Karina Jenks	17th December	Matthew O'Neill
	Naomi Duckworth	18th December	Bianca Kennedy



HAPPY ANNIVERSARY

9th December - Greg & Paula Carruthers
 12th December - Fred & Letty Leo
 18th December - Dave & Kim Allen



NEED A RUBBER STAMP??

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

Rosie's 

*Rosie's will be closed
 from Thursday 25th
 December
 and will re-open
 Monday 12th January*

Lake Grace Weather

- Terry Gladish



November Extremes

Highest Maximum Temperature	43.2	23/12/1997
Lowest Maximum Temperature	15.7	18/12/1964
Highest Minimum Temperature	24.6	9/12/1982
Lowest Minimum Temperature	4.5	2/12/1973

Date	Min	Max	Rain
19/11	11.1	29.1	
20/11	14.0	26.5	1.8
21/11	12.0	24.8	Trace
22/11	13.8	28.3	
23/11	10.8	24.5	1.0
24/11	12.3	21.8	
25/11	13.2	23.7	0.8
26/11	12.3	19.0	3.5
27/11	10.9	21.3	2.0
28/11	9.3	23.7	1.0
29/11	10.7	28.3	
30/11	11.8	24.6	
1/12	9.5	26.0	
2/12	12.4	31.0	
3/12	15.7		3.4

Lions Christmas Cakes



Lions Clubs plan and conduct a variety of community and humanitarian projects.

Lions work closely with youth, through Youth of the Year and the Youth Exchange Program.

Lions children's Mobility foundation set up to help children walk with aid of a special walker.

Lions Drug Awareness Foundation est, 1984, set up to help Australians especially children become aware of the dangers of drugs.

Lions-Quest Skills helps young people how to deal with challenges of our complex society by offering positive growth experiences and teaching specific coping skills. Lions support many Research and medical Programs, detection and prevention of Blindness, cancer research, and diabetes.

Lions work within their local community, supporting Hospitals, Aged Care, and the under-privileged, Environment, establish Parks and Gardens, plus many other projects as needed.

Leo Clubs are an official activity of Lions Clubs International that encourages young men and women to serve others in the community and around the world.

Buy a Lions Christmas Cake And Support a Lions Project

Available from Lake Grace Post Office, Rosies Coffee Shop, Retravision, Westpac Bank, Bankwest, Green Line Machinery, Newdegate Stock & Trading and Maalouf Ford!

Buy one or two....you will be glad you did!

**Merry Christmas and a Safe New Year from all the
Lions and their families**

What's new at Toy Library...



Holly Stanton is trying out the Vtech Grow and Go Ride On.

The Grow and Go is a 3-in-1 ride on that can be used for floor play with a detachable driver panel, a rocker and a ride on (pictured). It introduces first words, the alphabet, colours, shapes and music. The LED display flashes up letters, numbers and animations to reinforce learning. Ages 6+ months.

Little Tikes—Electronic Sounds Petrol Pump. The petrol pump is the perfect companion to any ride-on, with electronic fuel buttons that make sounds when children stop to 'fill up'. The pump has a hose with nozzle and a credit card swipe. Ages 18+ months.



The Lake Grace Toy Library is open every first and third Thursday of the month, from 9-10 am. We are located in the RSL building on Stubbs St.

Remaining Toy Library Dates for 2008 are 4 December and 18 December -
CLOSED OVER JANUARY

Membership would make a great Christmas present for a friend or grandchild!!
12 month membership for 1 child is \$55, 2 children \$66 and \$72 for 3 children.

Narelle's BodyWork Massage



1 hour and 40 minute full body massage
(including abdominal and stimulating foot massage)
\$75.00

1 hour and 10 minute massage
(suitable for acute and sporting injuries)
\$65.00

45 minute soothing foot massage incorporating
basic reflexology
\$40.00

Gift Vouchers Available

For an appointment call **9865 1119**
or **0428 851 852**

Narelle Bird Qualified Deep Tissue
and Therapeutic Masseuse

There is more than one reason to consider indulging in a massage

- Massage calms the nervous system and relaxes the muscles.
- It appeals to the senses, restores your calm and makes you feel good.
- It improves the supply of oxygen to your heart and brain, helping them function better.
- It lifts your mood by stimulating the release of brain chemicals.
- It increases blood flow through your muscles, rebuilds and strengthens the muscles and helps them work more efficiently.
- It breaks up scar tissue, reducing fibrosis and adhesions from old injuries.
- It can also manipulate the body into correct alignment and balance, soothing away pain.
- Recover fast from injury or illness! Increases its natural ability to heal, boosts the immune system. Recovery time can often be cut in half.
- It helps prevent future health problems even heart disease.
- Improves your digestive system increasing red blood cells and paves the way for a good nights sleep.

Go Squash Visits Lake Grace

Go Squash, representing WA Squash, visited Lake Grace on the 10th November while completing an inflatable Squash circuit within the Roe District Schools

Students from Kindy through to year seven were given the opportunity to participate in the skills and drills.

A number of students from Lake Grace District High School participated in the after school experience. The Squash Development Coach Tim Cowell was impressed with the talent within the region and was keen to encourage students to follow the pathway of squash as a regional sport.

Be Active Coordinator, Karen Lovejoy, will endeavour to access funds for next years program due to the huge success of this circuit.

Photo: Lake Grace school students taking part in Go Squash which was set up in the school undercover area.



Fish & Chip dates

Friday 26th December (Boxing Day) 2008 - NO fish & chips available.

Saturday 27th December 2008 - Fish & chips (no steak night) available.

Friday 2nd January 2009 - Fish & chips available.

Friday 9th January 2009 - NO Fish & chips available.

KULIN CARPET CARE

Offering a professional carpet cleaning service that *cleans* and *refreshes* your carpets and upholstery.

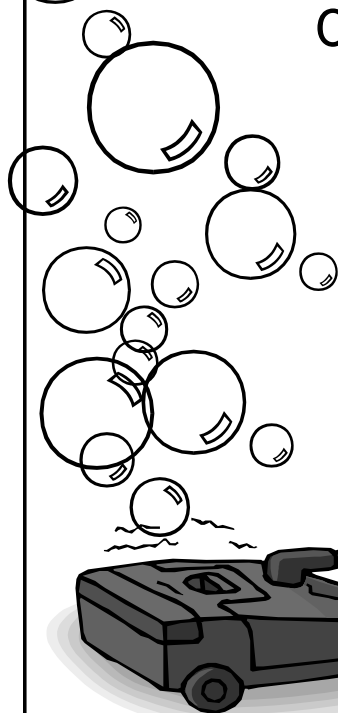
All prices include deodorising and disinfectant.

NO TRAVEL CHARGES

(when we can organise a day's work).

WS & C Griffin

Telephone: 9880 1081



Call Will, Carol or Kris on 9880 1081 anytime for a free quote

Lake Grace Artists in Exhibition on WA's Changing Landscape

An exhibition tracking change in the natural landscape by three emerging WA artists will be opened by internationally renowned scientist Dr Peter Dingle at the Moores Building Contemporary Art Gallery in Fremantle on December 5.

Not In My Lifetime is a collaborative exhibition by Kerrie Argent, Lois Hayes and Tania Spencer, whose sculptures and paintings reflect the rapid transformation of natural environment to a modern landscape.

Mrs Argent, who draws heavily on her surrounding rural environment for raw materials and inspiration for her artwork, collected a trailer-load of plastic from her Lake Grace community to make a five metre-long slug.

"Plastics inhabit our lives like slugs do our gardens," she said. "Slugs leave a tell-tale shiny trail in their wake. "Plastic has the same impact as it trails into landfill or is left scattered through the environment."

Mrs Argent said though plastic was convenient, most was not recyclable and would end up occupying precious land for hundreds of years. "I can imagine vast amounts of waste changing our landscape, carving new valleys and hills to accommodate our love of plastic," she said.

The profusion of invasive plants in the State's South West prompted Tania Spencer to explore how some species went from being prized garden plants to rampant weeds.

Mrs Spencer said Bridal Creeper, Arum Lily and Watsonia were first introduced for their sublime beauty, but it was their tough, insidious nature that gave them their stronghold in the native landscape. Her installations – large, looming hollow structures made of knitted wire – mimic this growth habit.

"These vigorous plants twist, tangle and choke their way to expansion; while underground, unseen, their tubers and corms endlessly multiply, displacing native species," she said.

During the exhibition Mrs Spencer will continue to extend one of her sculptures, veiling the space in a knitted mat of wire – a reflection of the proliferation of Bridal Creeper.

Lois Hayes has used painting and sculpture to document the changing face of Munday Swamp in Perth. Ms Hayes said she became dismayed after this area was turned from a natural habitat to an industrial hub.

"These feeding, breeding, lung-like wetlands were opened up to industry," she said. "The water in the soil was drained and redirected, leaving but a few artificial ponds for the remaining wildlife; even these are now filling up with rubbish and debris."

Ms Hayes' 14 works – mostly made of acrylic, wood, resin and cement – reflect her frustration at this process of suppression. "Soon the original landscape will be lost to our consciousness forever," she said.

Not In My Lifetime opens at the Moores Building Contemporary Art Gallery, 46 Henry St Fremantle, at 6pm on December 5 and will show daily until December 14.

Dr Peter Dingle is an Associate Professor in Health and Environment at Murdoch University and is recognised internationally for his work in science, education and communication.



Above: Lake Grace artist Kerrie Argent has used thousands of bottle caps and cable ties to make a five metre-long slug as part of the *Not In My Lifetime* exhibition in Fremantle.

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.

Maalouf Ford

25 McMAHON STREET, LAKE GRACE WA



End of Year Clearance

DEMO

LT Focus TDCi 5D Hatch

- 2.0 DURATORQ TURBO DIESEL
 - 6 SPEED MANUAL
 - SAFETY PACK
 - Curtain Airbags
 - Dynamic Stability Control
 - Inc. Traction Control and
 - Emergency Brake Assist (EBA)
 - COLOUR WHITE
 - LG 2931
- \$26,990**
Plus Stamp Duty

DEMO

BF Falcon MKII XT Sedan

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 - Power Steering
 - Dual Airbags
 - ABS Braking
 - Cruise Control
 - Single Slot CD
 - LG 2970
- \$32,990**
Plus Stamp Duty

New Territory SR AWD Additional features

- Sports Leather Seat trim
 - Leather wrapped steering wheel
 - Leather wrapped shifter and hand brake cover
 - Colour Matched centre console lid
 - Cruise Control
 - Alpine Rear DVD system
 - 17" sports alloy wheels
 - Body colour pack
- \$42,990**
Plus Stamp Duty
- Colour Steel

FG Falcon Ute SSB

- 5 Speed Floor Auto
 - Air Conditioning
 - Power Steering
 - Dual Airbag
 - Tonneau Cover
 - Cruise Control
- \$26,990**
Plus Stamp Duty
- Colour White

Ranger Single Cab Chassis XL 4x4

- 3.0l Turbo Diesel
 - 5 speed manual
 - Air conditioning
 - Bucket seat
 - Heavy duty steel tray & drop side
- 39,990**
Plus Stamp Duty

07 Ford Escape XLT Wagon

- Superb with 7,600kms
 - New car warranty till 2010
 - 16" Alloys
 - 4 speaker stereo
 - Air conditioning-climate control
 - Dual air bags
 - Cruise control
 - Keyless entry
 - CD stacker-6 disc in dash
 - ABS with 4x4 on demand
- \$28,990**
Plus Stamp Duty

TEL: 9865 1261

NICK MAALOUF – 0427 651 261

D/L: 2371



History of the Australian Currency

Numismatics is the study and collecting of banknotes, coins medals and tokens. Collecting rare coins and banknotes has been a pastime of many people throughout the world for many hundreds of years. Over the last couple of centuries, collectors have begun to realise the investment potential and worth of their collections.

Australia's currency has and is continuing to be highly sought after by investors and collectors all over the world because of our small population, leading to low mintages of coins and banknotes.

As Australia began life as a penal colony, the British did not believe money was needed in this antipodean state and hence our most used medium of exchange became rum along with various currencies from around the world.

In 1813 Governor Lachlan Macquarie decreed the New South Wales colony should have a currency and wrote to England to buy £10,000 worth of coinage. The Brits wanted to charge the convicts a premium for the use of their coinage so Macquarie settled on 40,000 Spanish pieces of eight. However, when the coins arrived, the silver content was worth more than the value of the coin. Macquarie asked a convict who had served in the Royal Mint to stamp the centre out of the coins which were left and recalled - and the Holey Dollar and Dump were born. The Holey Dollar was worth five shillings (50c) and the dump (centre piece) was worth one shilling and three pence (12c).

As the colony and other states developed, Bills of Exchange and promissory notes in the form of paper money were issued so business could be conducted. Some 65 banks operated in Australia and approximately another 130 businesses had banknotes printed in England which were used as a method of exchange throughout Australia. During the depression of 1890, many of these banks failed and by 1892 only 10 remained. Gold was discovered in New South Wales in 1850 and by 1852 the London Mint had given permission for Australia to mint its own gold coins. The "Adelaide pound" and two pound were closely followed by gold sovereigns and half sovereigns from the Sydney Mint and then Melbourne and Perth Mints.

The push for Federation had begun and in 1901 Australia became a Federation of States. At this time, all currency became the responsibility of The Reserve Bank of Australia. However, because notes and coins were designed by hand and manual engravings took 18 months or more to complete, we did not mint our first coins until 1910 or print our first notes until 1913. So began the era of "Commonwealth of Australia" notes and coins which continued until 1972. Notes and coins from the reign of King George V (1910-1936) have been and remain superb collector items and highly sought after from an investment viewpoint. Well selected, high-grade banknotes and coins from George V, George VI

and Elizabeth are consistently returning 14-17% pa - particularly Specimen and star notes and proof coins.

Decimal currency was introduced to Australia in 1966 and a new era began in 1972 when the word "Commonwealth" was removed from all forms of our currency. Today our banknotes are printed on polymer, a technology which Australia perfected and has now sold to the world.

Numismatics has been a passion for Rob Jackman who, along with his wife Barbara, founded The Rare Coin Company in 1982. The company specialises in investment banknotes and coins for Self Managed Super Funds, diversification of investment portfolios and sourcing rare notes and coins for collectors. The Rare Coin Company is recognised as the leading numismatic company in Australia and has clients all over the world. With proven returns over the past 40 years of 14-17% *pa, many investors are now turning to this tangible asset as a safe haven. Should you require more information on the different forms of investment banknotes and coins, contact The Rare Coin Company on 1800 641 633 or visit our website www.rarecoin.com.au.

*Past performance is no guarantee of future returns

Lake Grace Community Christmas Carols

LGDHS Undercover Area

Friday 19th December at 8.00pm

Bring own chair, insect
Repellent and torch.
Wear something warm



Everyone welcome

Enquiries: Father Pierre - 9865 1248

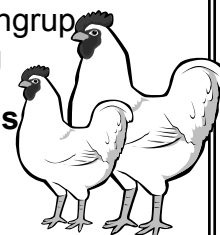
Blechynden's Poultry

Hens free range Isa Brown
\$5ea, 10 for \$45, 30 for \$120

Delivery Date: Friday 12th December

Deliver to Lake Grace, Pingrup
Kulin & Moulyinning

Phone Blechynden's
on 9846 6055





Shire of Lake Grace

NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

Lake Grace Flood Recovery Project Update

Lake Grace Shire Visitor Information Centre

Designer Melissa Cugley and writer Sarah Allen have been appointed to develop three local publications for distribution at the Visitor Centre. These include a local wildflowers booklet by Elsie Bishop and Annie Slarke, a lakes information pamphlet and a Shire map and accommodation guide.

Stephanie Clarke has been appointed to work with the Visitor Information Centre group to develop a procedures manual, management system and train volunteers.

Cemetery Restoration

Grave Markers for 100+ unidentified graves. Thanks to all who provided information and passed on contact details of former residents. We were able to confirm and/or correct most details and will now order the etched granite grave markers.

The Cemetery Restoration Group is working on plants and designs for a **Memorial Garden** in the southeast corner, an **outdoor service structure** in the south-west Gardens and **general improvements** to the gardens and grounds.

The Tree Planting/Conservation/Re-vegetation project will revegetate and buffer remnant bushland around Lake Grace townsite. Thanks to Rare Flora Group members Elsie Bishop and Annie Slarke, Head Gardener Paul Guest, Works Manager Bill McKenna and Peter Denton of Main Roads who identified and suggested local species for thirteen sites.

A contractor has removed some drowned trees at the Recycling Station and Shire staff have begun preparing sites for planting in June 2009. The project, which will involve planting approximately 3300 trees by mechanical tree planter and by hand, is being offered to community groups as a fundraising opportunity.

We have purchased a **Paper Folding Machine** and it is well utilised. The machine is available to community groups.

A consultant has assessed the **acoustics of the town hall** and is preparing a report about the required improvements.

Shire of Lake Grace Proposed Boundary Modification Lake Grace Townsite

Notice is hereby given, pursuant to the provisions of the Land Administration Act 1997, that the Lake Grace Shire Council is considering requesting the Minister for Lands to modify the Lake Grace townsite boundary.

The purpose of the proposed modification is to exclude a number of rural residential lots from the Lake Grace townsite to bring the rating of these properties into line with other similarly zoned properties located outside but in close proximity to the townsite.

Prior to seeking Ministerial consent for the proposal, Council hereby invites public submissions on its desirability/suitability. Plans providing details of the proposal are available for inspection at the Shire of Lake Grace Administration Centre, 1 Bishop Street, Lake Grace and will be available for public inspection during office hours up to and including Thursday 11 December 2008.

Submissions on the proposal can be made in writing and lodged with the Shire's Chief Executive Officer, at PO Box 50, Lake Grace WA, 6353 on or before Thursday 11 December 2008.

Jim Fraser
Chief Executive Officer



Shire Office CHRISTMAS HOLIDAY HOURS

The Shire Office will close
**Wednesday 24th December 2008 at
12:00pm and re-open 8:00am on
Monday 5th January 2009**

TRANSPORT & LICENSING WILL NOT BE AVAILABLE

**from 4.00pm Tuesday 23rd December to 8.30am
Monday 5th January**

Licensing renewals and transactions can be made by mail or via the internet at
www.dpi.wa.gov.au/licensing
For help or information call 13 11 56



Shire of Lake Grace

NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

Shire Rubbish Tips

The Shire Works crew is currently creating designated bays at each tip site. These bays are for different recyclable waste materials. The system relies on tip users placing materials in the correct bay, in particular green waste, to reduce contamination.



COMMUNITY DEVELOPMENT

Michelle Clarke, Shire of Lake Grace Development Officer, is available to help community groups prepare grant applications for various projects. If you are seeking funding for a particular project, contact Michelle during office hours (Tel: 9890 2500 or michelle@lakegrace.wa.gov.au), giving as much notice as possible in order to meet grant deadlines.

CURRENT FUNDING PROGRAMMES

Voluntary Environment and Heritage Organisations (GVEHO) program for small groups to get funding for exec officer salary, admin and rent etc all the things they need to run a small organisation. Grants cover day to day running costs such as office rental, utilities, office supplies, staff and volunteer training and are open to organisations geared towards the protection and/or enhancement of the natural environment; or the protection and /or conservation of Australia's historic heritage.

See www.environment.gov.au/about/programs/gveho
email gveho@environment.gov.au or call (02) 6274 2422.

\$12.8 Million for kitchen gardens in Primary Schools. The Stephanie Alexander Kitchen Garden National Pilot Program aims to engage and encourage primary school students in Years 3-6 in growing, harvesting, preparing and sharing delicious and healthy food. The Federal Government will provide funding to up to 190 government schools with primary enrolments to create gardens and build home style kitchen classrooms. Schools who are interested in applying for a grant are strongly urged to submit an Expressions of Interest (EOI) - a brief six question online form that needs to be submitted by the School Principal. <http://www.kitchengardenfoundation.org.au>

Solar energy rebates for domestic homes and community buildings. The Solar Homes and Communities Plan provides up to \$8,000 cash rebates for the installation of solar photovoltaic systems on homes and community use buildings. Households with an annual taxable income of less than \$100,000 are eligible for the rebates including: **New Systems** (450 watts) Rebate up to \$8,000; **Extensions To Old Systems** (450 watts) Rebate up to \$5,000; **Community Use Buildings** (450 watts) 50% of the system cost up to 2kW. See <http://www.environment.gov.au/settlements/renewable/pv/index.html>

Climate ready funding program provides grants from \$50,000 to \$5 million on a matching funding basis to support projects that address the effects of climate change. A broad range of project applications are expected. For example:

- water recycling, waste recovery or small scale renewable energy technologies
- technologies that reduce the energy used by appliances or increase the efficiency of industrial processes
- products, processes or services to monitor emissions or power usage
- using biotechnology or nanotechnology to address the effects of climate change on humans and the environment
- information systems for businesses or consumers to compare the carbon footprints of different activities
- green building materials that make homes more energy efficient

The program offers small grants (\$50,000 to \$500,000) and large grants (\$500,001 to \$5 million). The small grants support small business, as well as companies controlled by universities and public sector research organisations. Closing dates are December 2008, March 2009, June 2009. Go to www.ausindustry.gov.au click on 'AusIndustry products' and follow the links to *Climate Ready*. AusIndustry hotline 13 28 46 or email at hotline@ausindustry.gov.au

National Solar Schools Grants

Up to \$50 000 (GST exclusive) to install solar and other renewable power systems, solar hot water systems, rainwater tanks and a range of energy efficiency measures. Available from July 08 – July 2015.

<http://www.environment.gov.au/settlements/renewable/nationalsolarschools/index.html>

Household Solar Hot Water System Rebates.

\$1,000, available to install solar and heat pump hot water systems to replace electric storage hot water systems in existing privately owned homes. To be eligible for the rebate, a hot water system must: **replace** an electric storage hot water system; be purchased and installed **on, or after 18 July 2007**; be a solar or heat pump hot water system that is eligible for at least **20 Renewable Energy Certificates (RECs)** at the time and place of installation; be installed by a **suitably qualified person** (electrician or plumber).

FarmReady (the new FarmBis) The new Australian Government is providing \$26.5 million to train farmers in preparation for climate change. **Primary Producer Reimbursement Grant:** up to \$1,500 per financial year available to primary producers and indigenous land managers to attend approved training courses. Up to \$500 of the available grant can be used for travel, accommodation, and childcare costs incurred in attending the training. **Industry grant:** Eligible industry, farming and natural resource management groups will be able to apply for a grant of up to \$80 000 per financial year to undertake projects that will assist in the development of strategies to manage the impacts of climate change. See www.daff.gov.au/agriculture-food/australias-farming-future/farmready or call 1800 638 746.

Narrogin Senior High School Year 12 Presentation

Narrogin High School held their Annual Presentation Evening on the 31st October 2008. Students from Lake Grace who were presented with awards on the night were:

Non TEE High Achiever: Tarnie Bird
Dux of the School: Shona Garlick
Applicable Mathematics: Shona Garlick
Calculus: Shona Garlick
Chemistry: Shona Garlick
English 1C & 1D: Tarnie Bird
English 3A/3B: Shona Garlick

Technical Graphics: Braden Frost
Work Studies: Tarnie Bird

Congratulations to the following for receiving runner-up awards:

Independent Living: Tarnie Bird
Metal Technology: Braden Frost
Physics: Shona Garlick

Congratulations to those students who won awards and best wishes for your future endeavors.

Narrogin Residential College Presentations

Friday the 31st October was the presentation afternoon at the Narrogin Residential College. Local students attending the collage who received of awards were:

Pool: Kane Pinney and Tara Salvage
Tennis senior: Bodhi Clifton
Darts: Bodhi Clifton
Hockey boys under 17 NRC:
 Fairest and Best Joe Duckworth
 Runner up - Lachlan Gray
Overall hockey Fairest and Best: Joe Duckworth
Football Seniors Best and Fairest: Joe Duckworth

Cricket senior cricketer of the year: Joe Duckworth
Basketball under 17 Best and Fairest: Dean Rintoul
Basketball under 15 Best and Fairest:

Timothy Shalders

Basketball girls under 15 Best and Fairest:

Caitlyn Rintoul

In house mixed basketball finalist team Challenging Cheetah's included Caitlyn Rintoul and Alysha Hardy

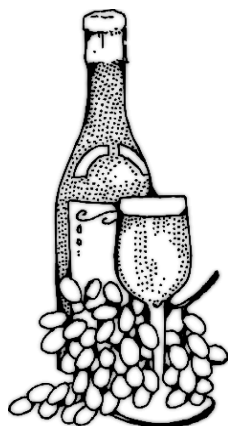
Sportsman of the Year: Joe Duckworth

Sportswoman of the year: Caitlyn Rintoul

Congratulations to the students who won awards.

BEVAN TAYLOR NEW MANAGER OF ACROSS THE LAKE WINES

With Peter and Lyn now living in Denmark Bevan is the man to contact for Christmas wine orders



Wine Prices are per case

2006 Rose`	\$100
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2006 Bronze Award Shiraz	\$150
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6 X Rose`	6 X 06 Shiraz	\$125
6 X Rose`	6 X 05 or 07 Shiraz	\$190
6 X Rose`, 3 X 05,	3 X 07	\$190
3 X Rose`	3 X 05, 3 X 06, 3X 07	\$200



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Yours Sincerely

Darren Clifford
Rural Finance Manager
Lake Grace

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NIGHT WATCH



Welcome to Night Watch for the fortnight from midnight Friday 5th December to midnight Friday 19th December. Astronomy is looking up.

Our Local star **"THE SUN"** lies in the constellation of Ophiuchus (the Serpent carrier) until Friday 19th when it will rise in Sagittarius (the Archer). The Sun on Saturday 6th rises in the east/south east and sets in the west /south west and also on the 19th. The Sun shines at magnitude -26.72.

On Saturday 6th morning twilight begins at 4:17am and evening twilight ends at 9:43pm. Morning twilight starts at 4:18am on Friday 19th and evening twilight ends at 9:53pm.

The **MOON** at 48% illumination on Saturday 6th at 6:17am will be at the 1st quarter phase in the constellation Aquarius at magnitude -6.0. The 100% Full Moon will occur at 1:19am on Saturday 13th in the constellation of Taurus (the bull) at magnitude -12.0. Also on Saturday 13th at 4:31am the Moon will be at Perigee (closest), to the Earth at 356,566 km/s. The 58% last quarter Moon will occur at 7:21pm in the constellation of Leo (the lion) at magnitude -6.0. on Friday 19th. (in daylight).

MERCURY in the constellation of Ophiuchus (the serpent carrier), at magnitude -0.9 on Saturday sets in the evening twilight at 8:35pm in the west/south west. On Thursday 11th Mercury will rise in the constellation of Sagittarius setting at 8:49pm. Mercury on Friday 19th sets at 9:15pm at magnitude -0.7 in the west/south west and may be viewed with binoculars and telescopes.

VENUS in the constellation of Sagittarius in the west/south west at 9:30pm on Saturday 6th, at a bright -4.1 magnitude sets at 11:14pm in the south/west. On Monday 8th Venus will rise in the constellation of Capricornus (the goat). Venus on Friday 19th sets at 11:12pm in the south west and is easily viewed by naked eye, binoculars and telescope of any size.

MARS the red planet will be on the far side of the Sun on Saturday at 7am (superior conjunction).

JUPITER the giant gas planet in the constellation of Sagittarius at magnitude -2.0 in the west/south west at 9:30pm Saturday will set at 10:47pm in the south/west. On Friday 19th Jupiter sets at 10:07pm at magnitude -1.8 and can be viewed with the naked eye, binoculars or telescope of any size.

SATURN the ringed planet in the constellation of Leo (the lion) at magnitude +1.0 on Saturday rises in the east/north east at 1:50am. On Friday 19th Saturn rises at 1am, 5° (2 thumbs together at arms length), north of the Moon and can be viewed by naked eye, binoculars or any size telescope.

URANUS the blue/green coloured planet in the constellation of Aquarius (the water bearer) at +5.8 magnitude lies in the north west at 9:30pm 4° south of

the Moon on Saturday 6th, sets at 1:41am on Sunday in the west/south west. On Friday 19th at 9:30pm Uranus lies in the west/north west and sets at 12:50am on Sunday 20th and you will need binoculars or telescope to view.

NEPTUNE the grey/green coloured planet in Capricornus (the sea goat) at magnitude +8.0 lies in the west/north west at 9:30pm on Saturday and sets at 12:23am Sunday in the west/south west. On Friday 19th Neptune in the west/north west at 9:30pm sets at 11:32pm. A telescope of any size is needed.

JUPITER is only in view for telescopes until the end of this month. The Great Red Spot will be in view for one hour from 9:51pm on Sunday 14th and 9:03pm on Friday 19th. Also on the 19th at 8:48pm the Moon Europa will disappear behind the planet's disc.

The Moon with Constellations and Illumination for this fortnight: Aquarius 48% Sat.6th, Pisces 58% Sun 7th, 68% Mon.8th and 78% Tue.9th, Aries 87% Wed.10th and 94% Thur.11th, Taurus 98% Fri.12th and 100% (FM) Sat.13th, Gemini 99% Sun.14th and 94% Mon.15th, Cancer 87% Tue.16th, Leo 79% Wed.17th, 69% Thur.18th and 58% Fri.19th.

Once the Moon starts to move from the evening sky these are some of the objects you will be able to view in the night sky. Fairly high to the east/south east is the bright white supergiant star Canopus (Alpha Carinae), which lies 330 light years away in the Constellation of Carina the Keel (of Argo Navis the ship from Jason and the Argonauts). Canopus is the 3rd brightest star after the Sun and Sirius.

In the fairly high south/south west is the Small Magellanic Cloud galaxy at magnitude +2.2 in the constellation of Tucana (the Toucan) and is easily viewed with the naked eye. Close to this object is the star cluster 47 Tucanae with 1 million stars that is easily viewed with binoculars. In the south/south east is the Large Magellanic Cloud galaxy at magnitude +0.1 is also a naked eye object which lies in the Constellation of Dorado (the Swordfish). In the LMC lies the 'Tarantula Nebula', which looks like a large spider's web that if it were as close as the nebula in the handle of the saucepan it would throw a shadow on the Earth.

Viewing of the Sun, planets, stars clusters, galaxies and nebulae along with the pointing out of Constellations is free at my house. Arrangements can be made to view at your place if in another town or school for the price of fuel. Inquiries welcome day or night.

Maurice Gilson,
16 Clarke Avenue Lake Grace.
Phone: 9865 1516 or mobile: 0458 538 388.
Clearance to work with children number 277357.
Email: mgi11687@bigpond.net.au

Wheatbelt Health MOU Group the Next Move

It's no secret that Wheatbelt communities believe health services throughout the region need improvement. It's also agreed that someone needs to assess current services and community needs to enable such improvements.

In an unprecedented move for our region, the three Western Australia Local Government Association Zones in the Wheatbelt, the Wheatbelt Development Commission, WA Country Health Service (Wheatbelt Region) and the Wheatbelt General Practice Network have formed an official partnership to consider health issues affecting the region. This partnership is known as the Wheatbelt Health MoU (Memorandum of Understanding) Group.

The Wheatbelt Health MoU Group is set to become a driving force for change in health services and is working to ensure issues are actioned appropriately and through correct channels. The Group is unique in the diversity of its member organisations and their common goal of working to bring about positive change in health services.

To set about a formal process for change, the Wheatbelt Health MoU Group is overseeing the *Wheatbelt Health Planning Initiative*. The *Wheatbelt Health Planning Initiative* is in its initial stages, with an appropriately qualified and experienced Consultant currently being sought. The Consultant will develop health status and health utilisation profiles before undertaking a series of community consultations. They will then use the outcomes of each consultation to provide a comprehensive report that identifies key directions and requirements for future health service planning.

You can expect your Local Government Authority to advertise a community consultation meeting in a town near you. Local Shires will invite community members to attend and will advertise meeting

dates and times. By attending a meeting, you can ensure that the issues and needs of both you and your community will be included.

With the backing of such a strong partnership in the Wheatbelt Health MoU Group, the *Wheatbelt Health Planning Initiative* is assured of being successful. Each member organisation is fully supportive of the project and will work towards improving health services for our region.

Media Contact: Pip Shields Wheatbelt Development Commission Ph: (08) 9881 5888

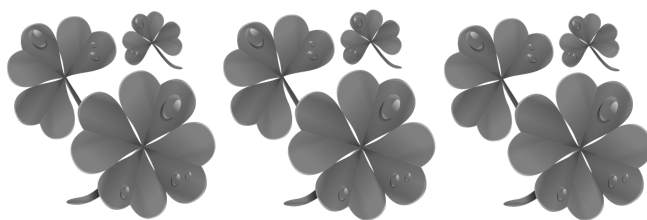
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For details contact
Craig Patterson
0427 747 045



DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
6/12	5:50am	8:05pm	1:10pm	1:06am	13/12	5:51am	8:10pm	9:08pm	5:52am
7/12	5:50am	8:05pm	2:11pm	1:33am	14/12	5:51am	8:11pm	10:04pm	7:04am
8/12	5:50am	8:06pm	3:15pm	2:02am	15/12	5:52am	8:11pm	10:51pm	8:19am
9/12	5:50am	8:07pm	4:23pm	2:33am	16/12	5:52am	8:12pm	11:29pm	9:32am
10/12	5:50am	8:08pm	5:35pm	3:10am	17/12	5:52am	8:12pm	D.N.R	10:42am
11/12	5:51am	8:08pm	6:49pm	3:54am	18/12	5:53am	8:13pm	12:01am	11:47am
12/12	5:51am	8:09pm	8:02pm	4:48am	19/12	5:53am	8:14pm	12:31am	12:49pm

Community CHRISTMAS TREE

20th December at Lake Grace Pavilion
7:00pm start. All ages welcome.
Come along for some Christmas Cheer
BYO Drinks! Finger Food and Sweets to share

Mystery Raffle

Donations gratefully accepted for mystery raffle - please support money board. All proceeds go to Hospital Auxillary.

Any suggestions please contact:

Nat Gambuti 9865 4068

Belinda Bowron 9865 1298

\$20.00 (up to) parcels can be left at Telecentre.



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LAKE GRACE HOSPITAL

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

TEL: 9890 2222 FAX: 9890

Are you a smoker thinking about quitting, but have not been able to yet?



Will you need support to get you started, and to keep on track?

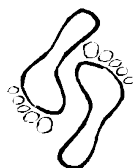


Then the **"QUIT Fresh Start Course"** can offer the help that you need!

A course will be arranged by our local facilitator, Jill Duckworth, if there is sufficient interest in holding this program. Please call the Hospital on 9890 2222 and leave your contact details.

HACC Happenings:

Foot Clinic
Tuesday 9th December
9:00 am—12 noon
Lakes Village Hall



Watching Your Weight

Each Tuesday evening
6:30 to ~7:10 pm
\$5 fee

Lake Grace Shire Lesser Hall
Only a few left before Christmas!



Lake Grace Immunisation Clinic

Monday 15th December
**** By Appointment ****

Held at Lake Grace Medical Centre
NB: Bring your book and Medicare Card.

Any child health or immunisation queries and appointments please call Elizabeth Trevenen on 9890 2246 or for after-hours health queries call the Hospital on 9890 2222.

Make Pap Smears a Routine for Life

In WA more than 90 women develop cervical cancer every year and more than 30 women die from this disease. One of the answers to reducing the risk of developing cervical cancer is to encourage women to participate in regular two-yearly Pap smears, and to maintain this behaviour throughout the course of their adult life. A Pap smear every two years can help prevent up to 90% of the most common type of cervical cancer.

Sometimes women aren't sure whether they need to have a Pap smear or not::

- ♦ If you have ever had sex, regardless of how long ago the last time was, you should have a Pap smear every two years. This includes women who have only ever had one partner.
- ♦ Increasing age is a major risk factor, so women should continue having Pap smears until they are 70 years old.
- ♦ If you have had a hysterectomy your need for a Pap smear depends on whether you still have a cervix, why you needed the operation, and your Pap smear results before the operation.

So if you are between the ages of 20 and 69 ask yourself when you last had a Pap smear? Make an appointment with your GP or at the Well Women's Clinic where the nurses are specially trained to perform this test.

Next **Well Women's Clinic** will be held in
Lake Grace Medical Centre on
Tuesday December 9th 2008

(next clinic not until February 2009)

Call for your appointment:
Jill Dykes ph. 9871 9024



Childbirth and Parenthood Preparation Classes



Any prospective parents who would like to attend these classes please contact the hospital on 9890 2222 to leave your contact details for Jill Duckworth.

Dates & times will be arranged to suit.

Tracing the Family Path *Suzanne Reeves*

For 24 days my mother Gwen Oliver, family friend Wilna Clarke and I spent time in the United Kingdom.

Like many living in Australia my forebears all harked from the 'Old Country'. My Grandfather, James Traves, left the town of Flamborough in 1928 with two of his friends; Joe Lewis and Jock (surname unknown). Mr Lewis is memorialized at the ANZAC service in Lake Grace by the Trevenen family as he worked for their Grandfather, Jack Lay. Joe was serving with the New Zealand forces when he was killed during the Second World War. Grandad was one of 11 children living with his parents in a 4 room (2up, 2 down) dwelling. When Grandad left his parents and siblings behind, he wouldn't have known he would never see any of his family again.

When my mother mooted the idea of a trip to England it was to have the opportunity to see where her own father grew up, meet unknown cousins and visit her grandparent's grave. One interesting name to be found at the Flamborough cemetery was Mr Harold Potter! It was a full on task looking for family headstones as the lawn had grown over the smaller, flatter headstones, the groundsman at the Flamborough cemetery didn't believe in doing the edges. It was a different person mowing the grass at the Flamborough war memorial, there wasn't a blade out of place there.

Before getting to England it's the endurance of getting through customs (without looking all sweaty and nervous), a long plane trip where I spent time looking out the window attempting to find those trouble spots in Afghanistan, Iraq and Georgia. After landing at Heathrow we had to find our 'courier service' who were going to run us to our accommodation in Westminster. This is where we encountered our first hiccup, us telling our travel agent we wanted three beds didn't quite translate to the motel where we had sleeping for three! I haven't slept in the same bed as my mother for nearly 40 years but as tired as we were we could have kicked each other all night and we wouldn't have known. The next day the motel moved us into a room with three beds.

As we arrived at 6 in the morning we spent the first day familiarizing ourselves with the area so that we would know where to go the next day when we went on our first guided tour. This is where the second hiccup was. When glossy brochures state 'only five minutes walk from the Victoria Station'; what they really mean is 15-20 minutes brisk walk with a couple of turns along the way. If someone says 'straight down this street' there is at least one turn; if they say 'you can't miss it', you will! Eventually we located our elusive Victoria Coach Station.

Our accommodation was in a good position, being 20 minutes walk from Victoria a convergence point of three major transport systems; the Underground, bus and Coach systems. We were only 5 minutes (honest) from Pimlico Underground and a short walk from the Thames.

The first thing we noticed was the abundance of gardens, filled with plants that wouldn't survive a hot

northwesterly wind. Every lamppost had huge hanging baskets filled with petunias and tuberous begonias. There appeared to be no signs of vandalism in the area we were staying and we saw very little graffiti during our travels. A laundry cart sat outside our motel overnight ready for pickup, I was quite sure that in Australia the linen would have been pinched and some enterprising youth would have put some of his mates in the cart, towed it behind his car before dumping in in the river or hanging it off a sign or monument.

After a good nights sleep it was off to Victoria Coach Station for our ½ day Royal Tour which would take in the Tower of London, Changing of the Guard and a short ferry ride up the Thames. Our guide thought he was a bit of a Hugh Grant type and strode ahead at great speed waving an unfurled black umbrella in the air admonishing constantly that we had to keep up. We lost four of the tour group in our first stop off, they may have chosen to be lost but either way we never saw them again. People may bag the royals but the thousands that lined up to see the Changing of the Guard are testament to the popularity of the pomp and ceremony that England is so good at.

Victoria Coach Station is an education in itself. This is a departure point for tour buses, the national network that makes it's way throughout the United Kingdom and also the International service that makes its way across to Europe. Thousands of commuters pass through the station each day; and that's not counting the pigeons that perch around indoors waiting to eat up your crumbs. The pigeons coexist quite happily with the thousands of jaded looking commuters waiting their turn, the tourists who are hoping they're in the right spot and the eating establishments that are keeping everyone fed. The pigeons could go and perch on the café counter if they wished, everything is under the one roof. Authorities have apparently tried to get rid of them but with little success, we did the touristy thing and gave them our leftovers.

Our second day was a full day tour that took in Leeds Castle (no where near Leeds), Dover and Salisbury Cathedral and Greenwich; . The Castle and grounds were beautiful. Green grass, lakes inhabited by ducks and white swans; all very picturesque but watch where you step as the bird life leave plenty of evidence. A golf course backs onto the castle grounds, quite different from the view from the Lake Grace Golf Course. The castle itself is quite old, and full of very old stuff; like most of the castles throughout the United Kingdom. It would be a housekeepers nightmare in rural Australia with thousands of items being potential dust traps.

We saw our first English beach at Dover, polished pebbles. The white cliffs though quite impressive at the time we were later to realize not as white and bright as the cliffs at Flamborough. We got to see where Thomas A Becket met his maker at the Salisbury Cathedral before a quick sortie to Greenwich; the church here was used in the movie Four Weddings & a Funeral. Greenwich is where the equestrian events will be held during the London Olympics of 2012.

Tracing the Family Path *(cont.)*

The next day we had tickets organized for a hop-on-hop off bus tour of London. An excellent idea where you have the opportunity to spend time at the places that interest you. We spent 11 hours on and off the bus and were very tired little tourists before making our way back to our motel at 8 o'clock that night. During that time we walked the length of Hyde Park, viewing the Memorial for Diana; not as large or as grand as the memorial that Victoria had built in honour of her consort, Prince Albert. You aren't fully aware of the size and scale of these monuments until you stand next to them. The monuments in Trafalgar Square are quite grand, though there was a giant screen in place when we were first there with hundreds of people lounging around watching the Olympics as they unfolded. One thing we did notice that no one else seemed to be in the Olympics as far as the media was concerned, it was all about the UK.

The following day we joined our 10 day guided tour that would take in England, Scotland and Wales. Our tour guide was very knowledgeable; talking not just about the history of the places we were visiting but educating us on day-to-day life in England. Our driver very calmly ferried us around the countryside, never moaning about our bags getting heavier by the day. We very quickly learned the essence of time management on a bus tour; up at 6, bags out at 7, breakfast at 7, on the bus and out of there by 8. A lot of it is a whirl but the whole idea is to get tourists seeing as much as possible. The seating on the bus rotated daily, even though we sat next to the same people and had the same people in front and behind, we were across from different people each day. It was a good way for everyone to get out of their comfort zone and meant that everyone got the opportunity to sit at the front. This does matter!

Our first day took us to William Shakespeare country, Stratford-Upon-Avon (had lunch at the Mucky Duck) before we made our way to Coventry which was heavily bombed during the Second World War. The bombed out ruins of the Coventry Cathedral were left as a reminder of the onslaught they were subjected to and as a memorial to the many who died.

One thing we did notice when out in the countryside was that many of the crops hadn't been harvested and that there was water laying in the furrows. The UK had a very wet summer and only managed to harvest a quarter of their cereal crops. This poses a second problem as the ground was too wet for the farmers to be able to get their seeding finished before winter.

Day two and we were into Scotland, the landscape was definitely becoming more harsh but beautiful all the same. You could feel that the Scottish would have adapted to Australian conditions as they were used to an unforgiving climate. The Scottish men wore kilts because while out on their many rampages they would have been wading through wet undergrowth and bogs; trousers (or trewsers) would have dragged them down and been constantly wet; posing health problems. The kilt meanwhile was more functional, staying dry and being used as a blanket at night. A genuine kilt does

not pose any problems for revealing more than it should as the huge metreage of fabric necessitated to construct means that it weighs a considerable amount and wouldn't flap around in the breeze.

The Military Tattoo was a highlight of the tour, our tour guide gave us each a rubbish bag as we left the bus to use just in case it rained. She obviously bought in her size, kitchen tidy, where SULO size would have been more helpful for the rest of us. It started raining (lightly but steadily) when we sat down and didn't let up for the two hours we were there. The announcer in his nice dry little hidey hole then cheerfully asked us to be upstanding for the national anthem whereupon we tipped the water that had been collecting in our laps down the back of the those sitting in front of us.

Apparently it was the wettest Tattoo season ever, with the most evenings being subjected to rain ever! Yay! Either way it was memorable. We then made our way down the Royal Mile with thousands of others to meet up with our tour leader. Standing with her was another stressed out tour guide who had arranged to meet his group in front of a pub just down the way, the pub was currently burning to the ground (ironic considering the rain) and he was quite sure he wouldn't be able to locate his group. Our evening was looking better already. We were positively cheerful the next night when that Tattoo group also got rained out. Misery loves company!

The following day we spent time looking around Edinburgh before attending a Scottish night of entertainment (undercover). We ate haggis (not much) and were entertained with traditional scottish dancing and singing. The male Scottish dancer in the show was actually a Japanese national who was studying at Edinburgh University; gave us all a shock when he came leaping out.

Traffic we found was uppermost in the tour guides mind, possibly because there was so much of it and that any kind of delay then caused chaos in their schedule. The motorways are 3-5 lanes across, running both ways. They don't pass through towns, you just leave on the appropriate exit. Leading off from the motorways were 'services', which have eateries, toilets and newsagency's. Some even had gaming machines. An accident or roadworks appeared to send the traffic into chaos.

Mr Blair apparently had done no road works while he was in office, then in his last 12 months realized maintenance was a little behind. The new Prime Minister has now been left with grumpy commuters having to avoid a plethora of roadworks. A fatality on the ring road at York generated a 3/4 page article in the York newspaper; one paragraph was on the tragedy of the man dying, the rest focused on the tragedy of people being caught in traffic for hours when all they wanted to do was head to Scarborough as it was the last day of the school holidays. One family sat in their car for three hours (20 mins from home). I'm not sure why the traffic wasn't flowing as the article had said the car was in the field. *More next fortnight.*

HUMOUR

Black Boxes

The National Transportation Safety Board recently divulged they had covertly funded a project with the U.S. auto makers for the past five years, whereby the auto makers were installing black box voice recorders in pick-up trucks.

This was done in an effort to determine, when accidents occurred, the circumstances in the last 15 seconds before the crash. They were surprised to find in 49 of the 50 states the last words of drivers in 61.2 percent of crashes were, "Uh oh."

Only the state of Montana was different, where 89.3 percent of the final words were: "Hold my beer and watch this!"

Yugo Envy

A guy driving a Yugo pulls up at a stoplight next to a Rolls-Royce. The driver of the Yugo rolls down his window and shouts to the driver of the Rolls, "Hey, buddy, that's a nice car. You got a phone in your Rolls? I've got one in my Yugo!"

The driver of Rolls looks over and says simply, "Yes I have a phone."

The driver of the Yugo says, "Cool! Hey, you got a fridge in there too? I've got a fridge in the back seat of my Yugo!"

The driver of the Rolls, looking annoyed, says, "Yes, I have a refrigerator."

The driver of the Yugo says, "That's great, man! Hey, you got a TV in there too? You know, I got a TV in the back seat of my Yugo!"

The driver of the Rolls, looking very annoyed by now, says, "Of course I have a television. A Rolls-Royce is the finest luxury car in the world!"

The driver of the Yugo says, "Very cool car! Hey, you got a bed in there, too? I got a bed in the back of my Yugo!" Upset that he did not have a bed, the driver of the Rolls-Royce sped away, and went straight to the dealer, where he promptly ordered that a bed be installed in the back of the Rolls.

The next morning, the driver of the Rolls picked up the car, and the bed looked superb, complete with silk sheets and brass trim. It was clearly a bed fit for a Rolls Royce.

So the driver of the Rolls begins searching for the Yugo, and he drove all day. Finally, late at night, he finds the Yugo parked, with all the windows fogged up from the inside. The driver of the Rolls got out and knocked on the Yugo.

When there wasn't any answer, he knocked and knocked, and eventually the owner stuck his head out, soaking wet. "I now have a bed in the back of my Rolls-Royce," the driver of the Rolls stated arrogantly.

The driver of the Yugo looked at him and said, "You got me out of the shower to tell me THIS?"

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HUMOUR

Health Club Meeting

Some members of a health club were having their first meeting. The director of the group said, "Now, I'd like each of you to give the facts of your daily routine."

Several people spoke, admitting their excesses, and then one obviously overweight member said, "I eat moderately, I drink moderately, and I exercise frequently."

"Hmm?" said the manager. "And are you sure you have nothing else to add?"

"Well, yes," said the member. "I lie extensively."

The Deaf Wife

A man is talking to the family doctor. "Doc, I think my wife's going deaf."

The doctor answers, "Well, here's something you can try on her to test her hearing. Stand some distance away from her and ask her a question. If she doesn't answer, move a little closer and ask again. Keep repeating this until she answers. Then you'll be able to tell just how hard of hearing she really is."

The man goes home and tries it out. He walks in the door and says, "Honey, what's for dinner?" He doesn't hear an answer, so he moves closer to her. "Honey, what's for dinner?" Still no answer. He repeats this several times, until he's standing just a few feet away from her.

Finally, she answers, "For the eleventh time, I said we're having MEATLOAF!"

The Burst Pipe

A pipe burst in a doctor's house. He called a plumber. The plumber arrived, unpacked his tools, did mysterious plumber-type things for a while, and handed the doctor a bill for \$600.

The doctor exclaimed, "This is ridiculous! I don't even make that much as a doctor!"

The plumber waited for him to finish and quietly said, "Neither did I when I was a doctor."

Getting out of a Speeding Ticket

Did you hear about the kid who was pulled over for speeding?

The cop got out of his car and the young man rolled down his window.

"I've been waiting for you all day," the cop said.

The guy replied, "Yeah, well I got here as fast as I could."

When the cop finally stopped laughing, he sent the kid on his way without a ticket.

Broken Arm

Patient: Doctor, Doctor, I broke my arm in two places!
Doctor: Stay out of them places!

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Visitors Centre

(Stationmaster's House)

Thank you very much to ALL our volunteers who have helped out throughout 2008. We **really** appreciate all your help and valuable time that you put into the Visitors Information Centre.

Shop Local and buy your Christmas Gifts at the Lake Grace Visitor Centre.
Gift Vouchers now available

We are constantly looking out for new people to join our volunteer group so if you have 3 hours to spare and love to meet new people from "literally" all over the world we would love to hear from you. Drop in and talk to one of the volunteers today.

On behalf of the Tourism Committee we wish all our volunteers and local community a very Happy and Safe Christmas and a Happy and Prosperous New Year and we look forward to seeing you all in 2009.

Thank you, Trish.

December 2008 - Roster for Lake Grace Shire Visitors Information Centre
 We will be open during January 2009—if you are passing by, call in and say Hi!

Mon 8 * Bill Jenks *	Tue 9 * *	Wed 10 * Shirley Altham * Val Whiting	Thur 11 * Henk Doelman * Elsie Bishop	Fri 12 * Trish Medlen *	Sat 13 * *	Sun 14 * *
Mon 15 * Bill Jenks *	Tue 16 * * Elsie Bishop	Wed 17 * * Val Whiting	Thur 18 * Henk Doelman * Elsie Bishop	Fri 19 * * Annie Slarke	Sat 20 * *	Sun 21 * *
Mon 22 * Bill Jenks *	Tue 23 * *	Wed 24 * * Val Whiting	Thur 25 HAPPY CHRISTMAS	Fri 26 BOXING DAY	Sat 27 * *	Sun 28 * *



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And because your income automatically reduces your variable loan balance, you not only save valuable time on transfers between accounts,

you can reduce your interest cost – a significant benefit for farmers who are looking to make best use of their cash-flow. For added flexibility, you can even time interest payments to suit your peak income periods, and fix interest rates for periods of 30 days to five years.

To find out more about the Rabobank All In One loan account, talk to your local rural manager, on 1300 30 30 33.



LAKE GRACE DISTRICT HIGH SCHOOL NEWS



Lake Grace District High School Senior Choir perform at the Art Space.

On the 13th November 2008 the Senior Choir performed at the opening of the Student Art Exhibition. The choir put on an enthusiastic and entertaining performance of "What About me?" and "What Are Dreams Made of".

The choir received many compliments including: "It was nice to hear the words really well", "they were well in tune and worked well with the backing track", "the students worked well together" and

"the songs sounded great". Adding to these compliments I was impressed with how much extra effort the students put into getting together a quality performance in under two weeks. They showed lots of initiative in developing actions to go with the songs.



Performing at the Art Space were:

- Tenika Chesson
- Gracie Kirk
- Brooke Marsh
- Harmony Moore
- Kathleen Naisbitt
- Juanita O'Neill
- Bodhi Power
- Monique Resmini
- Phoebe Robertson
- Caitlyn Trawinski
- Elle Trevenen
- Meagan Zweck

My congratulations to the choir for a quality performance. Ms Fisher.

SCIENCE AND STUFF

UNIFORM CHICKENS: Modern livestock are little more than walking food factories, but by being bred to be super-productive they may well have lost natural abilities such as the capacity to fend off disease. Bill Muir of Purdue University in West Lafayette, Indiana, and colleagues undertook the first ever study of genetic diversity in farmyard animals. They found that years of intensive inbreeding in commercial chickens had resulted in over half of their ancestral genes being lost from the population (proceedings of the National Academy of Sciences, DOI: 10.1073/pnas.0806569105).



The team also found that any two birds from four classic breeds used in modern production, such as the white leghorn, had 10 per cent of their genes in common – a relic of 19th century breeding. Commercial breeding, however, has increased this to 15 per cent, making any two chickens more closely related than aunts and nieces. The level of genetic similarity is even more extreme within a commercial breeding line. Chickens bred for their meat share 30 per cent or more of their genes, while some lines of laying hens share a staggering 90 per cent. This can leave them bereft of key genes, says Muir, who heads an international project to breed genes for traits such as disease resistance back into commercial birds. Wild birds may be able to provide the genes that industry chickens are missing say the team. (New Scientist Nov. 8th).

SO YOU THINK YOUR HANDS ARE CLEAN? Ladies, your hands are a zoo. Sampling the DNA on human skin has revealed that while women's hands get washed more often than men's, they teem with a more diverse selection of bacteria. Noah Fierer and colleagues at the University of Colorado at Boulder swabbed the palms of 51 students leaving an exam.



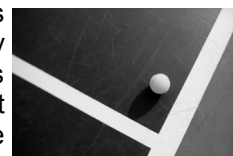
When they amplified and sequenced the DNA, they found 4742 species of bacteria in total – nearly 100 times as many as previously seen. On average, each student carried 150 distinct species and 3200 different strains. Women had different bacteria and a greater number of species than men (Proceedings of the National Academy of Sciences, DOI: 10.1073/pnas.0807920105). When the team tracked the bacterial composition of eight people's hands after they had been washed, they found that some bacteria preferred clean hands, while others appeared later.

Men always had fewer species, though. The researchers suspect this is because men's skin is more acidic, as in nature acidic environments have less microbial diversity. Surprisingly, every hand was very different. Only five species were found on all hands – even from the same person – shared just 13 per cent of species. Fierer says it may be possible to tell from the

bacteria on an object which individuals have touched it. New Scientist 8th November page 8).

SHAMAN LIFESTYLE: The grave goods of a 12,000-year-old hunter-gatherer, unearthed in Israel near the Sea of Galilee, suggest that she was one of the earliest shamans. Nestled with her remains were 50 tortoise shells, a human foot and the body parts of creatures including a golden eagle, a wild boar and a leopard. "I think she was a shaman," says Leore Grosman of the Institute of Archaeology at the Hebrew University of Jerusalem, head of the team that reported the discovery in Proceedings of the National Academy of Sciences (DOI: 10.1073/pnas.0806030105). Her burial has all the hallmarks of shamanism, in which animals were used as mediators to reach the spirit world, Grosman adds. Grosman says that the find signals a shift towards burying dead bodies, rather than some other form of disposal, something that coincided with the transition from nomadic to settled lifestyle (New Scientist 8th Nov. page 16).

WHY JOHN MCENROE HAD A GOOD POINT: You cannot be serious if you think tennis umpires are not biased. They really do have a tendency to perceive balls as out when they're in. Past experiments have shown that we tend to perceive moving objects as being slightly further along in their paths than they really are. This trait may have evolved to compensate for our sluggish visual system, which is always a split second behind reality.



In the tennis world, the illusion means line judges may call balls out when they were inside the line, according to researchers led by David Whitney of the University of California, Davis. They identified 83 erroneous calls by line judges in the 2007 Wimbledon tournament by analysing video of the matches. Of these, 70 were incorrectly judged out, while only 13 were incorrectly judged in – just the sort of bias to be expected if the balls are perceived as having travelled further than they really have (Current Biology, DOI: 10.1016/j.cub.2008.08.021). However, the bias may not be very strong, says George Mather of the University of Sussex, UK. He studied 1473 disputed points in footage of 15 tournaments and found a much smaller bias. He says the illusion distorts positions by just millimetres, a small effect given that tennis balls are more than 60 millimetres wide (New Scientist 1st Nov. page 17).

EXTRA-SALTY SEA: Increasing saltiness in parts of the Atlantic Ocean is down to us. Salinity is known to have risen in areas of the Atlantic in recent decades. Peter Scott from Hadley Centre for Climate Change says that it is caused through increased evaporation and less rainfall from warming.



Maurice Gilson. (Be sceptical – Question everything).



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More than just twelve days of White Ribbons Christmas

The song says twelve days of Christmas but the WALGA RoadWise Program's *White Ribbons™ for Road Safety* campaign will deliver 36 days of White Ribbons Christmas this year.

The 2008 *White Ribbons™ for Road Safety* campaign celebrates its twelfth year and will run from Monday, 1 December 2008 until Monday, 5 December 2009.

WALGA President Cr Bill Mitchell said the *White Ribbons™ for Road Safety* campaign was a well established and recognised community campaign which brought together local road safety networks across the State to raise awareness of road trauma during the festive season.

"Each year, participation in the White Ribbons campaign increases and becomes more diverse," Cr Mitchell said.

"We now have Local Governments, police, schools, State Government departments and agencies, large private sector employers, service organisations, State and Federal members of parliament and community groups all actively participating in the campaign.

"I encourage all members of the community to help us

promote the *White Ribbons™ for Road Safety* message this year – tell your family, tell your friends, wear a White Ribbon or download an e-White Ribbon.

"We hear these messages over and over but we really have to start listening. Help WALGA and the other members of the road safety network as we aim to be fatality free this festive season.

"No-one needs to celebrate Christmas without a family member or have the police knock on their door with bad news this Christmas."

To celebrate the twelve years of the campaign, the WALGA RoadWise Program has developed the "Twelve days of White Ribbons Christmas" which sees the classic Christmas carol take a road safety twist. This new Christmas carol can be downloaded from www.roadwise.asn.au and displayed around local workplaces and communities.

White Ribbons can be ordered by visiting the RoadWise website and downloading an order form. Visit www.roadwise.asn.au and click on the White Ribbon for road safety to find out how you can get involved.

Safe drivers, travelling at safe speeds, in safe cars on safe roads.

Lake Grace Playgroup Cookbook 2008



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All tried & tested family recipes.

Great Christmas present

Available from playgroup members,

Visitors Centre, Post Office,

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9865 1412.

\$15 per copy

The WA Local Government Association's RoadWise Program

White Ribbons™ for Road Safety



**White ribbons runs from
1 December 2008 until
5 January 2009.**



TARIN ROCK JUNIOR KNOCK OUT TENNIS TOURNAMENT

Sunday 28th December 2008

Singles, Doubles and Mixed doubles

11 years and under

13 years and under

16 years and under

Conditions

- **All players to play in one age group only.**
- **Entries close Friday 26th Dec. 6pm.**
- **Tournament starts 8.00am sharp.**
- **Entry fee, \$3.00 per player per event.**
- **The committee has entire control of the event.**
- **Recognisable tennis wear, shoes and hat must be worn.**
- **If insufficient numbers an event may not proceed or ages may be combined.**

Lunch, drinks, fruit salad and ice cream available.

Sausage sizzle at the end of the day.

Morning and afternoon tea provided

Nominations to Theresa Naisbitt

PHONE: 9865 1182 FAX: 9865 1756 EMAIL: naisbitt@bigpond.com

Assistance by adults will be required for umpiring.

LAKE GRACE BOWLS CLUB NOTES

On Saturday 22nd November Lake Grace had a win beating Kukerin 6-2.

Last weekend we played our catch up pennants game against Kondinin. Once again we won with a 6-2 result. This puts Lake Grace in third position on the score board.

There will be no more pennants until 2009, this

weekends pennant match against Newdegate has been put off until the New Year so that everyone can get stuck into harvest.

Last weekend we also played the Pairs Championships. Well done to our winners; Geoff Sabourne and Reg Fleay for the men and Rachel Pelham and Jean Seaman for the women. Thank you to our sponsors, W & H Carruthers.

LAKE GRACE HIGH SCHOOL BASKETBALL NOTES

The Under 16 High School Basketball team played double fixtures on the 21st of November with the "Lakers" winning both games, scores were 31/33 and 18/38.

Friday 28th the Lakers played another excellent game against the "Thunders" this time winning the game with an impressive score of 14/42.

Next Friday the 28th the "Lakers" will be playing in the finals if anyone would like to come and support the team the game starts at 7.30 in Kulin.

Well done "Lakers"!!! and Good luck to all the players...

SOUTHSIDE MITSUBISHI REDBACKS

2008 Basketball Clinic

Freebairn Recreation Centre - Kulin

8—17 year olds

Saturday December 13th - 1pm to 4pm

Sunday December 14th - 10am to 1pm

Forms available at

Freebairn Recreation Centre or at

www.perthredbacks.asn.au

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Cooper Tires give you up to 30.3% more overall tread depth with shoulder grooves that are up to 46.3% deeper than many original tyres that come factory-fitted with new vehicles. For you, this means more grip, more miles and less punctures.

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Shire of Lake Grace

ARC NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

For a wide range of participants, from strong swimmers to those who can barely float, water aerobics can be a great way of improving strength, tone and flexibility. The multi-directional resistance provided by the water makes it a challenging, yet safe environment in which to train for participants varying in age, gender, size and fitness level. The water provides the resistance factor that, on land, may need to be achieved through the use of an apparatus. Aqua aerobics allows participants to rid themselves of inhibitions and enjoy the freedom of the water. For many it is the only way to exercise.

ARC has been delivering Aqua classes to the Shire of Lake Grace since 2004. This summer we look forward to delivering a fresh new program full of fun, motivation and great exercise. With the great combination of you and us, you can look forward to experiencing AWESOME AQUA with ARC.

DAY	AM	PM
MON	9.20 - 10.00 BODYVIVE	5.45 - 6.35 FORCE
TUES	6.00 - 6.50 DAWN BREAKER 9.20 - 10.00 ACTIVE MUMS	5.45 - 6.35 AT - AQUA TONE
WED		7.00 Competition Tennis
THUR	6.20 - 7.00 H2O POWER TRAINING	5.45 - 6.35 DWM - DEEP WATER MOVERS 7.00 Social Tennis
FRI	6.15 - 7.00 ULTRA 9.30 - 10.10 M&M's AQUA	

The benefits of exercise in the water

1. Totally impact free
2. Aids in the healing process of injuries
3. Multi-directional force is applied to the body. Water's resistance is 12 times greater than air
4. Exercises can be carried out in a variety of planes safely i.e. horizontal, vertical, reclined, inclined
5. Intensity can be modified by increasing or decreasing speed, distance travelled, surface area, directional changes and use of equipment
6. The core stabilizing muscles can be strengthened to decrease lower back pain and prevent possible injury
7. Improves cardiovascular fitness
8. Lessens the occurrence of DOMS (Delayed onset of muscle soreness)
9. Has the added advantage of double positive muscular contractions (pairs of muscles working together resulting in muscular balance throughout the whole body)
10. IT'S FUN

Next time you're in the water, have a go at these;

- Running forward with hands
- Running forward without hands
- Running backwards, Running sideways
- Sit and pull forwards, Sit and push backwards
- Hula hoop, Pendulum swing
- Jump-ups
- Hip swings, Dolphin Kicks

- **CHRISTMAS BREAK** Last class for 2008 Tuesday 23/12/08. ARC will return Thursday 08/01/09
- **ACTIVE MUMS—NEW DAY** Bring your pram and baby/child (if you want), come for some social interaction and exercise. Meet at the Lesser Hall and finish at Rosie's Café.
- **FORCE** Time for a change - Animate 23...continuing to make you sweat.
- **MEMBERSHIPS** Do you have one? Has yours expired? Great value for money. For more information contact the Shire on 9890 2500.

ARC MEMBERSHIPS

Full Land & Water (includes entry to all classes & unlimited pool usage) **\$150**

Full Land (includes all entry to land classes only) **\$100**

3 month Land (includes land classes only) **\$30**

- **POOL MEMBERSHIPS NOW AVAILABLE** See Diane at the Pool or visit the Shire Office.

NEED A KICKSTART?

TAKE A LOOK AT THE NEW TIMETABLE, FIND A CLASS THAT SUITS YOU & JOIN ARC TODAY.

Tarin Rock Tennis Raises Funds for Cancer Council

After days of rain and header's in and out of paddocks, Sunday 23rd November arrived in a ray of sunshine. Nineteen players fronted up, checked out the prizes and the challenge was on. Everyone wanted something off the table. With hats and sunscreen, yes it was needed; everyone hit the court for some fun and challenging tennis.

There were fines for being aced, hitting your partner or opponent and even for breaking wind!! A commendation must go to Leon Morgan for his tennis attire. We were informed that W for Wilson (sport brand) turned upside down is M for Morgan. So there you go we had it wrong all along!

Following a break for a lovely afternoon tea, which is Tarin Rock's forte, it was back onto the court for a relay race. It is amazing that such fine tennis players can't even run bouncing the ball with a racquet, no co-ordination at all. Participants then went on to have a serving competition, with a prize placed strategically within the service square. It was a little hard so at the end of the day it was placed a bit easier. Closest to the mark was Kathleen Naisbitt while our non playing member, Phillip Gooding, came in a close second.

Winners of the day were Ross Robinson – prize donated by Cancer Council & Sand n Salt, Theresa Naisbitt – prize donated by High Valley, Fleur O'Neill – prize donated by Sand n Salt. The Most Aces Competition was won by Lach Gray – prize

donated by East Mundulla. Prizes were given to our two juniors, Melanie and Kathleen Naisbitt, who both played very well and will certainly be ones to watch in the future.

A sausage sizzle was enjoyed by all to finish off the day. In total Tarin Rock Tennis raised \$217.75, a fantastic effort by everyone. They would like to thank all their sponsors and hopes to see everyone next year.

Below: Melanie Naisbitt

Below Left: Leon Morgan and Michelle Cameron

Below Right: Leon Morgan champion tennis player



LAKE GRACE TENNIS CLUB NOTES

Lake Grace took on Dumbleyung in Tennis last Sunday using the new tennis courts and facilities. Although the new courts have been well used on Wednesday and Thursday night tennis, this was the first time we have hosted a pennants game at the new building! It was a beautiful day on Sunday; conditions were great for tennis, which ended with a result of 24 sets to Dumbleyung and 13 sets to Lake Grace. This was a quite a reasonable result considering the Men took out four of six sets, and the women didn't manage to get any wins on the board in the first round of doubles. We will be out in force honing our skills over the December/January break from pennants!

In the singles, again the men were the standouts with four out of six sets for the singles matches. Standout performers for the day were Ross Bowron and Nat Fyfe both enjoyed winning four out of five sets, and Alexander Duckworth and Kyal Carruthers with three sets for the day. Twiggy was out for a tan but ended up getting burnt in more ways than one with one set for the day!

To end the day, Lake Grace won five sets in the mixed doubles. An impressive debut for Glynn (Piggy) Medlan taking out three sets with a touch of style in his striped tennis attire. Thankyou also to Tanja Endevang who filled in and played for the first time this year.

Overall, the day went quite well against a strong and experienced Dumbleyung team – thanks all for the day and hoped you enjoyed the last pennants game until February.

The Lake Grace Junior Tennis tournament is on this Sunday; all hands on deck would be appreciated. We need umpires on the day – if you can lend a hand for a couple of hours on Sunday that would be greatly appreciated. For any additional information please call Michelle Slarke.

Lauren West

December Roster Tennis Club Steak Tea

Saturday 6th Dec - Kristy & Derek Stanton & Anna & Royce Taylor

Saturday 13th Dec - Dennis Gittos & Sandy Johnston & Clem & Helen Bennett

Saturday 20th Dec - Justin & Deb Wright & Nat O'Neill & Michelle Lynch

Saturday 27th Dec - NO Steak Tea - Sorry - you will have to cook at home!!

We thank all members for their time and help for this - it is greatly appreciated.

**CCL HARDWARE
STUBBS STREET
LAKE GRACE
PHONE 9865 1104**



Thrifty Link Sale Commences
WEDNESDAY 3rd DECEMBER
Until WEDNESDAY 24 the DECEMBER

See brochure for all your Christmas bargains

Call in and see Mark, Allan, Chrystal,
Tanya, Rita and Robyn.

TARIN ROCK TENNIS CLUB NOTES

There was a bye for us this week in pennants which gave many players the chance to jump on the header and get into harvest before the next rain!

Thanks to Tania for organizing the cancer council fundraiser. Although only a small number attended it was lots of fun and great tennis. We managed to raise over \$200 for the day which was fantastic considering the number that attended.

With harvest looming social tennis will be on Friday nights only for those who are interested.

Cleaning Roster

Friday 5th of Dec – Dot & Trevor

Friday 12th of Dec – Sharon & Ross

Christmas Tree

Don't forget the Christmas Tree is coming soon.....

Saturday the 20th of December with the usual format. Singalong @ 5.30 and Father Christmas joins us at 6pm. Each family is asked to bring a savoury and a sweet finger food.

Have a good week.....
Sharon Robinson

Active Kids Holiday Calendar'

The school holidays are fast approaching so now is the time to visit the Department of Sport and Recreation Kids Holiday Calendar'. The calendar consists of fantastic opportunities for school aged kids to get involved in action packed fun activities during the school holidays! To view programs

offered on the Active Kids Holiday Calendar for the Term 4 holidays, check out the website www.dsr.wa.gov.au or for more information contact Karen Lovejoy Roe Be Active District Coordinator 9890 2519.

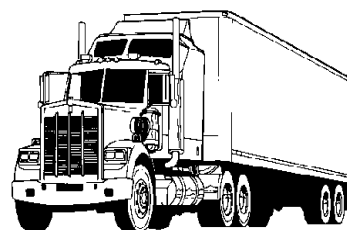
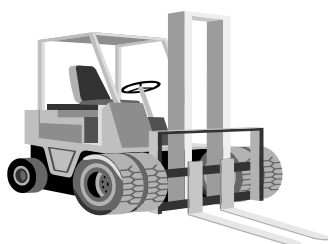
Spencer Wools Transport

Wool and General Freight

*Weekly Service to and from
Perth every Thursday.*

Depot in Perth (Welshpool)

Contact Darren:





Shire of Lake Grace

NEWS & NOTES

PO Box 50 Lake Grace • Phone 9890 2500 • Fax 9890 2599 • Email shire@lakegrace.wa.gov.au

Lake Grace Pool is OPEN for Summer

The hot weather is finally here and Lake Grace Swimming Pool is getting good use. The Shire has a great program of water activities planned for the summer with Aqua classes commencing last week. This week, secondary school students started a four-week water sport programme that includes water polo (*pictured*) and volleyball. Pre-primary students commenced in-term swimming classes with instructors Deidre Trevenen and Belinda Bowron. Come on in, the water's fine—a lovely 23°C at 3.00 pm.



Water polo—LGDHS secondary students
with Pool Manager, Di Rickard



Water polo—Sheridan Fyfe in action



POOL OPENING HOURS

6:00 to 8:00 am Monday to Friday

12:00 to 7:00pm 7 days per week

ENTRY

Children: \$2:00

Adults: \$3:00

Toddlers, Non-Swimming Spectators: Free

Season Passes available from the Pool or Shire Office



Supervision is the Key to Safety Around Water

Wheatbelt children grow up spending a lot of time around water, even though not living directly on the coast.

Whether at the local pool, at home around the dam or bath, or away at the beach on holiday, there are many occasions where children are exposed to water.

So, there are many occasions where our children may be at risk of drowning. In Australia, an average of one child under the age of 5 drowns each week. For every drowning death, approximately three children are admitted to hospital as a result of near-drowning.

The most important thing you can do to prevent your children from drowning is supervision. Watch them closely whenever they are near water.

Some useful steps to keep your children safe around water include:

- Never leave young children alone around water (home, pool, and ocean) – if you have to leave the area, take the child with you.
- Ensure home pools are fenced as required by legislation.
- If you live on a country property, you should ensure

that any large bodies of water (dams, lakes) are fenced off or otherwise inaccessible to children.

- Learn first aid and resuscitation skills so you will know what to do if an emergency occurs.
- Enrol your children in swimming lessons for water familiarization and skill development.
- Be aware where water hazards may arise in and around your home and play environments and remove these from your child's access.

Your Centrelink Access Point Is the Lake Grace Telecentre

If you need documents photocopied, sighted or faxed please drop into the Lake Grace Telecentre.



Also have a selection of forms and phone access (to ring Call Centre only). This is a **free** service.

Heart Foundation Walking Celebrates First Anniversary

Heart Foundation Walking, Australia's largest network of free community-based walking groups, will celebrate its first anniversary on Sunday 7 December.

Heart Foundation Walking has more than 10,000 registered walkers in more than 700 walking groups across Australia, with sights set on increasing that number to 15,000 by December 2009.

In Western Australia, 18 local governments, health providers and workplaces are registered in a partnership with the Heart Foundation to deliver Heart Foundation Walking and encouraging local residents to start or join local walking groups.

Heart Foundation Chief Executive Maurice Swanson said adults needed at least 30 minutes of moderate-intensity physical activity at least five days a week to reduce the risk of heart disease and stroke.

"Walking on a regular basis can help to reduce your risk of heart disease and stroke while reducing body fat, blood pressure and cholesterol," Mr Swanson said.

"People who enjoy regular physical activity live longer, feel more energetic, have stronger bones and muscles, feel more confident, happy, relaxed and are able to sleep better.

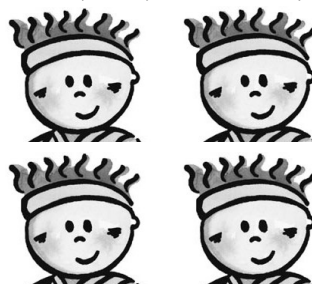
"Joining a Heart Foundation Walking group is an easy way to get all the health benefits of walking and enjoy the social aspects of being in a group."

For further information about Heart Foundation Walking or how to join your local walking group visit www.heartfoundation.org.au/walking or contact the Heart Foundation on 1300 36 27 87.

Heart Foundation Walking is funded by the Australian Government Department of Health and Ageing

Photo ID's

Do you need a photo for an ID pass, passport, library card or license?



The Telecentre are able to take and print your photos.

\$10 for a set of four (4)

CLASSIFIEDS

PUBLIC NOTICES

CWA Meeting

9th December - 1:30pm

First Aid

Senior First Aid to be held at the Lake Grace St John Ambulance Sub Centre on Saturday 6th December from 8am—4pm.

Cost is \$80.

Minimum number of participants 6, maximum 16. To enrol please phone Ollie on 0427 651 180.

Dr Linda Haines

RFDS Visiting Doctor

Now taking bookings for the following dates:

December 18th and 19th

Ph: 9865 1208

Swimming Club Roster

December 6/7 - Bowron Family

December 13/14 - Taylor Family

December 20/21 - Argent Family

December 27/28 - NO Washing

January 3/4 - NO Washing

Lake Grace Pingrup Football Club

Lake Grace Pingrup Football Club are open for applications for coaching positions for the 2009 season.

League Coach Reserves Coach

Please send your applications to:

President
Lake Grace Pingrup Football Club
PO Box 73
LAKE GRACE WA 6353

Applications close 30th December 2008.

FOR SALE

Golden Retrievers

Pure bred. Pups just born. Ready to go to new homes at the end of January.

Phone Ian, Sue or Katelyn King on 9871 9035.

Kawasaki KLX250

2007 model, 3,000km's
\$4,400

Nissan Patrol

2002 model, 170,000km
Auto, roofrack, long range fuel tanks
\$20,000

Contact Geoff Smith on 9865 3058 or 0429 653 058.

Christmas Tree

8ft tall, 5ft wide.

Excellent condition. \$100.

Ph Anna on 9865 1507 or 0428 652 507.

Narrogin SHS Blazer

Excellent condition. Size 18. \$100.

Phone Belinda on 9864 9029.

Honda CRF230

Excellent condition. \$3,750 inc.
Phone 9865 4024 or 0428 653 024.

PUBLIC NOTICES

Shire Council Meetings - 2008

The next Council meeting is
Wednesday 26th November

9am at the Newdegate Lesser Hall.

Wednesday 17th December

1pm at Lake Grace Council Chambers.

Members of the public are welcome to attend meetings.

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Andrew Walker (President)	9865 1241	9865 1921
Ian Chamberlain (Vice President)	9871 6043	9871 6035
Amanda Milton	9865 1960 0429 654 011	
Ollie Farrelly	9865 1180 0427 651 180	9865 1188
John Dunkeld	9871 2059	9871 2094
Jeanette de Landgraft	9838 9062	9838 9041
Royce Taylor	9865 1507	9865 1320
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
Mr Len Elliott	ph 9865 1137
Mr Geoff Sabourne	ph 9865 1171
Mrs Amanda Milton	ph 0429 654 011

ANGLICAN CHURCH OF LAKE GRACE

Sunday 7th December

Lake Grace 9:00am

Sunday 14th December

Lake Grace 9:00am

Enquiries: Father Dave 0427 545 560
Terry Gladish 9865 1022

LAKE GRACE CATHOLIC CHURCH

Friday December 5th:

Jerdacuttup 7pm

Saturday December 6th:

Hopetoun 6pm

Sunday December 7th:

Ravensthorpe 8:30am
Kukerin (C/S) 9am
Lake King 10:30am
Lake Grace 6pm

Sunday December 14th:

Lake Grace 8am
Mass for Healing
Kukerin 10am

For inquiries and request for home visitation,
please contact the parish office on 9865 1248.

Watering Days in Lake Grace

Last digit of your lot or house number	Your two scheme watering days are:
1	Wednesday & Saturday
2	Thursday & Sunday
3	Friday & Monday
4	Saturday & Tuesday
5	Sunday & Wednesday
6	Monday & Thursday
7	Tuesday & Friday
8	Wednesday & Saturday
9	Thursday & Sunday
0	Friday & Monday

You may water only once either before
9am or after 6pm

COMMUNITY CALENDAR

December

Fri 5	Fish & Chip Night - LGS Club Christmas Shopping at the Visitors Centre Not In My Lifetime Exhibition Opening	Sun 14	Defensive Driving WorkShop at Gingin Redbacks Basketball Clinic at Kulin Art Group Windup
Sat 6	Steak Night at Sportsman's Club Christmas Shopping at the Visitors Centre Tupperware Party at Visitors Centre Driving Workshop at Gingin Senior First Aid Course	Mon 15	Lakes Link News Deadline
Sun 7	Water Polo Cricket - Lake Grace v Newdegate Lake Grace Junior Tennis Tournament Remembrance Day	Tue 16	Chair Aerobics Watching Your Weight Physiotherapist Pingrup Potters
Mon 8	Recycling Collected Swimability	Wed 17	Night tennis Comp 7pm Shire Meeting
Tues 9	Watching Your Weight Chair Aerobics Pingrup Potters Physiotherapist CWA Meeting Email Workshop at Telecentre Well Women's Clinic	Thur 18	HACC Transport Available Lakes Link News Pizza Night LG Toy Library Social Tennis 7pm Basketball at Newdegate
Wed 10	Night tennis Comp 7pm Shire Audit Committee meeting	Coming Events <i>December 19 - Excel Workshop at Telecentre</i> <i>December 19 - Business Sponsored Christmas Drinks</i> <i>December 19 - LG Community Christmas Carols</i> <i>December 18/19—Dr Linda Haines</i> <i>December 20 - Community Christmas Tree</i> <i>December 26 - NO Fish & Chips</i> <i>December 27 - NO Steak night, fish & chips instead.</i> <i>January 29 - Centrelink in Lake Grace</i> <i>February 2009 - Drama Club workshop</i> <i>April 4 2009 - Art2Wear</i> <i>April 13-16 2009 - Riding School</i> <i>April 17 2009 - Gymkhana</i>	
Thur 11	Pizza Night Social Tennis 7pm Basketball at Newdegate		
Fri 12	Fish & Chip Night - LGS Club Junior tennis 7pm Digital Camera Workshop at Telecentre Austswim Workshop		
Sat 13	Steak Night at LGS Club Quilting & Craft at CWA—11am start Bowls - League Triples at Kukerin Austswim Workshop Defensive Driving WorkShop at Gingin Redbacks Basketball Clinic at Kulin		
Sun 14	Water Polo Cricket - Lake King v Lake Grace Austswim Workshop		

Lake Grace Sportsman's Club

Hours of Business

Over the summer months the Club will be opening at 5pm instead of 4pm.

The Club will also be closed every Monday.

These changes will be in place for a trial period.

Elisabeth Hawkins Rural Service Officer

Elisabeth has a mobile office and helps all rural businesses and farming enterprises with their Centrelink enquiries.

If you would like to make an appointment with Elisabeth please give her a call on 9841 9126 or 0447 891 985.

