

LAKE LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
Cnr Bishop & Absolon Sts
PO Box 177 Lake Grace WA 6353
Ph (08) 9865 1470 Fax (08) 9865 1471
Email: lakelink@treko.net.au
ABN: 19 498 730 152

16th December, 2004

\$1.10 inc GST

Vol 10 Issue 23

Bushfire - A Summer Nightmare



Fire-fighters combat a spot fire on the fence line of Laurence and Gwen Oliver's farm where fire swept through from the Duggan Reserve



Thirty five degree heat and gusting winds contributed to a nightmare bushfire on Thursday 2nd December.

At this stage it is still unclear as to how the fire started that swept through several farms, destroying approximately 500 kilometres of fencing, killing thousands of sheep and incinerating some farm buildings.

Sixteen hundred hectares of wheat was lost along with many thousands of hectares of pasture and native bushland.

It is a credit to community spirit that so many people pitched in to either be on the front line fighting the fire or providing nourishment for those that were.

Dumbleyung and surrounding shires contributed earth moving equipment to grade emergency firebreaks in an attempt to stop the fire in its tracks. Teams of fire-fighters from as far away as Pingelly and Brookton - and everywhere in between - were in attendance. The fire was eventually contained on the South Tarin Rock Road boundary of Ronald and Christine Willock's property.

Suzanne Reeves

A native pear burnt in the Duggan Reserve has already discarded its seeds in promise of new life.

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Telecentre Opening Hours

Monday - Friday 9:00 am - 12:30 pm ; 1:30 pm - 5:00 pm

Library Opening Hours

Monday, Tuesday, Thursday, Friday 9 - 5 pm



Advertising Charges

All prices inclusive of GST

1/8 page	\$ 8.80
1/4 page	\$13.20
1/2 page	\$22.00
Full Page	\$41.25
Classifieds	85c /line

We would appreciate your advertisements and articles on disk or emailed if possible.

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

Deadlines & Editions

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

Next Deadline: Monday 7th February

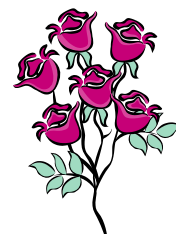
Next Edition: Thursday 10th February

A very BIG thank you

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

Lesley O'Neill
Danielle Robertson
Joan Fleming
Alex Reeves
Stephanie Lay
Bettina Lay

Kaye Rodgers (Danielle's Mum)



Thank you also to our many contributors of articles.

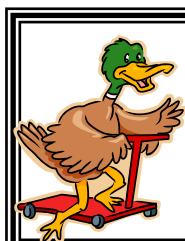
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- 1 No liability shall be incurred by the Lakes Link News by reason of any amendments to, or error or inaccuracy in, or the partial or total omission of an advertisement or by reason of delay or default or from any other cause whatsoever. If in the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

EDITORIAL

- 1 Well it's farewell from us all at the Lakes Link News, have a wonderful Christmas and New Year and we look forward to your input in 2005. Thank you to everyone who has supported us throughout 2004, we look forward to being of service to you in 2005.
- 1 As is always the case the babies are born or the dramas unfold the day after publishing,....even though we are taking a hiatus over the January period it doesn't mean we're not interested in what's happening in your lives. Let us know about those awards, babies and special things that you (or your group, club or association) are doing so that we can run features in the first issue, which will be February 10th.
- 1 Please take note that the Telecentre and Library will be running at reduced hours over the January holidays, we have included our timetables below for your convenience.
- 1 Although the Telecentre and Library/PCAP share a building we are unrelated. The Library is Shire/School managed (see them if you want a book); PCAP is school managed (that's where you go if you want to hire a tent, PA system or covered trailer); if you want photocopying, internet, licensing, faxing or passport photos please come and see me at the Telecentre.
- 1 The Telecentre will be doing up another edition of the Lake Grace and Districts Telephone book over January, so if you know of any alterations, additions or deletions please let me know. It has been suggested that we also add in a 2-way section - we did advertise this when we initially took over the phone book but had a zero response. If anyone has a list out there, please feel free to send it in.
- 1 We will also be starting on a local business and services/clubs register over the January break - we'll be wanting details on opening hours and contact details for businesses and meeting times, places and contact details for service and sporting clubs.
- 1 If there's anyone out there who would like to volunteer two to three hours a fortnight either computing or proof reading could you please give me a ring on 9865 1470.
- 1 Thank you to everyone who has been sending their 2005 subscriptions in, we appreciate your support - congratulations to Jill Duckworth for being the first! *(no you don't win anything)*

Suzanne Reeves



"To the person or persons who wrecked a child's scooter left behind at the skate park last fortnight, you have made a little boy very disappointed."

Thanks to Last Fortnight's Collators



Michelle Lay
Stephanie Lay
Craig Reeves
Trish Medlen

Telecentre Hours

*The Telecentre will be operating at **normal hours (9-5) up until Christmas Eve** when we will closed at 12:30pm.*

***Following Christmas** the Telecentre will be open on 29,30 and 31 December from 9am through to 5pm.*

***Following New Year** the Telecentre will be operating at reduced hours, these will be From 9am through to 1pm Monday through to Friday.*

Library Hours

During the school holidays the Library will be operating at reduced hours, these will be:

Monday 9am - 12 noon
Tuesday 9am - 1pm
Wednesday - CLOSED
Thursday 9am - 1pm
Friday 9am - 1pm

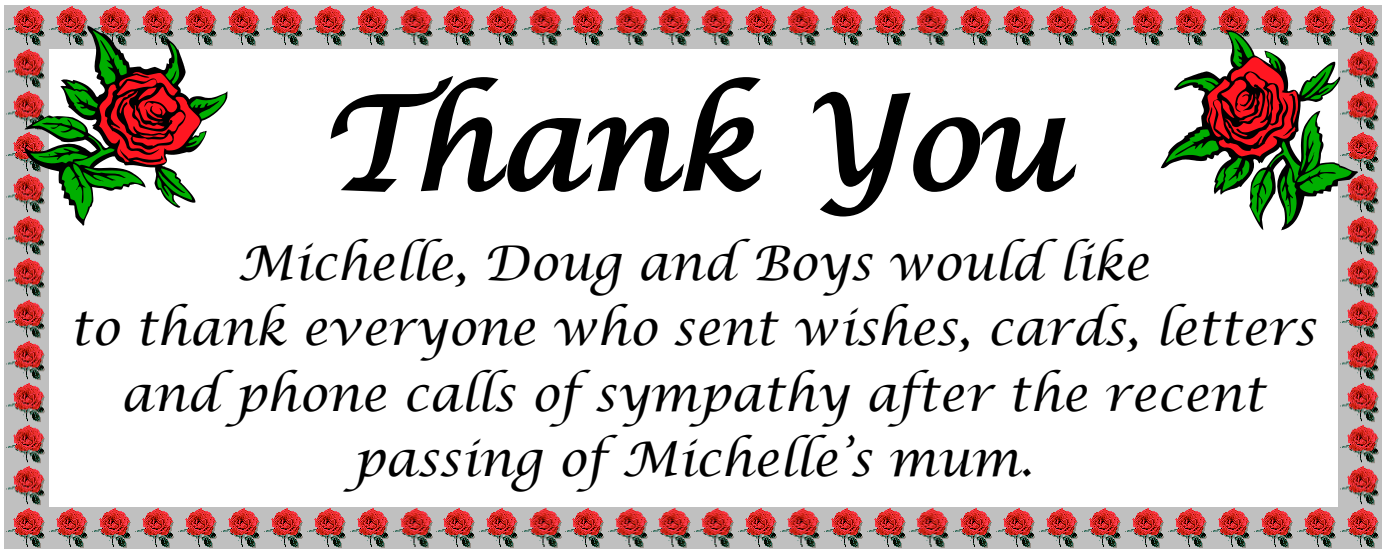


ABOUT TOWN

- Congratulations to Sam and Grant Jenks on the arrival of Joel Beau on Friday 10th December, Joel tipped the scales at 11lb 4oz.
- The Mystery Bets have been busy doing a mini tour around the south-west.
- Sympathy to Michelle Dunham and Lesley Duckworth on the recent loss of their mother.

Thank You

Laurence and Gwen Oliver wish to thank those who did a good job fighting the fire that came through our property on 2nd December 2004.



HAPPY ANNIVERSARY

9 December - Greg and Paula Carruthers
 12 December - Fred and Letty Leo
 18 December - Dave and Kim Allen
 2 January - Steve and Genni Curtin
 5 January - Raymond and Narelle Bird
 11 January - Andrew and Linda Hunt
 18 January - John and Donna Hendry

19 January - Pat and Belinda O'Neill
 24 January - Len and Shirley Elliott
 26 January - Oliver and Lucy Farrelly
 27 January - Ray and Julie Bushby
 29 January - Peter and Michelle Lay
 6 February - Greg and Kerrie Argent

Fax, email or bring your *About Town* news into the Telecentre. If you would like to share your birthday or anniversary celebrations with us then please fill in the Celebrations book. Alternatively just drop your details into the box at the Post Office.

HAPPY BIRTHDAY



17 December	Mathew O'Neill
18 December	Bianca Kennedy
19 December	Natalie O'Neill
	Juanita O'Neill
	Aidan Pelham
20 December	Korey Clifton
	Des Pelham
21 December	Clem Bennett
	Graeme Taplin
23 December	Melissa Cugley
24 December	Leigh Hardy
	Liam Fyfe
25 December	Pat O'Neill
	Latisha McGlinn
26 December	Jenny Bidwell
	Anna Taylor
	Jack Jenks
27 December	Lindsay Slarke
29 December	Tarryn Dowling
30 December	Justin Joyce
	Jasmine Cugley
31 December	Laura Willock
	Elizabeth Spencer
1 January	Bevan Taylor
2 January	Karl Fleay
4 January	Maurie Gilson
5 January	Lenore Gladish
6 January	Shane Reynolds
	Renae McEncroe
7 January	Brayden Reynolds
	Thomas Dunham
8 January	Tracey Milton
	Marcus Owen
	Rick de Vree
9 January	Melanie Naisbitt
	Bianca Naisbitt
10 January	Leanne Carruthers
12 January	Marie Battison
13 January	Shannon Smith
	Shelley Stanton
15 January	Gerard Farrelly
16 January	John McGlinn
17 January	Briana McWhirter
	Abbey Trawinski
18 January	Nicole Chappell
	Cale Morton
20 January	Christine Willock
	Andrew Hunt
21 January	Geoff Duckworth
	Jarrad Slarke
	Jason Lay
23 January	John Gambuti

23 January	Harry Strevett
	Abbey Strevett
	Jacob Strevett
	James Eaton
24 January	Keiran Humphreys
25 January	Damien Lay
26 January	Debbie Barnett
28 January	Rhiannon Barnett
	Mitchell Morton
2 February	Ray Bird
3 February	Luke O'Neill
	Peter Medlen
	Joel Pettit
4 February	Cheryl Chappell
	Misha Clarke
6 February	Joe Trevenen
	Nick Trevenen
	Kathryn Nolan
	Emily Howe
7 February	Rommy Dorai Raj
	Marcus Argent
8 February	Anna Strevett
	Donna Hendry
	Adam Hunt
	Lachlan Allen-Moore
9 February	Derek Stanton
	Joyce Gilson
	Mark Walker
	Angus Hunt
10 February	Mark Howe
	Georgia Garard



STAMP-IT RUBBER STAMPS & LASER ENGRAVING

NEED A RUBBER STAMP??

LARGE ARRAY OF SIZES AND FONTS
TO CHOOSE FROM

DIFFERENT COLOURED INK PADS

SELF INKING

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

Lotterywest Grant Encourages Lake Grace's Interpretation of Cultural Heritage

The Shire of Lake Grace is one of 57 organisations across Western Australia to share in almost \$350,000 in grants from Lotterywest's Interpretation of Cultural Heritage Grants round.

A diverse range of community groups including local government authorities, community museums and Aboriginal corporations are involved in caring for and supporting Western Australia's cultural heritage and this is strongly evident in the types of projects funded.

A grant of \$14,840 has been approved for the Shire of Lake Grace's Australian Inland Mission Hospital Museum. The grant will enable the Shire to engage a contractor to create a digital soundscape for the five rooms of the museum using excerpts of recorded oral and written interviews and other reference material from the museum archives.

Part of the grant will be used to recreate and draw attention to the former structure of the AIM hospital buildings, some now demolished. An old outhouse with 'dunny can' will be placed at the original location of the single toilet used by patients and staff and the layout of the former maternity wing marked out.

Other components of the project including adding an AIM Hospital Museum webpage to the Shire of Lake Grace website and completing the museum's exterior and interior signage.

Lotterywest's Chairman Clyde Bevan paid tribute to the diversity of projects receiving grants. "We have supported many projects from the development of conservation plans, to interpreting cultural histories of first settler groups, to urgent structural works, to curatorial projects," said Mr Bevan.

"Our Interpretation of Cultural Heritage Grants program supports and encourages a wide range of communities in WA – cultural heritage is a vital part of our community life and it is wonderful to see so many community groups committed to our heritage," he added.



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22/23 Stubbs Street, LAKE GRACE
Telephone 9865 1465

FASHION FOR THE SALT OF THE EARTH

New in:

Strappy, sequined glitter tops
Floaty camisole tops
2 piece overshirts and camisoles
Christmas dresses
Yarra Trail knee length skirts,
singlets and tees



Tania, Darren, Elizabeth, Vicki, Lois and Dot wish everyone a
'Happy Christmas and a safe New Year'

**CCL Hardware
and
Lake Grace Rural**
wish their customers a
Safe and Happy Christmas



Christmas Trading

Saturday 25th December
Sunday 26th December
Monday 27th December
Tuesday 28th December

CLOSED

New Year Trading

Saturday 1st January
Sunday 2nd January
Monday 3rd January

CLOSED

Graduating Class of 2004

Twelve years of enrolment with Lake Grace District High School culminated in a graduation ceremony for the five year 10 students and their families, friends and teachers on Saturday 11th December.

While nibbles and pre-dinner punch was served, Kerrie Argent took photographs of the graduating students and their families.

As per tradition the preparation and serving of the meal (absolutely fabulous) and drinks was carried out by the year 9 students - all beautifully presented in black and white - and their parents.

A testimonial reflecting the strong, humorous and at times annoying traits of each of the students was presented by teaching staff. Digital video clips had also been filmed of the students showing off their prowess at line dancing, sandpit activities, sitting, moon walking and 'racing' off to class.

Principal Grant Draper commended the students on their achievements while reminding them that the 'world was their oyster' so long as they were prepared to put in the work.

Gerard McArtney, Jenna Taplin, Daniel Trevenen and Alex Reeves will be furthering their studies at Narrogin Senior High School while Daniel Bull has obtained an apprenticeship with the Shire of Lake Grace.



L to R: Daniel Bull, Gerard McArtney, Jenna Taplin, Daniel Trevenen and Alex Reeves



Southern Skirmish Outdoor Laser Tag



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Going to Bremer Bay over the festive season?

Looking for something new & exciting?

Suitable for ages 7 to adults

December 28th & January 3rd 2005

New Years Day Group bookings by appointment only

Playing opposite the Fishery Beach Tourist Park, Wellstead Rd

1 hour session only \$15 per person

Sessions commencing at 1.30pm, 3pm & 4.30pm

ESSENTIAL: ALL PLAYERS MUST -

WEAR LONG PANTS & STURDY, ENCLOSED FOOTWEAR

COMPLETE Membership form PRIOR to start of play

UNDER 10 Years MUST be accompanied by an adult

Group bookings—

2½ hour session playing a variety of missions
welcome other times

Enquiries and Bookings - Tel: 9841 5792 Mob: 0427 415 792

Email: southern.skirmish@bigpond.com

If you have noticed people foraging in the recycling bays at the rubbish tip, it means *Art 2 Wear* has begun! And there will be a lot more foraging and creating until April next year, when community members show off their wearable art in parades and an exhibition.

Art 2 Wear is about making, parading and displaying art you can wear. The *Art 2 Wear* program includes costume-making workshops, three performances and an exhibition of the costumes. Lake Grace District High School and Lake Grace Youth Advisory Council will host these events with Lake Grace Artists' Group in April 2005 for National Youth Week.

The Artists' Group will work with local students, as part of the school arts curriculum, to design and create the costumes as well as sets for the parades. Kerrie Argent and Michelle Slarke kick-started *Art 2 Wear* last week with video and slide presentations to upper primary and secondary students. Community members can also attend workshops to make costumes (according to five specified themes – see below) and everyone is invited to participate. If you are not sure about what to make or how to make it, we can help you. We held our first



community information session last week, which saw many ideas thrown around and people ready to start making.

Workshops will begin in the new art space (formerly the Four Square) during January and the Artists' Group will hold the information session and show the videos and slides again to give you some ideas and inspiration. Check out the Post Office and Plaza noticeboards and art space windows for details.

THEMES

- ▲ **Warrior**
- ▲ **Recycled, Restyled, Reused**
- ▲ **Earth, Wind, Fire and Water**
- ▲ **Kaleidoscope**
- ▲ **Myths and Dreams**

WEB RESEARCH

Check out www.worldofwearableart.com
⇒ winners or do a net search for:

- ▲ **'wearable art'**
- ▲ **'worn art'**
- ▲ **art to wear'**
- ▲ **'art wear'**

Wish List

We are collecting the following to make costumes. If you have any of these, or other interesting materials, please leave on the back verandah of the RSL or contact Kerrie Argent (9865 4042), Michelle Slarke (9865 1878) or Debby Clarke (9865 4041).

- ☒ Bags - chips, Twisties etc
- ☒ Beads
- ☒ Binda twine - coloured & jute
- ☒ Bread bags and tags
- ☒ Bubble wrap
- ☒ Christmas/foil lolly wrappers
- ☒ Coloured plastic bottle lids
- ☒ Compact Disks
- ☒ Copper wire (from alternators)
- ☒ Fabric
- ☒ Ring pulls on cans

- ☒ Feathers
- ☒ 'Foil' wrapping paper
- ☒ Inner tubes
- ☒ Old cane baskets and mats
- ☒ Old sheets
- ☒ Scarves and neckties (silk if possible)
- ☒ Video and audio cassettes
- ☒ Windscreen glass
- ☒ Wine corks and bladders

Discards and off-cuts from any machinery and industrial businesses would also be appreciated.

Lake Grace Weather

- Terry Gladish

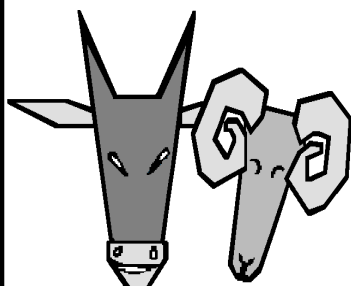


Date	Min	Max	Rain
2/12	12.8	36.0	
3/12	11.1	27.9	
4/12	9.0	34.5	
5/12	12.1	27.1	
6/12	11.7	28.8	
7/12	11.1	28.0	
8/12	11.8	31.5	
9/12	13.7	33.8	
10/12	15.6	37.0	
11/12	15.2	28.0	
12/12	10.5	30.2	
13/12	10.7	30.0	
14/12	12.6	39.5	
15/12	21.2		0.6

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Please contact
Grant O'Neill on:
Ph: 98 65 1126
Fx: 98 65 1311



Christmas and New Year Greetings

Hon Bruce Donaldson MLC



Member for the Agricultural Region
Opposition Whip - Legislative Council
Shadow Minister for Fisheries

Postal Address: Parliament House Perth WA 6000

Toll Free: 1800 199 187

Electorate Office: Tel: 9481 0082 Fax: 9321 1287

Email: bdonaldson@mp.wa.gov.au

Website: www.mp.wa.gov.au/donaldson





**24 HOUR EMERGENCY
SERVICE PH: 98651206**

LAKE GRACE & DISTRICTS HEALTH SERVICE

Assistance to people in the community can be provided in the following instances:

Home Care (HACC) Assistance

People who apply for assistance in their home under the HACC program are required to have a needs assessment completed by the HACC coordinator. Clients must be identified as having a functional disability to qualify for assistance.

Acute Care Assistance

As a multi-purpose service (MPS) we are also able to provide assistance in the home for clients returning from surgery or with some other medical conditions. These services are provided on a short-term basis usually, with the amount of assistance being determined by the medical staff caring for the client.

Acute care services are not provided by the HACC program, they are funded by the Hospital MPS.

People who require assistance, but do not fit into either of the above categories, are required to either pay full cost recovery to us (if we have sufficient resources to provide a service) or can source assistance privately.

Child Safety on Farm Workshops for WA in 2005!

See the full page of information on the coming workshops about child safety on farms (page 32)

****There will be a workshop
in Lake Grace on the
23rd February 2005**

As only certain centres have been chosen to hold these workshops, we are fortunate to have one here.

More information will be published early next year. Please mark your diary and make every effort to attend.

Childbirth and Parenthood Education



If you are interested in attending education sessions with Jill Duckworth, please phone the Hospital (98651206) and leave your name and contact details!



Wishing everyone in the community a
**Merry Christmas and a
Happy and Healthy
New Year**

**From all the staff at the
Lake Grace & Districts Multi-purpose Health Service**

No Half Measures From Small Sportspeople

Congratulations to Melanie Naisbitt, Emily, Tom and Carrie Taylor who returned from the recent WA Little Athletics State Country Championships with a swag of medals!

The four represented Katanning Little Athletics Centre at the annual event, held this year in Kalgoorlie, on the weekend of November 27 and 28. Competing against athletes from Albany, Bunbury, Northam, Eastern Goldfields, Geraldton and Narrogin they netted six gold, 10 silver and six bronze medals.

In the Under 8 age group Carrie snared bronze in the 200m and shot put. In the Under Nine's, Melanie continued her good form from last year's championships with gold in the 60m hurdles, 70m, 100m, 200m and 800m and silver in the long jump, shot put and discus.

Tom came away with six silver medals in the Under Nine boy's division, after finishing second in the hurdles, 70m, 100m, 200m 800m and long jump while Emily snared gold in the Under 12 girls 800m, silver in the 400m and bronze in the high jump, shot put and discus.

Apart from their haul of medals, the four recorded many personal best performances in the very hot and trying conditions, displaying great sportsmanship and determination throughout the weekend.

And before the dust has even settled from their Kalgoorlie trek they are already looking forward to next year's championships in Geraldton!

Maria Taylor



Back: *Emily Taylor*

Front: *Carrie Taylor, Melanie Naisbitt and Tom Taylor*

CCL Hardware

8 Stubbs Street, Lake Grace ph 9865 1104 fax 9865 1121

Visit our Garden Centre

for all those last minute gifts



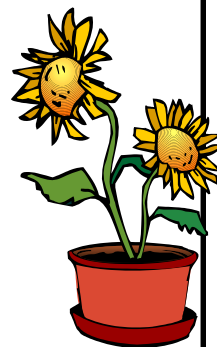
Figurines

Bird Baths

Water Features

Glazed Pots

Many plants to choose from





Shire of Lake Grace

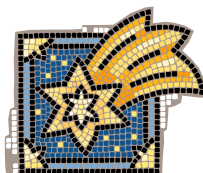
NEWS & NOTES

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

Compliments of the Season
from Councillors & Staff at the Shire of Lake Grace

CONGRATULATIONS

To **Cr Royce Taylor** on being awarded an Australian Government Young People's Corporate Governance Scholarship.



These scholarships provide 14 individuals (at least one from each State and the NT) with scholarships to attend a five day residential intensive corporate governance course run by the Australian Institute of Company Directors.

To **Cr Helen Bennett** on being appointed as a Western Australian Local Government Representative on the Rural and Remote Education Advisory Council.

GRANT APPLICATIONS

Recent successful grant applications include:

A \$10,000 Year of the Built Environment grant to provide shade sails for the two Lake Grace Playgrounds and the Newdegate Playground.



A \$14,840 Lotterywest grant to create a digital soundscape for the five AIM Hospital Museum rooms, placement of an old outhouse with 'dunny can' at its original location and creation of an AIM Hospital Museum webpage.

A \$12,000 Physical Activities Grant through the WA Local Govt Association to extend Letisha Marshall's Aquatic & Recreational Activities.

A \$3,000 National Library grant for the first stage of preservation of the Shire's oral history tapes.

SHIRE OFFICE CHRISTMAS HOLIDAY OFFICE HOURS

The public is advised that the Shire Office will
BE CLOSED ON THE FOLLOWING DAYS:



Friday 24 December 2004 from 1 pm
Monday 27 December 2004
Tuesday 28 December 2004
Friday 31 December 2004 from 1 pm
Monday 3 January 2004

PLEASE NOTE TRANSPORT & LICENSING NOT AVAILABLE

Due to staff shortages Transport and Licensing will not be available at the Shire Office from 1 pm, 24 December 2004.

As of Monday 17 January 2005 licensing will be available from 9am to 4pm each weekday until further notice.

We apologise for any inconvenience to the public.

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



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* Does not apply to all Elders Policies.

**For further information call Justin Wright at Elders Lake Grace
on Phone 08 9865 1001 Fax 08 9865 1271
or email justin.wright@elders.com.au**



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EIN234008 11/04



Shire of Lake Grace

NEWS & NOTES

PO Box 50 Lake Grace Phone 9865 1105 Fax 9865 1109 Email shire@lakegrace.wa.gov.auWESTERN AUSTRALIAN
LOCAL GOVERNMENT ASSOCIATION

The Shire of Lake Grace receives funding for local physical activity project.

The Shire of Lake Grace has recently been awarded \$12,000 funding for a new project. It is one of 18 physical activity projects around the State that Premier Geoff Gallop announced under the Physical Activity Taskforce's Local Activity Grants Program. The Shire of Lake Grace will match the funding.

The State Government, through a Lotterywest grant, has provided \$150,965 statewide in the third round of funding for the projects, which are coordinated by Local Governments.



The Local Activity Grants Program is aimed at encouraging communities to become more physically active. For Lake Grace, the additional funding will extend the Aquatic & Recreation Coordinator's role, and provide more classes and activities.

Council is appreciative of the Local Activity Grant funding to

support the expansion of the role of its Aquatic and Recreation Officer project. Everyone needs to find 30 minutes a day to be active for health benefit - this project will help make it easier for our community to be active.



Local Activity Grants form part of the Premier's Physical Activity Taskforce's target to increase the proportion of Western Australians who undertake sufficient physical activity to gain a health benefit by 5% (from 58% to 63%) by 2011. The Physical Activity Taskforce Local Activity Grants program is jointly administered by the Premier's Physical Activity Taskforce and the WA Local Government Association.

Developing and implementing physical activity strategies require a multi agency approach. Grants programs such as these, allow community groups and Local Government to work together with the assistance of the State Government in succeeding to encourage more people to be more active, develop new physical activity programs, and build on facilities and resources which already exist in local communities.

Further information on the grant program, including projects that have been funded, is available by calling 9382 5929 or online at www.patf.dpc.wa.gov.au



POSITION VACANT

CLERICAL TRAINEE *OR* CUSTOMER SERVICE OFFICER

CLERICAL TRAINEE

12 months full time commencing January 2005. Wage range between \$227.00 - \$274.00/per week depending on age. No experience necessary. Applicant must be keen to develop a solid grounding for a career in an office environment. Mature age applicants welcome.

CUSTOMER SERVICE OFFICER

Level 1 – 2 (\$27,192 – \$30,366pa) Local Government Officers Award 1999

Must have a high level of customer service skill and experience using Microsoft Office. Previous experience in an office environment preferred. As first point of contact for our customers, the successful applicant will be responsible for answering incoming calls, attending to customer enquiries, police licensing, processing mail and general office duties.

A position description is available from the Shire Office. Written applications addressing the selection criteria are invited for the above positions. Please include your resume, contact details of two recent referees and specify which position you are applying for. Applications close 7 January 2005. For further information please contact Leonie McIlree on 9865 1105.

WR Bond

ACTING CHIEF EXECUTIVE OFFICER

Do You Benefit From the AIC?

Did you know that the Isolated Children's Parent's Association (ICA) works tirelessly on your behalf to ensure this allowance and others remain available to you and others living in non-metropolitan areas?

ICPA is a national body representing all rural and remote students and their families. Established in 1971, it has become a well-respected name within Government departments and the education community at both State and Federal levels. Apart from the Commonwealth Assistance for Isolated Children allowance, ICPA lobbies on many other issues impacting on your family, including:

- Travel to and from boarding schools/hostels
- State living away from home allowance
- Student/teacher ratios
- Curriculum
- Pastoral care in boarding schools/hostels
- Teacher training

The people on ICPA's State and Federal Councils are committed to representing you but they need your direction and support. If you benefit from

ICPA's efforts, please consider joining. In doing so, you will ensure that the issues affecting the education of your children are kept firmly on the Government's agenda.

You have the choice of joining your local Branch, or becoming a Lone Member if there isn't a Branch near you. For more information and membership forms, please contact:

Mrs Raelene Hall
(State Secretary)
Neds Creek Station,
Meekatharra W.A. 6642
Ph. 9981 2969
E.Mail: neds creekstn@bigpond.com

Mrs Sue Woods
(Lone Members and Lakes District)
P.O. Box 118,
Newdegate W.A. 6355
Ph: 98720011
Email: woodsy@treko.net.au



Bushy's Garden Nursery

would like to wish all clients
a Merry Christmas and
Happy New Year.

*Thank you for your support
throughout 2004.*

For those last minute gift ideas we
have pots and statuary, gift
vouchers are also available.

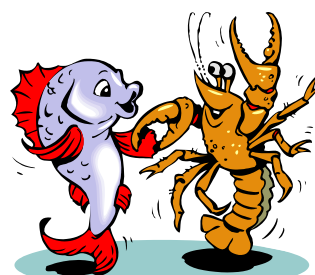
Marron For Sale



Marron
for the dinner table
priced according to weight

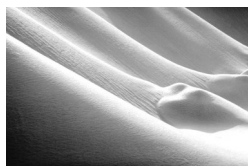
*Place your orders now for all your
Christmas needs*

For details contact Ray Bushby
Ph/Fax: 9865 3017



Fisheries
License
No. 1730

SCIENCE AND STUFF



What Makes a Sand Dune Tall?:

The world's tallest sand dunes, some half a kilometre high, survive in a windy desert because water cements them together. That's the conclusion of studies in the dunes of Bardain Jaran desert in Northern China. The researchers were surprised to find moisture lurking just 20 centimetres beneath the surface. They suspect the water floods in through subterranean faults when snow melts on nearby mountains. Up to 500 million cubic metres of useful water could be extracted from the region each year, but this could leave the dunes prone to erosion.

(*Nature*, vol 432, p 459)



Do the Maths: 206, the number of bones in the human body - more than half of them in the hands and feet. The knee is the most complex joint of the human body and also

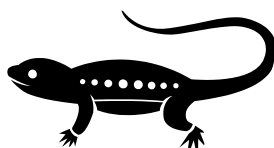
the most easily injured.

70%, thanks to the liver's amazing powers of regeneration, it can lose this much tissue and still grow back to its original size in a few months. The liver is the largest gland in the body, producing about half a litre of bile per day. It weighs some 1.8 kilograms in men and 1.3 kilograms in women. It holds about 13% of the total blood supply at any given moment. Each liver cell (hepatocyte) has an average lifespan of 150 days.

10 squared by 15, the estimated number of synapses linking the 100 billion or so neurons in your brain. There are about 200 million neurons more in the left side of the brain than the right.

Lizard Enjoys Colourful Nights:

The nocturnal helmeted gecko has become the first vertebrate known to see colours in the dark. Most creatures, including humans, have eyes that contain two types of light-sensitive cells. In daylight, animals rely mainly on colour-sensing cones that distinguish between light of different wavelengths. At night, when photons are scarce, they rely exclusively on more sensitive rod cells, which are colour-blind. The only exception to this rule, and the only animal known to see colours at night, was thought to be the elephant hawkmoth (*Deilephila elpenor*). It has adaptations, which include different facets of its compound eye, to increase the light captured by its cone in the dark. Studies have now shown that the helmeted gecko



(*Tarentola chazaliae*) also has nocturnal colour vision. The researchers presented one male and one female gecko with either a tasty cricket painted blue or a bad-tasting, salty one painted grey. The lizards soon learned to lunge for the blue crickets, even when the light was as dim as a moonlit night. The eyes of helmeted geckos do not have rod cells, but they do have highly enlarged, rod-shaped blue, green and ultraviolet cone receptors, which the researchers say are sensitive enough to discriminate colour even in very low light. The lizards also have multi-focal lenses, which may help focus small amounts of light on different receptors for sharper colour image perception. It may mean that all geckos descended from diurnal lizards, if one has colour vision, its definitely possible that other ones do.

(*Biology letters* DOI: 10.1098/rsbl.2004.0227)



Endurance Running is in the Genes of East Africans:

The long-distance running prowess of Ethiopia's elite male athletes is partly dictated by their genes. Researchers have established that such athletes are more likely to have certain variants of four Y chromosome genes compared with other Ethiopians. No one knows what the genes do, or how influential they are, but they are the first to be linked to east Africans' outstanding ability for endurance events. Ethiopian and Kenyan athletes have run 37 of the 40 fastest times have recorded over 10,000 metres. Alongside dedication and training, there is no doubt that social and geographic factors, such as having to run long distances to school at high altitudes, contribute to their success. To find out if genes also play a significant role, researchers, studied the Y chromosomes of elite athletes, city dwellers and other non-athletes from the Ethiopian region of Arsi, where many runners originate. Four gene variants were clearly more common among the athletes, and one was less common. No mutation was unique to the athletes, however, suggesting that it is the combination of certain gene types that makes the difference. The athletes do show differences from the population as a whole, but they are not so overwhelming to say that this is the reason for their success, and no single gene for endurance running emerged. (*Human Genetics*)

Merry Christmas and Happy New Year to all.

Maurie Gilson.



Lake Grace District High School

SITUATIONS VACANT

Permanent Cleaning Position

**10 hours per week
(5 x 2 Hour Shifts)**

Commencing January 18 2005

Please mark applications Private and Confidential and forward to:

**Registrar
Pamela Gardiner
Lake Grace District High School
School Place
LAKE GRACE WA 6353
Ph: 9865 1207**

By 1:00pm on Thursday 16th December 2004

Lake Grace Lions Club Australia Day Breakfast

From 7.30am on Wednesday 26th
January 2005.

At the Lake Grace Swimming Pool.
Bishop Street Lake Grace.

Join in with the rest of the community to
witness the flag raising & sing the
National Anthem.

Bring your own plate, mug & cutlery
and let the Lions Club members cook
you bacon & eggs for breakfast.

Free entry!!

Donations of eggs or tomatoes would
be gratefully accepted.

For more information phone Neville
Moulden on 0429425478.

Thank You

Thank you to everyone who helped to
stop the fire at Tarin Rock recently.

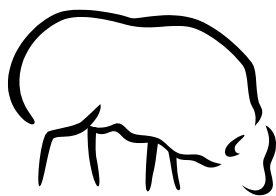
Thanks also to the volunteers who
patrolled the fire around the Reserve
to prevent a flare up over the
week-end.

A huge thanks to all helpers
including those people providing the
wonderful food.

Many Thanks....

The Gooding/Robinson Family

EWENIQUE



Pelletised
Sheep Manure

100% organic

Made from 100% crushed
sheep dags.

Low Odour

Heat treated to stop weeds

Typical Analysis

N	P	K	PH
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20kg bag \$12.00

Ph: 0428 651 339 or
9865 1339



*With the warmer weather approaching
please be aware that*

sprinkler restrictions
are in place permanently.

The only time you are allowed to use a
sprinkler is **between the hours of**

6:00pm and 9:00am



WATER
CORPORATION

AWB Harvest Update



The 2003/04 Australian harvest is approximately 80% complete. The pace of harvest has been speedy over the last fortnight with mostly favourable weather around the country.

State: % complete

QLD	100%
NSW	85%
VIC	60%
SA	80%
WA	75%

The major trend of the Australian harvest to date is that protein is higher than normal. A larger proportion of grain is being delivered to the hard wheat pay grades such as APH and AH at very high protein levels.

Yields and quality have been very variable, even within regions.

Locally, yields and quality have reflected the difficult season that included frost and a dry

finish.

High screenings have been an issue in the area north of Lake Grace, with segregations to receive screenings up to 20% being opened to cater for the season.

Market Notes

- The US winter wheat crop is in excellent condition as it goes into dormancy this month.
- Harvest has just commenced in Argentina and the quality is very good so far.
- The EU is thought to be considering introducing export subsidies early in 2005 (which would be negative for prices).
- The gap in receiving of premium hard wheats over soft wheats has narrowed over the last fortnight.

Mae Connelly

AAS Grain Cleaning

We want to clean your seed

Seed cleaning has never been easier than with the Nu-fab, @ rates of 25 tonne per hour and unmatched aspiration and screen area, a peg drum and pickle applicator ensure a great job done.

Michael Swain – 0419 422 881

When it comes to harvest we have two cleaners, twice as big as the standard Nu-fab 6 and with field bins and trucks we will keep your harvest going in the right direction.

Help us to help you by booking now



Night watch



Welcome to Night Watch for the fortnight from midnight Friday 17th to midnight Friday 31st December.

Solstice, the true beginning of Summer is at 9pm on the 21st, when the Sun is on the Tropic of Capricorn and also the longest day at latitude 30° south of 14hrs and 05 minutes.

On Christmas day the Huygens probe will be dispatched by the Cassini spacecraft onto the moon Titan.

Venus and Mercury will be 1.2° from Venus on the morning of the 29th.

The Sun is in Sagittarius for the fortnight at -26.7 magnitude.

On Sunday 19th, the Moon will be at the 1st quarter phase at 12:30am. The full Moon is at 10:56pm on Sunday 27th. On Tuesday 28th the Moon will be at Apogee (furthest), at 3am at 406,489kms distant.

The Moon is in Pisces on 18th, 19th and 20th. Aries on 21st & 22nd. Taurus on 23rd, 24th & 25th. Gemini on 26th & 27th. Cancer on 28th & 29th. Leo on 30th & 31st.

Mercury, in Ophiuchus, rises at 4:06am in the morning twilight on Saturday and 3:35am on 31st.

Venus, in Scorpius on Saturday rises at 3:25am, and will have moved into Ophiuchus on the 23rd.

On the 24th Venus will be 6° of the orange/red giant star Antares, the heart of the Scorpion and 1.2° south of Mercury on the 29th. Venus rises on the 31st at 3:33am at 4.0 magnitude.

Mars in Libra rises at 2:58am on Saturday 18th,

and Scorpius on Sunday 26th at 2:45am & 2:37am on 31st and is at +1.6 magnitude.

The giant gas planet Jupiter is in Virgo and rises at 1:04am on Saturday and at 12:17am on the 31st at -1.9 magnitude.

The ringed planet Saturn in Gemini, rises at 9pm on Saturday at -0.1 magnitude. On Tuesday 28th, Saturn will be 5° south of the Moon and rises at 8:06pm on Friday the 31st.

At magnitude +5.9, Uranus sets at 11:09pm on Saturday and at 10:19pm on the 31st in Aquarius.

Neptune at +8.0 magnitude sets on Saturday at 10:07pm in Capricorn & sets at 9:17pm on the 31st.

The small planet Pluto is in Serpens Cauda is too close to the Sun to be seen.

When the Moon moves out of the evening/night sky you should be able to see Comet Macholz in the constellations of Eridanus and Taurus at naked eyesight range of around +4.1 magnitude if you stand in a dark spot. And look towards the orange star in the V shaped star cluster west of the bottom of the saucepan.

On the 2nd of January the Earth will be at Perihelion, closest to the Sun at 146,102,635kms at 8:58am.

Also next year there is a few comets around, so until then have a merry Christmas and a happy bright New Year and remember, Astronomy is looking up.

*Maurie Gilson,
member of the Astronomical Society of WA.
16 Clarke Ave. Lake Grace
ph:9865 1516*

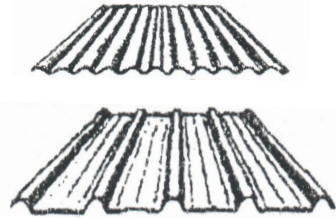
DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
18/12/04	4.56am	7.10pm	11.29am	DNS	25/12/04	4.59am	7.14pm	6.24pm	3.28am
19/12/04	4.56am	7.11pm	12.30pm	12.18am	26/12/04	5.00am	7.14pm	7.18pm	4.13am
20/12/04	4.57am	7.12pm	1.30pm	12.46am	27/12/04	5.01am	7.15pm	8.08pm	5.03am
21/12/04	4.57am	7.12pm	2.29pm	1.14am	28/12/04	5.01am	7.15pm	8.51pm	5.58am
22/12/04	4.58am	7.13pm	3.28pm	1.43am	29/12/04	5.02am	7.15pm	9.29pm	6.55am
23/12/04	4.58am	7.13pm	4.27pm	2.14am	30/12/04	5.03am	7.16pm	10.02pm	7.53am
24/12/04	4.59am	7.13pm	5.27pm	2.48am	31/12/04	5.03am	7.16pm	11.32pm	8.45am

ccl Hardware

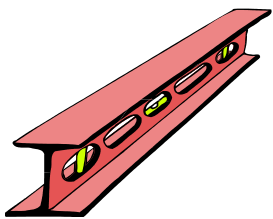
For all your requirements contact MARK at

Phone: 9865 1104
Fax: 9865 1121

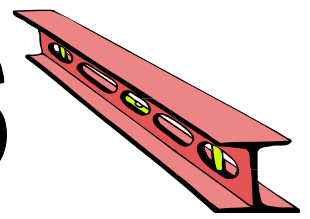
CUSTOM ORB
TRIMDEK HI-TEN



NeetaScreenFence



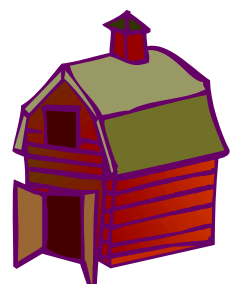
Steel Supplies



Cement and Mesh

Timber and Plyboard

Agent for Garden Sheds
Absco Spanbilt



YOUTH ADVISORY COUNCIL

The Lake Grace Youth Advisory Council in collaboration with the Lake Grace Artists group and the Lake Grace District High School will be hosting 'Art 2 Wear' in National Youth Week 2005.

'Art 2 Wear' is clothing or costumes made from recycled materials and the designs are limited only by the imagination. The clothing and costumes will be one part of a final parade which will include dance and media. We are hoping that many students who attend boarding school will become involved as the final performance is on the first Saturday of the April Holidays. We will do what we can to accommodate everyone that is interested in being involved. People can contact Debby

Clarke, Kerrie Argent or Michelle Slarke for further information.

Leeuwin Ocean Adventure have contacted our group to see if anyone is interested in their Youth Island Adventure which will be in Esperance from the 29th of January to the 3rd of February. Please see flyer in this edition of Lakes Link for further information.

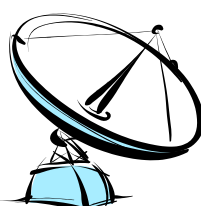
We would like to extend our thanks and best wishes for Christmas and the New Year to everyone, especially our hard working volunteers that manage to make time for us in their busy lives.

Debby Clarke



NEED A RUBBER STAMP??

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



Free Supply - Free Installation
10 x Faster

 **eSat Communications**

Broadband Internet Supplied and Installed Free

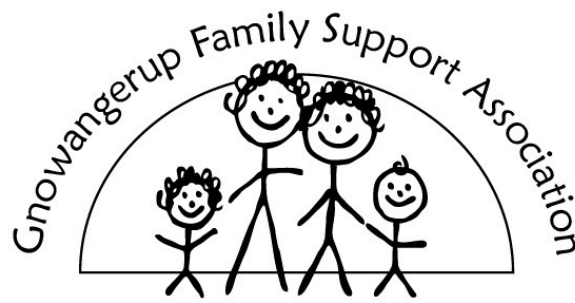
If you live on a farm or remote area you will probably qualify for a 2 way satellite internet system FREE of charge.

To find out more contact your local installer:

Steve Hunt at Lake Grace Computers

08 98651585 - Mobile: 0428 912 923

Email: lgcomputers@bigpond.com



Mobile Child Care Service

Gnowangerup Family Support Association is a Not For Profit Organisation providing Licensed Child Care to remote and rural families throughout the Great Southern region. Due to increasing support from the families of Lake Grace and surrounding areas, we are now able to offer 3 days of Child Care each week (during school term).

So if you have children between the ages of 0-6 years, come along to the Sporting Pavilion and see for yourself just how much fun we have!

Monday - 9am-3pm
Tuesday - 9am-3pm
Wednesday - 9am-3pm

For any further information please contact
Kim Allen on 0427 271 457.

A Message From The Big Smoke....

Hi everyone. Just a quick note to keep you in touch of what's happening with the lives of the Batger's in the big smoke.

Since moving to Perth, Tim has left Westpac and is now the Agri Business Manager for Bendigo Bank. He is the only one in WA, so has to do a fair bit of travelling. At least he's doing something he loves, and that's back in the country. It's all going really well for him. Not that things weren't going well for Westpac, its just that this opportunity arrived before we even left Lake Grace, it just took so long to come through.

Brad, now 20, is still at Woodbrother's Mazda just finishing off his second year apprenticeship with them. Amanda, now 18, is at the moment working at CBH Metros in Kewdale just ten minutes drive from where they live in Belmont. Yes they, Brad and Amanda, live together with another boy from Brad's work in Belmont and have no intentions of moving in with us in Canning Vale. In late January, Amanda takes up an Administrative Assistant job with I. C. Frith and Associates in Midland, a well established Insurance company which have offices around the world. So they are

both set for their careers. Me, well I have just got myself a part time job at a doctors surgery in Riverton about 6kms from where we live. I start this Thursday 16th December and work two mornings and two afternoons. They are a five doctor practice (4 females and one male...poor bloke) plus 5 receptionists and one nurse.

We are still getting things done at our house that we had built ten years ago and never lived in and it feels funny with five bedrooms and only the two of us there. Anyway the kids come around often so that's nice.

Well here's hoping that you all have a great Christmas and all the best for the new year ahead. We hope Harvest went well for all concerned and that things are back to normal after the fire.

*Take care from Shirley,
Tim, Brad and Amanda
Batger, Perth WA.*



Farmers and Business Do You Need Housing Finance?

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

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

You can use your Country Housing Authority loan to build, buy, add or modernise your home. Our loans have no application or loan management fees and competitive interest rates. Repayments can be made on a monthly, quarterly, or half-yearly basis or tailored to your cash flow. The loan terms are usually 15 years and can be extended to 20 years.

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



Department of Housing and Works
Government of Western Australia



Clearance SALE



Taubman's Paint

Commences Thursday Dec 16th
While stocks last

20% off
marked prices*



*Selected lines only

Thrifty Link CCL Hardware
8 Stubbs St, Lake Grace Tel: 9865 1104 Fx: 9865 1121



THE NATIONALS

Jane McMEIKAN

Candidate for Roe

Building a Stronger Future

Ph: 90716135

Mob: 0417941734

Email: jane.mcmeikan@westnet.com.au

Authorised by M Barrett, Dalyup Rd Esperance



"The Voices of Pingaring"

Pingaring Progress Association gives you the opportunity to give a piece of our history for Christmas. *"The Voices of Pingaring"* is a CD of interviews and stories of life in the early years of Pingaring, featuring locals and those who knew them.

Features of the CD include:

- 48 minutes of oral history
- More than 30 individual stories
- Cover photos of Pingaring places and residents

Bargain price of \$20 each

All proceeds to Pingaring Progress Association

Limited Copies available now

Orders taken if stock runs out.

To order phone Donna: 9866 8025

Pingaring Progress Association

Thanks to Ida Byass, Rob White and Terry O'Brien for their collaboration on this project.

**Wishing everyone a very
Merry Christmas and a Happy
and Prosperous New Year**

**Thanks for your support in 2004
Leonie, Nola and Margaret
Lake Grace Health and Beauty Centre**



LAKE GRACE SWIMMING POOL

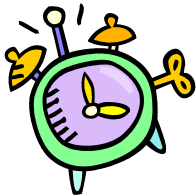


CHRISTMAS ARRANGEMENTS

PLEASE NOTE

The Pool will be **CLOSED** on
Christmas Day and Boxing Day

The Pool will be **OPEN** on New
Years Day



For more information
call Kevin Seaman
on 9865 1144

Water Awareness Swim Classes for Pre-Schoolers

Lake Grace Swimming Pool
February 2005

Ten (10) half hour sessions

In conjunction with in-term swimming
lessons in February 2005

For 4 and 5 year olds

Cost \$25 for 10 lessons



Between 12 noon - 3pm Monday to Friday

The limited number of teachers available will
determine student numbers

**FIRST IN, FIRST SERVED – PARENTS
MUST ATTEND WITH THEIR CHILD**

For further information or registration, contact Kevin
Seaman, Lake Grace Pool Manager on 9865 1144,
or at the pool between 11am and 6pm each day.



Dr Graham Jacobs

Promise to the people of Roe

If elected as your Member of Western
Australia's Legislative Assembly I promise to
be a diligent and decisive local representative
who will:

- **Fight** for adequate health services
- **Promote** economic development
- **Wage** war on crime
- **Always** speak up strongly for all local
residents

THIS TIME LIBERAL, THE RIGHT MEDICINE



Roe Campaign Contact Details

Unit 2 Centre Seven, 71 Dempster Street ESPERANCE WA 6450 Tel: 9071 6555 Fax: 9071 6788

E-mail: gjacobs@grahamjacobs.com.au Website: www.grahamjacobs.com.au

Authorised by Paul Everingham, 640 Murray Street West Perth WA 6005

Business Sponsored Christmas Drinks



At the Lake Grace Sportsman's Club
Friday 17th December

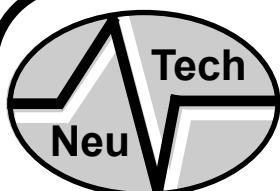
6pm start

Hot beef rolls and chips available

Winner of the Christmas Lights competition will be announced

All patrons of local business welcome!

Fish and Chips will be available on Christmas Eve and New Years Eve.
Club will be open on Boxing Day. Ring Geoff on 9865 1239 for more details.



NEU-TECH AUTO ELECTRICS

FOR ALL YOUR ELECTRICAL NEEDS

Stubbs Street, Lake Grace Phone: 9865 1164 Fax: 9865 1543

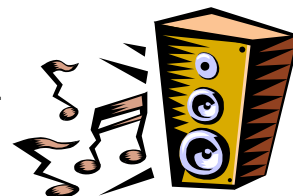
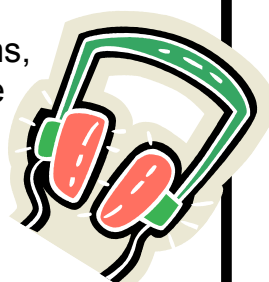


Just arrived in stock and on display are in-car DVD players and systems, monitors and accessories. These entertainment packages are very price competitive and transferable from one vehicle to another.

Anyone who has been on a long road trip with children would know how tiring it can be if the kids aren't settled.

Units come with a handy carry bag available, also mounts for monitors, and infra red headphones mean no messy cables laying around.

Do yourself a favour for Christmas and drop in and have a look. We also have a large range of Kenwood car stereo items in stock.



Size does matter.

6%^{*}

per annum

Bumper Four Month Term Deposit.

For a limited time we are offering a special bumper interest rate on our four month term deposit (minimum deposit of \$25,000)*.

What's more, you don't have to be a primary producer to take this bumper offer.

To find out more:

- Call our Deposits Helpline on 1800 622 015.
- Contact your Landmark Rural Finance Specialist.
- Visit your local Landmark outlet.

LANDMARK

an AWB company

* For minimum amount of \$25,000 or more invested for 4 months. Other special rates and terms from 1-48 months are also available. Rates are current as at 1 December 2004, but are subject to change without notice. This advertisement is provided by Landmark Operations Limited ABN 73 008 743 217 (AFSL No: 247332) (Landmark) and relates to unsecured interest-bearing Deposit Notes (BD Notes) and associated non-cash payment facilities issued by Landmark. This advertisement may contain general advice about those products which has been prepared without taking into account your financial situation, objectives or needs. You should, before acting on this advice, consider the appropriateness of the advice. You should also obtain and consider the Prospectus and current combined Product Disclosure Statement/Financial Services Guide for the relevant product information from your local Landmark office before making any decision about whether to acquire or continue to hold the product. If you want to invest in BD Notes, you will need to complete the Application Form in the Prospectus. Landmark Operations Limited ABN 73 008 743 217



BAKING WITH PAMELA

To all those cooks out there who are busy getting ready for Christmas, here are a few last minute recipes and hints. Both the salads can be made the day before and are yummy. The Pesto Torte can be made several days in advance and I have even frozen it. It is well worth the effort and a great party addition.

Have a wonderful time preparing for your families and enjoy the season. This is an excellent opportunity to teach your children the difference between enjoying a feast and gluttony. I hope you all have a feast to celebrate the birth of a "Special Baby".

This is a recipe given to me by a friend in Melbourne, Kay. It has become a firm favourite and is always one of the first salads to be eaten at every BBQ we take it along to (probably because the dressing is so morish!)

KAY'S NOODLE SALAD

1 wombok (Chinese cabbage)
or sugar-leaf cabbage
100g slivered almonds, lightly roasted
6 spring onions (only use the green part)
1 x 100g packet of fried noodles

Dressing

1/4 cup white vinegar
1/2 cup castor sugar
1 tablespoon soy sauce
1/4 cup olive oil

Combine all the dressing ingredients in a jar with screw-on lid, shake the jar until the sugar is dissolved. Finely shred the cabbage and chop the spring onions. Combine the cabbage, spring onions and almonds in the serving bowl. Add the dressing and mix well (easiest done with clean hands!). Recipe can be made 24 hours ahead up to this point. Just before serving add the noodles to the salad.

MARGIE'S PESTO TORTE

1 quantity of basil pesto (see below)
375g cream cheese, room temperature
3/4 cup ricotta cheese, room temperature
180g butter, room temperature
2 tablespoons pine nuts, toasted

Pesto

100g pinenuts
175g olive oil
2 cloves garlic
1 packed cup of basil leaves
50g freshly grated parmesan cheese
50g freshly grated pecorino
salt & freshly ground pepper

Make pesto: dry roast nuts, tossing frequently in pan. Blend all ingredients in food processor. Blend cream cheese, ricotta and butter in food processor until smooth. Sprinkle pine nuts into base of greased pot. Alternate layers of cheese

mixture with pesto, starting and finishing with cheese. Refrigerate overnight before tipping out onto serving platter. Serve with vegetable sticks or cracker biscuits.

LAYERED GARDEN SALAD

1/2 lettuce, shredded coarsely
250g mushrooms, finely sliced
125g tasty cheese, grated
2 cups frozen peas
2 hard boiled eggs
1 cup mayonnaise
2 teaspoons French mustard
2 tablespoons sour cream
1 tablespoon lemon juice
6 spring onions, finely sliced
1 tomato, cut into wedges
2 tablespoons chopped parsley

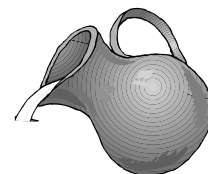


Place lettuce in a bowl. Sprinkle uncooked peas over lettuce. Push eggs through a sieve, combine with mushrooms and spread over peas. Top with grated cheese.

Combine mayonnaise, sour cream, mustard, lemon juice and spring onions, pour over cheese. Cover and refrigerate for several hours or overnight. Top with tomato wedges and parsley just before serving.

BRANDY SAUCE

2 tablespoons butter
2 tablespoons flour
300ml milk
300ml cream
2 tablespoons brandy
2 tablespoons sugar
1 teaspoon vanilla



Melt butter, add flour and mix to a smooth paste. Mix a small amount of the milk in at a time, keeping a smooth consistency. Bring to boil. Add cream and sugar, Add more milk if too thick.

Remove from heat before adding brandy and vanilla.

If making the day before add brandy and vanilla after reheating, just before serving.



CHILD SAFETY ON FARM WORKSHOPS FOR WESTERN AUSTRALIA in 2005

A series of workshops to help farmers create interactive and safe play areas, aiming to minimise the high rate of injuries and deaths of children on farms

Funded by the Health Department of Western Australia, the workshops will focus on developing exciting, diverse and sustainable play spaces that are environmentally appealing and structurally achievable.

Many farmers are aware of the risks regarding raising children on farms. These workshops will work on ways to implement long-term strategies to avoid common dangers.

A farm is not only the home of a family, but a dangerous workplace, and solid boundaries for young children are needed to ensure that they are safe at all times.

The workshops are being co-ordinated by Farmsafe WA Alliance. Key presenters will be international playspace designer, Ric McConaghy and leader of Farmsafe Australia's Child Safety on Farms Strategy, Laurie Stiller.

A professional artist, Ric McConaghy has designed a number of well-known playgrounds throughout Australia.

Mr McConaghy said spaces could be achieved through the incorporation of art and design elements that promote interaction, engagement and wonder.

"These spaces can help children to better meet their social, emotional, spiritual and physical needs and aspirations", he said.

Laurie Stiller has degrees in engineering and arts (psychology/sociology) and is a published children's author.

The workshops will entail short half-day sessions. Some will be based in towns, and others will take place on farms.



Looking for the *perfect* Christmas present?

How about something colourful, inspiring and affordable?*

Far Site - Women of the Salt Lake Country

tells the life stories of the 48 women pictured on the Lake Grace mural.

This is a wonderful collection of stories of the lives of women from the shire of Lake Grace. It is a heart-warming acknowledgment of the vital (an often unrecorded) contribution of rural women.

Fiona Stanley, Australian of the Year 2003

Just \$20

***(its also compact for posting)**

Available at Lake Grace Telecentre, Post Office, Rosie's or from Michelle Slarke (9865 1878)

LAKE GRACE DEVELOPMENT ASSOCIATION

The December meeting of the Lake Grace Development Association was extremely pleasant as it was held in conjunction with an evening meal at the Hotel. Items discussed were:

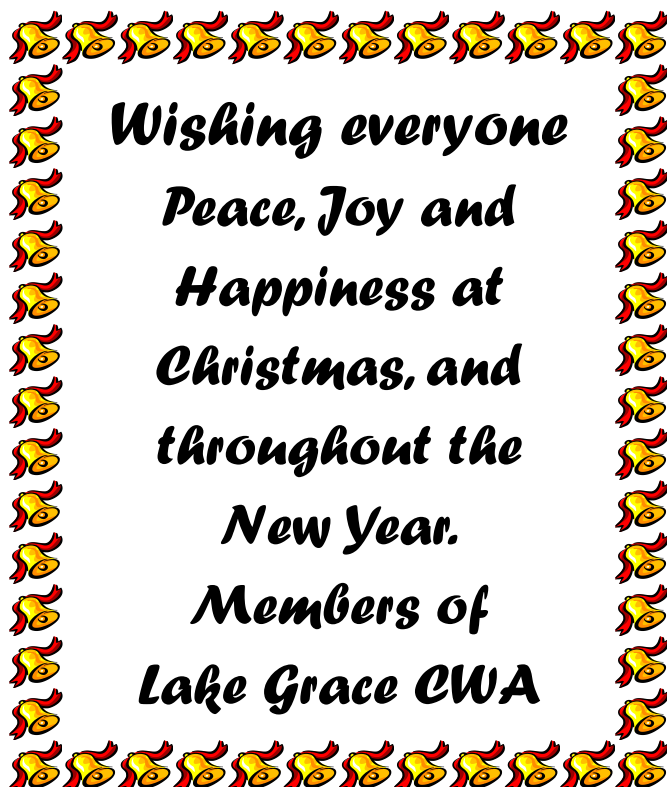
- **Ian Menzies** notified us of the lack of information in the events calendar for our region and urged us to have an input. The trade show for tourism will be in Western Australia next June and this is a great opportunity to show overseas operators our area.
- **On the Sheep's Back.** Landmark has agreed to auction a sheep at the Wagin Woolarama next year. There was also discussion on raffling one of the sheep. If you intend on ordering **your own sheep**, and haven't, could you **please** do so **ASAP**.
- **Stationmasters House Action Group.** As the work is not yet completed an extension of the grant acquittal has been applied for. It is hoped that the ceiling in the kitchen will be installed early in the New Year. Unfortunately it is the busiest time of the year and they have been unable to meet to formalise an agreement between them and the Tourism Promotions Group on the running of the visitors centre.
- At the **Wheatbelt South Tourism meeting** held in Darkan recently changes in the fees was discussed, Shire fees are on a per head of population. Membership to Wheatbelt South (formally Central South) also covers membership to "Australia's Golden Outback" and W.A. Tourism.
- **Townscape.** There was discussion of the plants in the median strip and the number of sprinklers that have had to be replaced because they have been run over. The celebration for the completion of main street was debated, whether it should be before or after seeding.
- **Youth Advisory Council.** National Youth Week is in the first week of the school holidays next year from the 9th to

the 17th of April. Everyone was brought up to date with the Art 2 Wear project.

- **Recycling Group.** The depot has not been relocated yet, however it will be able to take a larger range of recyclable material including cardboard and paper.
- **Local nominees of Australia Day awards** will be able to celebrate with family and friends at the Australia Day Breakfast at the pool on the 26th of January.
- **2005** will be the 60th anniversary of VE day and 90th anniversary of Gallipoli, funding is available to help communities celebrate this.
- **The Shire** has been successful recently in receiving about \$40,000 in grants. There will also be a number of signs ordered by the Shire for the town and as entry statements to the Shire. Due to lack of resources the Shire is unable to proceed with the Walk Trails and have asked for a submission be made to be placed in next year's budget.

The next meeting will be on the 14th of February at 7.30 in the Shire Chambers.

Debby Clarke



Plaza Trading Hours

Over Christmas and New Year

Wednesday Dec 22	6am - 7.45am	8.30am - 5.30pm
Thursday Dec 23	6am - 7.45am	8.30am - 5.30pm
Friday Dec 24	6am - 7.45am	8.30am - 5.30pm
Saturday Dec 25	CLOSED	No paper
Sunday Dec 26	CLOSED	Papers at Roadhouse
Monday Dec 27	CLOSED	Papers at Roadhouse
Tuesday Dec 28	CLOSED	Papers at Roadhouse
Wednesday Dec 29	6am - 7.45am	8.30am - 5.30pm
Thursday Dec 30	6am - 7.45am	8.30am - 5.30pm
Friday Dec 31	6am - 7.45am	8.30am - 5.30pm
Saturday Jan 1	CLOSED	Papers at Roadhouse
Sunday Jan 2	CLOSED	Papers at Roadhouse
Monday Jan 3	CLOSED	Papers at Roadhouse
Tuesday Jan 4	6am - 7.45am	8.30am - 5.30pm

**Wishing you, our customers, a Merry Christmas
and a Happy New Year.**

Murray, Cobi, Chad and Staff.

**PLEASE NOTE THAT WE ARE CLOSED ON SUNDAYS
JANUARY 9TH, 16TH AND 23RD.
REOPENING SUNDAY 30TH JANUARY**

Look!

- 1 ½" Firefighter, 5.5 hp, 50mtr head – \$395 incl GST
- 5.5hp engine – \$255 incl GST



Phone Lake Grace Rural 9865 1217

SBM Tyres and Mechanical

86 Stubbs Street, Lake Grace 6353
Ph: 9865 1307 Fax: 9865 1283

Jason, Penny and staff at SBM Tyres and Mechanical would like to wish all our clients a very Merry Christmas and a Safe and Happy New Year. We thank you for your support throughout the year and look forward to doing business with you in 2005.



Merry Christmas

and a Happy and
Healthy 2005
for all our friends and
customers and thank
you again for your
support.

Co and Janet

Berendse Mechanical Service



Patricia Nostrini

FOR HIRE

Boys suits sizes 1 - 12, suitable for all special occasions
Also dolls, teddies and ribbons for the car, elbow length hooded capes

FOR SALE

- ✕ Ring cushions ✕ Dilly bags ✕ garters ✕ horseshoes
- ✕ porcelain hanging tassel dolls (makes a great gift)
- ✕ several other items for weddings
- ✕ Also for sale are various sized heat bags and small gift ideas

If you want something different, I will do my best to make it.

For further information please contact me on 08 9841 2620

Email: nostrini@omninet.net.au



Shire of Lake Grace

NEWS & NOTES

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



Department for Planning and Infrastructure

COUNTRY PATHWAYS PROJECT Lake Grace Townsite

June 2004 saw completion of Council's 2003/04 Country Pathways Project in the Lake Grace townsite, which attracted funding of 50% through the State Government Department for Planning and Infrastructure's Country Pathways Grant Scheme.

The project funded extension of the existing Bennett St shared-use-pathway from the Town Hall eastwards, across South Rd and through the public open space up to Morrison Avenue, then continuing through to the Gum Tree Drive Playground.

The project also included funding for a footbridge for use by pedestrians/cyclists to safely cross over the drain that runs adjacent to South Road, a gazebo/rest area in the public open space on Griffin St, as well as directional and safety signage for pedestrians and cyclists.



The footbridge on South St

Completion of the shared use pathway extension provides pedestrians and cyclists with a safe access between the residential development at the eastern end of town and school, shopping and community facilities in the town centre and the Hospital/Medical Centre located at the western end of the town. The new pathway has also improved safety for those school students who ride their bikes to school and live at the eastern end of town.



The Gazebo rest area on Griffin St

Total cost of the project was \$85,443.00 and included 50% funding of \$42,721.50 (GST excl) received through the State Government's Department of Infrastructure Country Pathway's Grant Scheme and 50% ratepayer funding through Council's 2003/04 budget.

Council and the community gratefully acknowledge the assistance given by the Department of Planning and Infrastructure's Country Pathways Grant Scheme to developing shared use pathway networks in regional WA.



**Department for Planning
and Infrastructure**

Tarin Rock Tennis Club

Presents

2005 JUNIOR KNOCKOUT TOURNAMENT

Sunday 2nd January 2005

Singles, doubles and mixed doubles

11 years and under

13 years and under

16 years and under

Conditions

Entries close Monday 27th December. Tournament starts at 8.00am

Entry fee \$3.00 per event, entries are limited

Players are to wear recognizable tennis attire

The committee has control over the event

Lunches for sale

Salad rolls, fruit salad and ice cream etc

Morning and afternoon tea

And a sausage sizzle at the end of the day

Nominations to be phoned or faxed to

Belinda O'Neill on PH: 9864 9029 or FAX: 9864 9129

HIGH SCHOOL BASKETBALL

Well, we had a very enjoyable afternoon at Rosies last Wednesday. Jeanette and Debby would like to thank the team members for the afternoon tea, gifts and words of appreciation. We would also

like to thank Nola Frost for helping organise the afternoon, and we are looking forward to next year.

Debby Clarke



Team 1

Back: Debby Clarke (coach), Daniel Bull, Liam Fyfe, Peter Burbridge and Ashley Mahoney.
Front: Joe Duckworth, Jenna Trezise, Tarnie Bird and Caitlyn Beggs.



Team 2

Back: Jeanette Trevenen (coach), Lauren Bushby, Lisa Clarke, Nicole Chappell and Daniel Trevenen.
Front: Jayne-Maree Argent, Braden Frost and Kyal Carruthers.

The Lake Grace Tennis Club

Gratefully acknowledges the support of the following sponsors for the

Lake Grace Junior Tennis Tournament

Neu-Tech Auto Electrics

Ross and Belinda Bowron

Sand 'N' Salt

Tania Spencer

Jill and Geoff Duckworth

Lake Grace Communications & Computers

Steve and Helen Hunt

Lakeway Hair Salon

Nita Gooding

Lake Grace Plaza

Murray and Cobi Stanton

Lake Grace Rural

Lynn and Anne Parker

Lesley and Michael O'Neill

Maalouf Ford

Nick and Laure-Anne Maalouf

Rosies Café

Frank and Kerrie Slarke

Cameron Lloyd

Landmark - Prater Agencies

Gary and Helen Prater

Consultag

Steve and Genni Curtin

Gardiner's Meat Supply

Don and Pam Gardiner

Kim and Michelle Slarke

Lake Grace Elders

Noel and Valda Morton

Lake Grace Health and Beauty

Leonie Carruthers

Lake Grace Sportsman's Club

Lindandrew Pty Ltd

Linda and Andrew Hunt

Peter Hudson's Tyre & Mechanical Service

Peter and Cheryl Hudson

Trevenen Plumbing Services

Joe and Deidre Trevenen

Simon and Louise Trevenen Bobcat Hire

Lake Grace Junior Tennis Tournament

11 Years and Under

Girls Singles R/U **Ruth Joyce**
Trophy donated by Simon and Louise Trevenen Bobcat Hire

Girls Singles Champion **Ellie Naisbitt**
Trophy donated by Simon and Louise Trevenen Bobcat Hire

Boys Singles R/U **Simon Bell**
Trophy donated by Lake Grace Tennis Club
 Boys Singles Champion **Timothy Shalders**
Trophy donated by Jill and Geoff Duckworth

Girls Doubles R's/U **Julia Baker**
Zoe Cameron
Trophies donated by Lake Grace Tennis Club
 Girls Doubles Champions **Ruth Joyce**
Briony Adams
Trophies donated by Neu-Tech Auto Electrics Lesley and Michael O'Neill

Boys Doubles R's/U **Ethan Wallace**
Lindsay Willock
Trophies donated by Lake Grace Tennis Club
 Boys Doubles Champions **Ryan Taylor**
Hayden Kreig
Trophies donated by Sand 'n' Salt – Tania Spencer and Maalouf Ford

13 Years and Under

Girls Singles R/U **Jessica Smith**
Trophy donated by Lake Grace Tennis Club
 Girls Singles Champion **Lauren Taylor**
Trophy donated by Lakeway Hair Salon—Nita Gooding

Boys Singles R/U **Joe Duckworth**
Trophy donated by Lake Grace Tennis Club
 Boys Singles Champion **Nat Fyfe**
Trophy donated by Lake Grace Communications and Computers—S & H Hunt

Girls Doubles R's/U **Jessica Smith**
Lauren Taylor
Trophies donated by Lake Grace Tennis Club
 Girls Doubles Champions **Magdalen Trevenen**
Rebecca Reeves
Trophies donated by Lake Grace Plaza and Rosies Cafe

Boys Doubles R's/U **Matt Trevenen**
Paul Curtin
Trophy donated by Lake Grace Tennis Club

Boys Doubles Champions **Nat Fyfe**
Joe Duckworth
Trophies donated by Lake Grace Rural and Landmark (Prater Agencies)

16 Years and Under

Girls Singles R/U **Bianca Watkins**
Trophy donated by Gardiners Meat Supply
 Girls Singles Champion **Fleur O'neil**
Trophy donated by Consultag - S & G Curtin

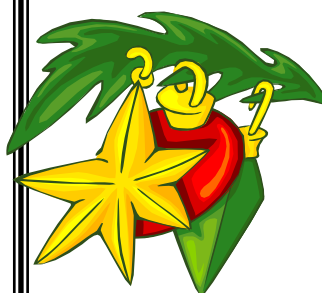
Boys Singles R/U **Kyal Carruthers**
Trophy donated by Kim and Michelle Slarke
 Boys Singles Champion **Jamie Slarke**
Trophy donated by Lake Grace Elders - Noel and Valda Morton

Girls Doubles R's/U **Chloe Bairstow**
Kathryn Nolan
Trophy donated by Lake Grace Health and Beauty and Lake Grace Sportsman's Club
 Girls Doubles Champions **Addie Curtin**
Bianca Watkins
Trophies donated by Lindandrew Pty Ltd Suffolk Stud (Linda and Andrew Hunt) and Lake Grace Tennis Club

Boys Doubles R's/U **Jamie Slarke**
Curtis Edwards
Trophies donated by Lake Grace Tennis Club Peter Hudson's Tyre and Mechanical Services
 Boys Doubles Champions **Aaron Carruthers**
Kyal Carruthers
Trophies donated by Trevenen Plumbing Services and Cameron Lloyd

To all our friends in Lake
 Grace Merry Christmas and a
 Happy and Safe New Year

Love from
 Danielle, Chloe
 and Blake
 Ellison



TARIN ROCK TENNIS

Thank you, thank you, thank you to all the fire fighters who did so much to bring the fire under control; to save our homes, farms and our tennis club at Tarin Rock. We truly appreciate the time and effort you gave so freely. Thank you to the ladies who fed and watered the fire fighters, an incredible community [from near and very far away] effort on a vast scale. There's nothing like the country when it comes to selflessly pulling together as a team.

Last Sunday saw us host Toolibin tennis team in excellent weather conditions. A most successful day with a hard fought match resulting in a win for us; it couldn't have been much closer - 19 sets, 158 games to 15 sets, 151 games! They assure us that Toolibin will still be in the Grand Final! A number of us felt we'd had a very successful match achieving a "Dot" score for the day. The "Dot" score refers to our mature age pennant player, Dorothy Morgan, who always puts we immature ones to shame by winning 5 sets every match. It was a great social occasion for all, giving us the opportunity to catch up with new and old friends. Thanks Toolibin. Thank you to the Willock family for a great clean up job at the club, nets up and all; Toolibin thought we'd had a massive party the night before and had to hose the club down in a hurry before their arrival; as if!!!

This Friday is our Christmas Tree and Father Christmas will be arriving at 5:30 - 6:00pm. This is the children's night; please can everyone provide finger savoury and sweets for the kids PLUS nibbles to keep the adults going and more savoury and sweet plates to feed us after the kids. All those who haven't added your donations to the hamper you can still do so on Friday evening, raffle tickets will be sold during the evening and the winner announced that night. Clean up after the Christmas tree is the responsibility of all who attend not just one or two who stay to the end.

I am now taking entries for the Tarin Rock Junior Tennis Tournament on SUNDAY JANUARY 2nd, so please fax me your details, date of birth and phone numbers on 9864 9129. I am rarely home so this is less frustrating than trying to ring me. Busy Bee to prepare for the tournament will be on Saturday afternoon, Jan 1st, time to be agreed upon. All trophy donations greatly accepted by our treasurer Therese. Also remember to become financial with the club before New Year or risk paying double the annual subscription.

Belinda O'Neill



Terry and Lenore Gladish
at Lake Grace Australia Post
would like to wish everyone
a Merry Christmas and a
Happy New Year.



*Thank you for
your continued
patronage*



**Ask Terry or Lenore for your
FREE card recycling envelope
at Lake Grace Australia Post!**



Combined Churches Christmas Carols Wagon – Ram Park

1Cor.1:26 - 2:5

²⁶For consider your calling, brothers: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. ²⁷But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; ²⁸God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, ²⁹so that no human being might boast in the presence of God. ³⁰He is the source of your life in Christ Jesus, whom God made our wisdom and our righteousness and sanctification and redemption. ³¹Therefore, as it is written, "Let the one who boasts, boast in the Lord." ²And I, when I came to you, brothers, did not come proclaiming to you the testimony of God with lofty speech or wisdom. ²For I decided to know nothing among you except Jesus Christ and him crucified. ³And I was with you in weakness and in fear and much trembling, ⁴and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, ⁵that your faith might not rest in the wisdom of men but in the power of God." (1Cor. 1:26 - 2:5)

What a wonderful way to spend a night before Christmas, and what a joy it is to see so many children here tonight.

Now some of you may be wondering why I chose the reading from Paul's first letter to the Corinthians as the text for my message this evening?

Some of you may not, and for the rest, perhaps it hadn't occurred to you that that particular reading had been chosen for a purpose. It is not a reading usually associated with the celebration of the birthday of Jesus Christ, in fact His name is mentioned only twice. So why did I choose it?

I chose it because I am weak and I cannot survive without the crutch of faith and hope in Jesus Christ. I chose it because everyone here who confesses Jesus Christ as Lord and Saviour is weak and cannot survive without the crutch of faith and hope in Jesus Christ.

And I chose it because of everyone here who does not confess Jesus Christ as Lord Saviour; for everyone who says that Christians are weak and cannot handle life without a crutch; you are 110% right.

According to the apostle Paul, Christians are weak, powerless and foolish. We are insignificant and of no account; and as one commentator on this passage has written;

"God has not chosen only those whom the world counts foolish and weak; He has chosen those who really are foolish and weak in the world."

But, the good news is that He does not leave us that way. He takes the despised and makes them more desirable than gold, even pure gold. He takes the foolish and makes them wiser than professors and philosophers, the ugly and makes them more beautiful than even all the stars in the heavens above, the poor and makes them richer than any man has ever

dreamed, He sets the oppressed free, makes the lame to walk, the blind to see, the deaf to hear and the dumb to speak.

Why? Because He has a purpose. First, because He loves us and He wants us to enjoy Him forever. Second, because He is the sovereign God everything knee must bow to Him. Therefore, everything that seeks to exalt itself before Him will be put to shame, and everything that seeks to boast of self-sufficiency will be brought to nought.

And it is here that we find the connection with the Christmas story.

I saw a bumper sticker once that said, "Kid born in shed saves world."

Now at first glance this is a foolish thing to say. For, how can a baby save the 6,000 children who die in Africa alone every day? How can a baby put an end to the terrorism that even the armies of the world's most powerful nations cannot put a stop to? How can a baby rescue anyone or change anything?

It sounds stupid doesn't it, and from the world's perspective it is stupid and yet there is something strangely appealing about it. Something that says that maybe, just maybe, in this picture of peace, perfection, purity and innocence, perhaps there is hope.

Perhaps, there is hope that God really does exist and that one day everything will be pure, perfect, and peaceful; that one day

⁶The wolf shall dwell with the lamb, and the leopard shall lie down with the young goat, and the calf and the lion and the fattened calf together; and a little child shall lead them. ⁷The cow and the bear shall graze; their young shall lie down together; and the lion shall eat straw like the ox. ⁸The nursing child shall play over the hole of the cobra, and the weaned child shall put his hand on the adder's den. ⁹They shall not hurt or destroy in all my holy mountain; for the earth shall be full of the knowledge of the LORD as the waters cover the sea.

(Is.11:6-9)

³and they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore; ⁴but they shall sit every man under his vine and under his fig tree, and no one shall make them afraid,

(Micah 4:3-4)

and as foolish as it may sound, and as weak as it may seem, perhaps the only real hope for mankind really did begin with a kid born in a shed?

Heaven knows, this world does not need any more wise men, or more powerful armies, or more political kings, or another holy war. What it needs is a Redeemer; the baby born in a manger who grew to be a man, who died for us, who was raised to new life, who ascended to heaven to be with the Father and who will come again; Jesus Christ Lord and Saviour, Redeemer and Friend to all who turn to Him in faith.

Captain Derek McArtney

Lake Grace Community
Christmas Carols by Torchlight



Hospital Grounds
Monday 20th December 2004
at 7.00pm

Bring your own chair, torch and insect
repellant

Everyone welcome

Enquiries Revd John Whaley
9865 1377 / 4029 651 378

Or Joan Fleming 9871 9025

Lake Grace Combined Churches

**Ladies Interzone Round Robin
teams to play at Esperance on
9th, 10th, 11th Feb 2005**

Teams

1. J. Seaman - Skip
J Salvage - Third
J McInnis - Sec
J Brooks - Lead
2. J Browning - Skip
D Mott - Third
L Taylor - Sec
A Crisp - Lead
3. P Argent - Skip
A Power - Third
C Carruthers - Sec
J Dunkeld - Lead
4. P McCracken - Skip
D Brooks - Third
G Pelham - Sec
S Knill - Lead

Reserves C Fawlkner
G Ward
P Eyres

Heart Foundation Needs Big-Hearted Research Participants

The Heart Foundation and Edith Cowan University are conducting some cutting edge research that will be used to improve the support services provided to hear patients in their communities.

The project aims to evaluate the effectiveness of existing services and to understand the support needs of individuals or groups of people who have heart disease.

If you were born between 1946 and 1964 and have any type of heart condition, we would like to hear from you. If you are willing to participate you may be able to be involved in this project and of course by doing so help the Heart Foundation to determine how we can provide the support to meet your needs.

There are several aspects to the research and participants will be invited to join a group based on the research requirements. These groups will provide us with valuable information about the differing needs of heart patients across Western Australia and help us to improve existing service and provide new ones if necessary.

Since 1958 the Heart foundation has sought to improve the health and quality of life of people with heart disease. This research is an example of the

advice and assistance offered to patients by the Heart Foundation. It also confirms the Heart Foundation's priority of optimal care and support for people with, or who are at high risk of, heart disease.

Since it was formed, the heart foundation has contributed to a 60 percent decrease in deaths from heart attack. Heart, stroke, and blood vessel disease are the major public health problems for WA, being our biggest killers (34 percent of deaths) as well as the biggest burden on our health system (\$500 million of recurrent health costs).

So much has been achieved by the Heart Foundation, but there is so much more that must be done. That's why we need your help with this new research project - so that we can continue to support heart patients in WA.

By participating, you will be helping this worth cause. Please contact Leesa Bonniface, a PhD researcher at Edith Cowan University who is conducting the research. You can phone Leesa on 9370 6971 or email l.bonniface@ecu.edu.au for more information, or phone Tarni McMahon at the Heart Foundation on 9388 5920 or email tarni.mcmahon@heartfoundation.com.au



Shire of Lake Grace

ARC NEWS & NOTES

PO Box 50 Lake Grace Phone 9865 1105

Fax 9865 1109

Email shire@lakegrace.wa.gov.au

Many thanks to you all for the fantastic support and enthusiasm you have shown towards classes, programs and activities.

I wish you all a safe and happy Christmas shared with many laughs and good times with family and a fantastic 2005, full of exciting new challenges.

*I look forward to seeing you in the New Year fit and ready to take on 2005.
Wishing you good health - Letisha*



SHORT & SWEET

* Bronze Medallion: Do you need to re-qualify? If you are interested please contact Letisha ASAP, a course will be run Saturday 18 December 2004.

* All classes and activities will cease after Thursday 23 December 2004 and resume Tuesday 4 January 2005.

* An ARC newsletter will be coming to you soon. If you have any queries or would like to discuss the newsletter further contact Letisha at the Shire.

* Look out for Sunday fun days throughout December & January.

* For information regarding special activity events throughout January, check out the Plaza notice board, the blackboard at the pool, or the notice board in the window at the Shire Office entrance.

** GUYS, GUYS - Most welcome to attend all Aqua classes. Guys specific classes will be available from early January to wear off that extra Christmas cheer. Look at the new time table.

* For any information regarding any programs, activities, or recreational issues please do not hesitate to contact Letisha at the Shire - 98651105.

NEW CLASSES for JANUARY 2005

AQUA COMMANDO 4 MEN

Designed specifically for men, a 50 minute moderate to high intensity class incorporating cardio, buoyancy weights, and resistance. Fantastic for weight loss, muscle toning and general fitness.

H2O CARDIO EXPRESS A moderate to high intensity water session consisting of pure cardio work. Great for increasing cardio fitness and recovery. Challenge yourself. Come prepared to do land cardio if weather and water temperature do not permit.

KEEN TEENS Designed specifically for teenagers 12-17, a 45 minute moderate intensity fun class incorporating music, cardio, fitness and circuits. Will alternate between land and water.

NEW NEW NEW NEW NEW NEW NEW

Classes are subject to change without notice

COMMENCING TUESDAY 4TH JANUARY 2005

DAY	AM	PM
Monday	9.10-9.50 am LITE PACE WALK Meet at Pool Car Park 10.00-10.50 am AQUA - Fat Burner	6.30-7.20 pm AQUA COMMANDO 4 MEN Cardio, weights & general fitness. Moderate to high impact (low impact alternatives given).
Tuesday	6.20 - 7.00 am ENERGISER Lite Weights, Lite/Mod Pace Meet at Football oval Male & Female 9.45-10.30am AQUA - Lite Pace Male & Female	4.30-5.15 pm KEEN TEENS Water & Land Fun Cardio & Circuit Meet at Pool Age 12-16 Male & Female 5.50-6.40 pm AQUA - ABC's
Wednesday		6.00-7.00 pm FIT CHICKS 2 - Terminator Land & Water Come prepared for both Meet at Pool
Thursday		5.30 pm onwards SOCIAL TENNIS <i>Unsupervised</i> 5.50-6.40 pm AQUA - Deep Water Attack Male & Female
Friday	6.20-7.00 am H2O CARDIO EXPRESS Mod to high intensity pure cardio workout in the water. Male & Female 9.00-9.45am AQUA - Lite Pace	
Saturday	9.00-10.00am AQUA - Combo Combination of deep water, circuit and cardio Light/Moderate/High intensity. <i>1st & 3rd of the month</i>	4.00 pm 15+ SOCIAL BEACH VOL-LEYBALL <i>Unsupervised</i>

All fitness classes offer low and high impact alternatives catering for all stages of fitness.

**If you would like to discuss this further or would like to know more please contact Letisha at the Shire Office
-9865 1105-**



Shire of Lake Grace

ARC NEWS & NOTES

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

BUS
TRANSPORT
TO BE ADVISED

January Holiday Program For children aged 5 – 12 years

Tuesday 18 January 2004

Lake Grace Skate Park and Bowling Club



BLADE n SKATE

in the early morning and join in the organised fun games for prizes.

Get out of the heat and over to the Bowling Club for some indoor quiz games and a game of Bingo.

After 3pm have a go at
LAWN BOWLS.

Heaps more prizes to give away.



Tuesday 25 January 2004
Lake Grace Sports Pavilion



Get ready for **AUSTRALIA DAY**. Dress up as your favourite Australian, make some damper and venture on the Great Aussie Treasure Hunt.

BOOKINGS REQUIRED

Phone Letisha in Lake Grace
9865 1105

Phone Rachel in Newdegate
9871 1791

(Wednesdays from 9am - 12noon)



Thursday 20 January 2004
Newdegate Recreation Centre

BASKETBALL COACHING

Sport Science Graduate Hayley will teach you more tricks and fine tune your basketball skills.



Then, make your team flag to fly proudly at your very own **MINI OLYMPICS** full of fun races, relays and medals.



Thursday 27 January 2004
Newdegate Town Hall

DANCE PARTY!



Learn some new funky dance moves, try some bootscootin and 'get on down' to the latest music. Last chance to party before school starts. Loads of games too!

TIME: 8.30 am to 5.00 pm

COST: To cover the cost of prizes, art and craft supplies and other materials a **GOLD COIN DONATION** would be much appreciated - **OPTIONAL**

WHAT TO BRING:

Lunch, morning and afternoon tea, water bottle, sunscreen and hat

A smiley face 😊



A Christmas Invitation

2000 years ago...

...a baby was born to 'give us our daily bread'

... a Saviour was born to 'forgive us our sins'

...our Lord was born that the 'kingdom come'

Today, let us joyfully celebrate the Birth of Jesus Christ who

...continues to bless us food at our tables

...always shows mercy upon us His children

...welcomes us to His family.

Let us prayerfully thank Christ for Christmas.

He thanks us too for making our Christmas for Him.

May the blessings of Christmas be upon you always.

MARIA REGINA CATHOLIC PARISH

Christmas Celebrations in the Parish

December 19, Sunday, Varley, 10.30am

December 24, Friday, Christmas Eve, Hopetoun, 6pm

December 25, Saturday, Christmas,

Ravensthorpe 8am, Lake Grace 6pm

December 26, Sunday, Holy Family, Kakerin, 9am



For inquiries, please call the Parish Office at 9865 1248.

Thank You

The Lake Grace Volunteer Fire and Rescue Service thoroughly enjoyed their annual Christmas gathering this year on the 4th December.

They would like to extend their thanks to Bill and Angela Walker and also to the Lake Grace Hotel for their Christmas treats.

Ray and Nadene would like to thank all members for their commitment to the Brigade which in turn provides a vital service to our immediate community.



Your time and efforts are precious and priceless! Please remember to put your name on the board if you are going to be away over the holidays.

SPENCER WOOLS

Agent for WESTCOAST WOOLS Pty Ltd

For all your wool selling needs...

Clips on consignment – thru Auction or Private

Nett Price on Farm Forward Selling Options

Oddments – On Spot Payments

Tel: DARREN SPENCER – 9865 1339 or 0428 651 339

CLASSIFIEDS

PUBLIC NOTICES

Wanted

Also on the wish list for Art2Wear
Participants is:
Unwanted fabrics, laces and trims
Any thread string or cotton
Plastic milk containers (rinsed)
Bright coloured cardboards eg. Whiskas
dry food packets, kraft cheese etc.
Old dressmaking (basic) patterns - *that you
don't want back*

FOR SALE

Safe 'N' Sound Car Seat

"Royale" - 5 point restraints
Suits new born to 18kg. \$110.00
Contact Leesa 0428 651 347

1997 Hyundai Excel Classic

3 door hatch, 5 speed
Air-conditioning, new tyres
1 owner, \$5,500 ono
Contact Letisha on 9864 9030

Don't forget the Community **Community Christmas Tree**

LGDHS Concert and Presentation Night 2004

Congratulations to those students who won awards

Year 1	Carrie Taylor Phoebe Robertson	Year 10	*	Jenna Taplin <i>Kulin Masonic Lodge</i>
Year 2	Tina Willock		*	Daniel Bull
Year 3	Shannon Smith Shaye Bowron		*	<i>Ross Ainsworth Improvement</i>
Year 4	Amy Willock Emily Howe		*	Hamish McArtney (yr 9) <i>Australia Post Citizenship</i>
Year 5	Ryan Smith Nat Curtin		*	Daniel Trevenen <i>Caltex Best All Rounder</i>
Year 6	Emily Taylor Ashley Morton		*	Daniel Trevenen Hamish McArtney (yr 9) <i>LG Engineering D&T</i>
Year 7	Sam Curtin Magdalen Trevenen <i>Citizenship</i>		*	Gerard McArtney Alex Reeves Lions Scholarships
	Rebecca Bushby <i>Ian Robbins Environmental Award</i>		*	Daniel Trevenen <i>Dux</i>
Year 8	Shona Garlick Nicole Chappell Paul Curtin		*	Daniel Trevenen Catherine and Ernest Bennett Scholarship
Year 9	Ashley Mahoney Lisa Clarke Hayden Garlick			

Lake Grace Shire Councillors

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

CRISIS CARE NUMBERS

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

Justices of the Peace

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

ANGLICAN CHURCH OF LAKE GRACE

Sunday 19th December

9:00am Lake Grace
5:30pm Pingaring

Sunday 22nd December

7:30pm Kukerin

Friday 24th December

8:00pm Lake Grace

Saturday 25th December

9:00am Newdegate

Sunday 26th December

5:30pm Lake Grace

Enquiries:

Captain Derek McArtney 9865 1064
Deacon Michael Lloyd 9871 2041

Lake Grace Uniting Church

Saturday 25th December

8:00am

No service on Sunday 26th December

*For service times during January please
contact names below*

Enquiries:

Keith and Joan Fleming 9871 9025
Bob Burbridge 9865 4020

LAKE GRACE CATHOLIC CHURCH

Mass Time-Table

Sunday 19th December

10:30am Varley

Friday 24th December

6:00pm Hopetoun
Christmas Vigil Mass

Saturday 25th December

8:00am Ravensthorpe
6:00pm Lake Grace

Sunday 26th December

9:00am Kukerin
Holy Family

Inquiries: Fr Pierre 9865 1248

COMMUNITY CALENDAR

December/January/February

Thurs 16	Last day of school for students		Steak Night - LGS Club
Fri 17	Business Sponsored Drinks - LGS Club		Aqua Aerobics - 9am
	Winners announced - Xmas Lights Comp	Sun 16	Bowls - Social 1pm
	Chase the Ace - LG Hotel		Cricket - Snr Country week 16th - 21st
Sat 18	Aqua Aerobics - 9am	Tues 18	Kids 5 - 12 years Skate & Bowl
	Community Christmas Tree - Pavilion 7pm		Chair/SOYF Aerobics
	Steak Night - LGS Club	Wed 19	Pizza night at Rosies
Sun 19	Tennis - Mixed Dbl Champ/Xmas Wind up	Fri 21	Fish & Chip Night - LGS Club
	Cricket - Hyden v Nth Lake Grace		Chase the Ace - LG Hotel
	Cricket - Lake Grace v Karlgarin/Pingaring	Sat 22	Bowls - Men's Championship Pairs
	Bowls - Social 1pm		Steak Night - LGS Club
Mon 20	Swimming lessons start	Sun 23	Bowls - Social 1pm
Tues 21	Chair/SOYF Aerobics	Tues 25	Kids 5 - 12 yrs Australia Day Activities
Wed 22	Pizza night at Rosies		Chair/SOYF Aerobics
Thurs 23	Last ARC classes until January	Wed 26	Public Holiday - Australia Day
Fri 24	Christmas Eve		Australia Day Breakfast at Pool
	Fish & Chip Night - LGS Club		Pizza night at Rosies
	Chase the Ace - LG Hotel	Fri 28	Fish & Chip Night - LGS Club
Sat 25	Christmas Day		Chase the Ace - LG Hotel
Sun 26	Boxing Day	Sat 29	Bowls - Bye
Mon 27	Public Holiday		Steak Night - LGS Club
Tues 28	Public Holiday	Sun 30	Bowls - Social 1pm
Wed 29	Pizza night at Rosies	Mon 31	School returns
Fri 31	New Year's Eve	Tues 1	Chair/SOYF Aerobics
	Fish & Chip Night - LGS Club	Wed 2	Pizza night at Rosies
	Swimming lessons finish	Fri 4	Corporate Bowls - LGS Club
	Chase the Ace - LG Hotel		Fish & Chip Night - LGS Club
Sat 1	Public Holiday - New Year's Day		Chase the Ace - LG Hotel
Sun 2	Bowls - Social 1pm	Sat 5	Bowls - Pennants Karlgarin v Lake Grace
	Tarin Rock Jnr Tennis Tournament		Cricket - Nth Lake Grace v Kukerin
Mon 3	Cricket - Junior Country week 3rd - 7th		Cricket - Lake Grace Bye
Tues 4	ARC Classes recommence	Sun 6	Bowls - Handicapped Singles -
	Chair/SOYF Aerobics		Milton and Rhonda Reynolds
Wed 5	Pizza night at Rosies		Tennis - Pennants v Toolibin at LG
Fri 7	Fish & Chip Night - LGS Club	Tues 8	Chair/SOYF Aerobics
	Chase the Ace - LG Hotel	Wed 9	Pizza night at Rosies
Sat 8	Cricket - Lake King v Lake Grace	Thurs 10	Lakes Link News on sale
	Cricket - Nth Lake Grace Bye		
	Bowls - Mixed Singles		
	Steak Night - LGS Club		
Sun 9	Bowls - Social 1pm		
Tues 11	Chair/SOYF Aerobics		
Thurs 13	Bowls - Ladies Inter-League Pairs -		
	Gnowangerup		
Fri 14	Bowls - Ladies Inter-League Pairs -		
	Gnowangerup		
	Fish & Chip Night - LGS Club		
	Chase the Ace - LG Hotel		
Sat 15	Bowls - Men's Championship Pairs		
	RW & HF Carruthers		

Coming events

13th Feb -	Narrogin SHS 50th Anniversary
19th Feb -	Quiz Night (Canberra Camp)
12th Mar -	Wedding Dress Parade
19th Mar -	RFDS Fundraiser (Terry Hardy)
29th Mar -	Sharpening Man in Lake Grace