

# LAKE LINK NEWS

Produced at the  
LAKE GRACE TELECENTRE  
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19th May, 2005

\$1.10 inc GST

Vol 11 Issue 8

## On The Sheep's Back - *Casting Begins*



*Local Art Group members with three of the sheep moulds.*

*L to R: Kate Burbridge, Phyl Dunham, Kerrie Argent, Anna Strevett, Margaret Carruthers, Catherine Hendry, Tania Spencer, Anne Hartley, Sarah Allen and Michelle Slarke.*

This week will see the first casting of the *On The Sheep's Back* project sculpture. Artist Rhys Tonkin has been in residence in the Multi Arts Centre for the last three weeks sculpting the seventh sheep and preparing for casting.

Lake Grace Development Association invites community members to become involved in the project. "A major part of this project is the involvement of community members," said project coordinator Michelle Slarke. "This is an exciting project for our shire and we encourage people to visit the Art Centre to observe the casting process." We are also drawing up a roster for volunteers. We will be casting two days per week and

need people, particularly men to assist. There are also lighter tasks such as assembling and cleaning the moulds.

Lake Grace Development Association has raised \$50,000 for the project. We are very pleased with the response to sponsorship said project coordinator Tania Spencer. "Local people have been very generous and contributed \$15,000 towards the project. To meet our target of 70 sheep, we need sponsors for a further 14 sculptures."

This final stage of the *On The Sheep's Back* project will take up to three months, casting seven sculptures per week.

*more page 27*

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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

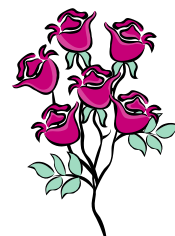
All articles, news & advertisements should be submitted to the Telecentre by close of business on Monday of paper week.

**Next Deadline: Monday 30th May**  
**Next Edition: Thursday 2nd June**

## A very BIG thank you

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

**Caroline Richardson**  
**Danielle Robertson**



*Thank you also to our many contributors of articles.*

## DISCLAIMER

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

# EDITORIAL

- Oops, hard to believe I make so many mistakes but here I go again. In last fortnight's edition I mentioned a book depicting the arrival and early years of Mary and Alf Heath, "Hessian Bags and Hope" which can be purchased from Mrs M Ambrose, 42 Enfield St (not England St), Lathlain, 6100. You can also ring on 9361 9732.
- In case you didn't know the Telecentre is an ATO access point. We have on hand a range of printed material covering such topics as GST, superannuation, business portal and shares. Telecentre staff can help you apply for a ABN via the internet. The ATO is willing to do sessions with clients via video conferencing on any taxation queries/woes they may have - this does not include wanting to pay less/no tax - any of this help is free of charge. Unless this facility is used we could quite easily lose it.
- The Telecentre also has a Medicare claim booth, very easy to use. Claims are made over a direct line telephone (no phone queues), you can also use this facility for ordering a second Medicare card. However we do not have Medicare claim forms nor are we able accept or post in your handwritten Medicare claim forms.
- We also conduct the theory section of the licensing tests. If you are wanting to sit for your L plates please remember to bring in two forms of ID. Legally we are not allowed to go ahead with the test until we have suitable ID such as a birth certificate/extract, original bank statement or passport.
- As a Westnet agent the Telecentre earns dividends for local Westnet users who have nominated the Lake Grace Telecentre as their local agent. If you would like to sign up with either Westnet's broadband package or dialup plan please drop into the Telecentre for an application form.
- The Telecentre has accessed a grant to put together a 'Welcome Package' for new residents. The package will include details regarding local businesses, sporting and service clubs and associations plus all the local idiosyncrasies that make Lake Grace special to us but a little confusing to anyone moving into town. If you have any ideas or information regarding your club/association please feel free to contact me on 9865 1470. We welcome any Lake Grace enterprise to insert any of their own flyers or business cards into the package.
- I have some original photographs (that were used in previous LLN's) here that need to be picked up, if you think you may have left one with us feel free to drop in.
- **Regrettably the Telecentre will be closed tomorrow (Friday 20th May) afternoon from 12:30pm. We apologise for any inconvenience this may cause.**

*Suzanne Reeves*

## St John Ambulance - Lake Grace

### NOTICE OF ANNUAL GENERAL MEETING



To be held  
**Wednesday, 25<sup>th</sup> May**  
7.30pm  
at the Sub-Centre

Everyone welcome to attend and have input into your locally run and staffed ambulance.

## Thanks to Collators of the Last Edition



Sandra Richter  
Michelle Lay  
Dot Kennedy  
Mark Walker

# I'M BREAST AWARE



# ARE YOU?

Breast Cancer Foundation of Western Australia Inc.





A belated congratulations to Brad and Renae Duckworth on the safe arrival of a beautiful baby boy.

Deagan Paul arrived on 31st March weighing 9lb 4.5oz.

### BOOK-KEEPING SERVICE

Now available in Lake Grace.  
**Agrimaster and MYOB** operation.



Contract rates applicable  
Phone: Angela  
0408 936 586



### SHEEP PREGNANCY SCANNING?

for 2005  
season bookings  
call **PETER DOWDELL** on  
**0427 897 890 or 9887 6067**



## WestNet HiBIS Broadband ADSL

*Supplying regional Australia with affordable Broadband services*

## \$0 Connection and Hardware Offer\*

### Why Choose Westnet HiBIS Broadband ADSL?

- Free ADSL Modem/Router (4 ports plus a phone line filter (normally \$119).
- Free ADSL activation (normally \$99).
- Low contract period (12 months).
- Over 1800 customer service agents Australia wide.
- Voted Australia's #1 ISP in Customer satisfaction. (16th and 17th ACNielson Consult Australian Online Survey 2004 and Australian Broadband Survey 2003).
- 7-Day Award-Winning Technical Support team.
- No excess charges.
- Free uploads.
- Free Static IP address (Premium ADSL Accounts only).
- Unlimited Free Traffic to Software Vault, Online Gaming, File Mirrors and Peering Resources (Premium ADSL Accounts only).

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

**Plans start from \$29.95 per month**

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

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





- ★ Welcome to town Peter and Anke Stoffberg and children Michaela, 3½ and Denica, 2 weeks. Peter and Anke hail originally from South Africa and more recently Moora. Peter will be working at Lake Grace Rural as a salesperson.
- ★ Lake Grace Rural also welcomes store/salesman Ashley Peczka to their team. Ashley has come to Lake Grace from Esperance.



*Please ring the Surgery on 9865 1208  
for appointments*

# HAPPY BIRTHDAY



May 20	Gert O'Neill
	Laurence Bourne
May 21	Lucy Farrelly
	Sheridan Fyfe
May 22	Drew Marshall
	Rhiannon Wallace
	Stephanie Lay
May 23	Craig Reeves
	Scott Strevett
	Peter Lay

May 26	Gary Newton
May 28	Lee Duckworth
May 29	Marcus Maroni
	Molly Owen
May 30	Paul Wheeler
May 31	Len Elliott
June 1	Nora Battison
	Michael Naisbitt
June 2	Meagan Zweck



# HAPPY ANNIVERSARY

May 29 - Ron and Rachel Pelham

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.

## Ready for the Road

Have you noticed a lot of activity around the Lake Grace Ambulance Sub Centre over the last two months?

The Lake Grace Ambulance Sub Centre has played host to a Primary Ambulance Care Course (Grade 1 Volunteer) every alternate weekend for 8 weeks. The course concluded on Sunday 15<sup>th</sup> May.



*Ollie Farrelly monitors Wendy Abrahall's blood pressure under the watchful eye of instructor Krista Clark*

Three local people, Ollie Farrelly, Wendy Abrahall and Amanda Milton completed the course. They were joined by Lyn Ellard and Peter Aitchison from the Newdegate Sub Centre, and Paul Firman, Claudia Hayes and Alistair Potts from the Narrogin Sub Centre.

The PAC Course runs over 8 days (64 hours) of training, including theory and practical examinations. Topics include chest and respiratory conditions, fractures, stroke and even emergency childbirth.

Everyone who attended the course passed and qualified as Volunteer Ambulance Officers (Grade 1). Ollie Farrelly deserves a special mention. Ollie as many would know has been a tireless worker for the Sub Centre, and his name appears on many of the case sheets over the years. Ollie completed the course to renew his qualifications and it showed. Ollie was perfect in his written exam scoring 100%.

Over the duration of the course the people from Narrogin attended to



*Lyn Ellard receiving a once over from Amanda Milton*

complete aspects of the course that they had missed out on at a previous course. Narrogin completes over 400 calls a year using only volunteer staff. Compare that to the 25 – 50 calls Lake Grace attends in a year and it is no wonder they constantly need new officers.

Congratulations to our new Ambulance Officers. The community thanks you for your community spirit in carrying out this vital role.

St John Ambulance – First in Pre Hospital Care.

*Amanda Milton*



*Peter Aitchison, of Newdegate, (on stretcher) receives a reassuring pat on the head from instructor Krista Clark (second from left) while fellow volunteer Ambulance Officers Alistair Potts (Narrogin), Amanda Milton, Ollie Farrelly, Wendy Abrahall, Lyn Ellard (Newdegate) and Claudia Hayes (Narrogin) look on.*

# SAND'N'SALT



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

FASHION FOR THE SALT OF THE EARTH

## New Winter Stock

*Come and check it out....*

Scarves ❄️ Fur Collared Jackets ❄️ Cord Jackets

Zip up Tracky Tops ❄️ Ponchos ❄️ New Jewellery

### Farewell Service

Bring and Share for  
Father George Harvey

The Anglican Church of Lake Grace warmly invites you to attend as we say goodbye to a caring friend.

Father George is retiring after many years of faith-filled ministry in this area.

Where: St Anne's Lake Grace  
When: Sunday 22nd May  
Time: 5.00pm.

Any enquires to be directed to  
Amanda McArtney on 9865 1064

### Lakes District Well Women's Clinic

The next clinic will be held on  
**Tuesday June 14th**  
at

**Lake Grace  
Medical Centre**  
**Free of Charge**

To make an appointment, please  
phone  
Jill Dykes – 9871 9024 or Anna  
Taylor – 9865 1507





## Lake Grace Weather

- Terry Gladish

### Rainfall Extremes for May

Highest Monthly Rainfall	150.6mm	1974
Lowest Monthly Rainfall	2.1mm	1948
Highest number of rain days	19	1984
Lowest number of rain days	1	2000
Highest Daily Rainfall	51.8mm	18/05/1937



Date	Min	Max	Rain
5/5	11.4	16.5	
6/5	12.7	17.7	trace
7/5	13.4	21.0	
8/5	13.6	25.8	
9/5	12.2	25.2	
10/5	12.8	25.7	
11/5	17.3	24.3	trace
12/5	14.6	21.7	9.0
13/5	10.2	20.2	0.4
14/5	9.4	15.2	0.4
15/5	10.6	22.8	
16/5	15.0	19.0	3.2
17/5	7.7	20.0	2.8
18/5	9.7		

## Australia's Biggest Morning Tea

Hosted by the Anglican Guild

Thursday May 26th

10am start

At the Art Space

Spend quality time over a cuppa with friends while raising money for a worthy cause.



All funds raised go to the Cancer Foundation

## LIBRARY CLOSED

The Lake Grace Library will be closed for a stocktake on

**Monday 13 June**  
**Tuesday 14 June**



Sorry for any inconvenience.

Sandy and Lee

The Red Cross  
wishes  
to thank those people  
who helped us out  
with the Fashion Pa-

# SCIENCE AND STUFF

## Fastest Living Fish on the Reef:

Eight weeks, that's the maximum lifespan of a tiny fish found on Australia's Great Barrier Reef, making it the shortest-lived vertebrate known. The previous record holder, at 12 weeks, was the Turquoise Killifish of Africa. (Current Biology vol 15, p r288).



## Found...Giant Reef:

A 100-kilometre coral reef might sound hard to miss. But that is what's been discovered off Australia's northern coast, extending westward from Mornington Island in the Gulf of Carpentaria. It has been missed until now as it lies a long way from shipping lanes and population centres. Remote-sensing satellites can spot reefs if they are less than 20 metres below the surface, but deeper ones are hard to find unless ships survey the area with suitable instruments.

## Water Wheel:

Supplying fresh water could be child's play. South African company Roundabout Outdoors has designed a playground roundabout that powers a borehole pump. Children spinning the roundabout at up to 16 revolutions a minute can raise 1400 litres of water an hour from a depth of 40 metres. The positive displacement water pump is effective down to 100 metres, and costs around \$900. In Africa it will stop people having to walk up to 6 hours a day to collect fresh water in the African Bush.



## Visibly Relieved:

China's national pride has been restored. It received a knock two year's ago when the country's first taikonaut, Yang Liwei, confessed he could not spot the Great Wall of China while he was in orbit. Following Yang's admission, education officials hastily called for school textbooks to be altered. But now photographs taken in February from the International Space Station have been analysed by the Chinese Academy of Sciences. This confirmed that one of the lines visible is the Wall.

Outside China, the controversy has caused some bafflement as a Dutch astronaut Andre Kuipers says that even roads and bridges are visible from 400 kilometres away, although the Great Wall is fairly well camouflaged, being a similar colour to the surrounding landscape, but it's very wide and long.

## Shrinking Glaciers Confirm the Worst:

The worst fears about Antarctica's melting glaciers has been confirmed. The first comprehensive survey of glaciers on the Antarctic Peninsula shows a widespread retreat that may be more evidence of global warming. The mountainous Antarctic

Peninsula stretches north from the icy continent towards South America. It's 244 glaciers dump their ice into the sea as icebergs. A report in Science (vol 308, p 541) says that 87 percent of the glaciers have retreated over the past 50 years, after looking through 2000 aerial and satellite photographs of the peninsula dating back to 1940. On average the glaciers are retreating by 50 metres a year, in which the air around the peninsula has warmed by 2.5°C in recent decades - five times the Antarctic average. Glacier flows and iceberg calving are affected by many local factors, but glaciologist David Vaughan says the survey reveals an unambiguous pattern of retreat in recent years. The peninsula could end up like the Alps, with all the glaciers ending halfway up their valleys.

## Flamingo Peril:

Millions of flamingos and pelicans could die as lakes in Kenya's Rift Valley dry up. Changing weather patterns, damming of rivers and deforestation are all threatening the habitats of these birds. Lake Nakuru, home to the world's largest flock of flamingos, has shrunk by about 15.5 square kilometres since the 1970's.



## Earth's Solid Centre:

Remember when you went to school you were told that the Earth's centre was a solid not liquid. Well it has now only just been confirmed by studying seismic waves travelling through the core. Previously, seismologists had inferred that the inner core was solid by looking at how the Earth resonates after a major earthquake. But the proof scientists were looking for to confirm their suspicions has come from the detection of seismic shear waves in the core. Pressure waves such as sound waves can pass through both solids and liquids, but shear waves, which are side-to-side oscillations like those generated by wiggling one end of a rope, can only exist in solids. Shear waves move more slowly than pressure waves. So, seismic waves will travel through a solid inner core in the form of shear waves and arrive on the other side of the Earth a little later than they would if the inner core was made of liquid. (Science, DOI: 10.1126/science.1109134).

## Tracker Suits:

Chic or geek? Kids in Japan will soon be wearing school uniform blazers fitted with global positioning system transceivers, allowing parents to track their whereabouts on a laptop. The uniform, made by Ogo-Sango based in Kurashiki, went on sale on 13<sup>th</sup> April.

Maurice Gilson

# Kojonup Speech and Drama Festival

The 2005 Kojonup Speech and Drama Festival was a great success, Kojonup District High School are to be congratulated for organising this annual event again and enabling students from all over the Great Southern to showcase their talents.

Schools participating included Mount Barker and Katanning SHS, Kojonup, Boyup Brook and Wagin DHS and finally Lake Grace DHS. Over sixty of our students from Primary and Secondary competed over the two days.

It was the first time our primary students have been involved, they gave enthusiastic performances with a number of outstanding efforts. Secondary students excelled on the Thursday winning two gold medals, many first prizes and high commendations. In a number of cases Lake Grace students were competing against each other for first prize. It was a magnificent effort by our students with them achieving the remarkable result of being the most successful school even though we were the smallest. The program was diverse with students performing poetry, monologues, duologues, choral speaking, mime and speeches. The students are to be congratulated for their wonderful effort.

Mrs Draper was very proud of her students and deserves our appreciation and congratulations for the work she has put in with students across the school. It is no easy feat to have students performing at such a high level. There have been many complimentary comments expressed about the quality of performance by the students. Well done all!

*Grant Draper*



*Braden Frost and Rebecca Reeves were gold medal winners at the Kojonup Speech and Drama Festival*

**More photos page 24**

## Recipients of Awards

### Year 4

Highly Commended - Michael Hardy  
*Humorous Poetry*

### Year 6 and 7

Highly Commended – Julia Baker, Emily Taylor, Demi-Lee Tomkins and Sheridan Fyfe  
*Choral Speaking – “Red Riding Hood”*

### Year 8

Year 8 Medal – Rebecca Reeves  
*Prepared Speech – “Experience is the Best Teacher”*

*1<sup>st</sup> Prize – Katelyn King and Rebecca Reeves*  
*Duologue – “Play School”*

*1<sup>st</sup> Prize – Rebecca Bushby, Alysha Hardy, Katelyn King, Kristie Pinney, Rebecca Reeves, Magdalen Trevenen*

*Choral Speaking – “I Don’t Want to go to School”*

Highly Commended – Rebecca Bushby, Kristie Pinney

*Duologue – “Mothers”*

### Year 9

Year 9 Medal - Braden Frost

*Prepared Speech - “Australia The Lucky Country”*

*1<sup>st</sup> Prize - Braden Frost and Rohan Trevenen*  
*Duologue – “Lano and Woodley”*

*1<sup>st</sup> Prize – Ben Haines*  
*Humorous Poetry – “Lazy Jack”*

Highly Commended – Shona Garlick, Lauren Bushby, Caitylyn Beggs and Nicole Chappell  
*Choral Speaking – “Dolls House”*

### Year 10

*1<sup>st</sup> Prize – Rhiannon Wallace*

*Original Poetry – “Dunny Drama”*

*1<sup>st</sup> Prize – Rhiannon Wallace, Caitylyn Beggs*  
*Duologue – “Brother”*



*Performing at the Festival*

*L to R: Lucy Trevenen, Sarah Bushby, Olivia Jackson and Gabby Trevenen*





# Shire of Lake Grace NEWS & NOTES

PO Box 50, Lake Grace

Phone 9865 1105

Fax 9865 1109

Email shire@lakegrace.wa.gov.au

## FOR YOUR DIARY.....

The following are proposed **drumMUSTER** collection dates.  
Dates will be confirmed and re-advertised in September 2005.



Lake Grace	17 and 18 Oct 2005
Newdegate	18 and 19 Oct 2005
Lake King and Varley	20 and 21 Oct 2005

## REGIONAL ACHIEVER and COMMUNITY OF THE YEAR AWARDS

Department of Local Government Regional Achiever Awards and  
Kleenheat Gas Community of the Year Award

Closing 10 June - details and forms ☎ Jeanette on 9865 1105

## QUOTES INVITED

from Clubs, Community Groups or individuals for

### FENCING OF RUBBISH TIPS AT NEWDEGATE & VARLEY



- Approximately 360 metres at each site
- Completion date end of June 05
- All materials supplied
- Fence is 1.8m high, chain wire with 3 barbs on top

Quotes to be in writing to

**PO Box 50 Lake Grace WA 6353**

by Monday 6 June 2005

**For further information contact**

**Ian Bartlett on ☎ 9865 1105**

## TOWN ROADSIDE BULK RUBBISH COLLECTIONS

**Lake Grace and Newdegate**

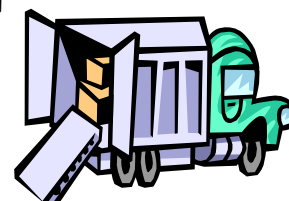
**Tuesday 30 May 2005**

**Lake King and Varley**

**Wednesday 31 May 2005**

**Have your items ready on the verge by 8am**

- ✓ Items for collection should be placed on the road verge and should be stacked in a manner that does not obstruct traffic or footpaths and does not allow the wind to carry any loose material.
- ✓ No domestic rubbish or waste should be included.
- ✓ All items for removal must be capable of being lifted by two men into the collection vehicle.



## STANDPIPE HONOUR BOOK SYSTEM

The following table represents the recent account payable by Council from the Water Corporation for water used at standpipes between December 2004 to April 2005 over a period of 133 days.

**Council operates an honour book system but it is disappointing to note that very few standpipe users are 'honouring' the system.**

The current total cost of **\$21,814.10** should be recouped by Council from users of the standpipes but only a small proportion of this is actually collected.

So that these costs can be recouped from users and the system is fair to everyone we would appreciate **the honour books being used** so that accounts can be sent out!



Location	Total \$ Cost	Cost per day	kL per day	Current period kL	Same period 03/04 kL	Same period 02/03 kL
Newdegate Town	\$3,130.95	\$23.02	24.73	3,363	774	7,966
Lake Biddy Rd	\$778.70	\$5.85	5.00	665	12	8
Burngup Rd	\$316.30	\$2.40	1.74	230	3	904
Dumbleyung LG Rd	\$1,464.45	\$11.01	8.22	1,093	169	80
James Dam North LG	\$292.35	\$2.20	2.36	314	77	49
Kulin Lake Grace Rd	\$3,538.75	\$26.61	28.58	3,801	1,132	2,200
Varley Town	\$721.55	\$5.38	5.78	775	272	354
Lake Grace Town	\$5,936.05	\$44.97	48.30	6,376	1,153	3,891
Mallee Hill Rd LG	\$2,645.90	\$19.60	21.05	2,842	341	4,547
Newman Rd Ng	\$2,989.10	\$22.47	16.02	2,131	6	1
<b>TOTALS</b>	<b>\$21,814.10</b>	<b>\$163.51</b>	<b>161.78</b>	<b>21,860</b>	<b>3,939</b>	<b>20,000</b>

# YOUTH ADVISORY COUNCIL

The result of the meeting at the Youth Station on Tuesday 3<sup>rd</sup> April was that the Youth Station would **not** be opening after school during the week for the remainder of this term. The majority of the members play at least one sport and are quite committed to various training sessions. The Friday evening activities will continue every fortnight and are as follows;

**Friday 13<sup>th</sup> May.** This was a Fancy dress activity, and members watched 'Harry Potter and the Chamber of Secrets'. Prizes for the best outfits went to Caitlyn and Lauren. Thanks to Debbie Beggs and Louise Trevenen for volunteering to supervise at such short notice.

**Friday 27<sup>th</sup> May.** Spotlight. Start at 6.30pm, finish at 9:30pm. Party food for tea, to be held at the Youth Station. Costs \$7.

**Friday 10<sup>th</sup> June.** Bring a newspaper, tape and staples. Start at 3.30pm finish at 6.30pm. Fish and chips for tea, to be held at the Youth Station. Costs \$7.

**Friday the 24<sup>th</sup> of June.** Quiz night at the Hall which is also a Canberra Camp Fundraiser. The members aim to make up two or three tables for the night, hopefully parents will also attend and make up many more tables.

Two supervisors are needed for the activity evenings, please let me know if you are able to assist with the supervising and which dates would suit you. I can be contacted on 9865 4041.

Thanks to all members and parents involved in the 'Art 2 Wear' for National Youth Week, it was a very successful event for our community. The public exhibition has now finished, could all members please collect their outfits from the Artspace as soon as possible. We have been asked to do a parade at the Newdegate Field Day, we will keep everyone informed as the information comes through.

*Debby Clarke*

## CCL Hardware Thrifty Link

# For Bearings

Phone: 9865 1104  
Fax: 9865 1121

● Wheel Bearing Kits

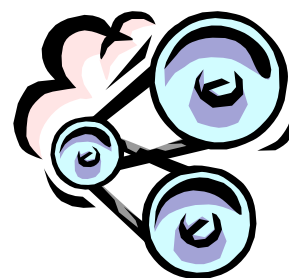
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● Trailer parts



Pulleys

Keyed and

contact Mark



**24 HOUR EMERGENCY  
SERVICE PH: 98651206**

# LAKE GRACE & DISTRICTS HEALTH SERVICE

## The LG 'Living Great' Shire Challenge

### What is on next?



Next week the sessions will be to show you how you can easily make quick, healthy, and tasty meals at our Cooking Demonstrations. We will be using recipes from the **'Healthy Food Fast' cookbook**, available from newsagents for \$9.95. This book, produced by the Health Department, has been around for a few years and is an excellent one to have in your kitchen.

There are lots more healthy recipes around - if you have one that you would like to share, please bring it along to the session. We are hoping to make up a recipe book to give to you all later.

The following week will be our Family Fun Day. This will be held in Lake Grace, and we are organising a "Walk Rally" - like a Car Rally but no cars. Please bring along the whole family to join in for some fun and physical activity! BBQ lunch to follow - see below.

**Weight Loss Recorded So Far = 51 kg (to 12/5/05)**



It pays to eat smart.

Session	Date	Time	Venue
<b>Cooking Demonstration</b>	24th May 26th May	7:00 pm 11:30 am	Lakes Village Hall Newdegate Golf Club - remember to bring your walking shoes
<b>Family Fun Day "Walk Rally"</b>  A great outing for all the family.	Sunday 29th May	10:00 am	Lake Grace Sports Ground BBQ lunch to follow <ul style="list-style-type: none"> <li>• BYO salad to share</li> <li>• Healthy Kebabs for sale</li> <li>• Comfortable clothes and walking shoes required</li> </ul>

## Making Sense of Food Labels

In Australia, food labels contain a large amount of information including:

- Name of the food
- Manufacturers or packers name and address
- Country of origin
- Date eg. Use-by date
- Ingredients list - with ingredients listed in descending order by weight
- Lot identification - a code with packing information
- **Nutrition information panel:** Every nutrition information panel has a 'per 100g' column - use this column to compare the nutrient content of similar products.

If you learn how to understand the nutrition information on products you are able to make an informed decision on which product is the best choice for you and your family.

*The Supermarket Tour will be repeated 19th July if you would like to learn more about reading labels.*

## What can YOU do about Staying On Your Feet?

You will notice the media campaign about the 'Stay On Your Feet WA™' (SOYF) state-wide falls prevention program aimed at reducing the incidence and severity of fall-related injuries among seniors.

If you are over 50 years old you are invited to join in the SOYF Exercise Group held in the Lake Grace Shire Hall every Tuesday morning at 10:00 am. So come along and join in.

Peer leaders are Dot, Lyn & Betty.

## Wound Care

- Any wound needs to be cleaned (as best you can) as soon as possible. Infections are more likely if you don't get the dirt and grime off.

So please **WASH YOUR WOUND!**

- If you think you need professional attention, come to the hospital for an assessment and treatment.



# Breast Cancer Foundation of WA Inc.



The Breast Cancer Foundation of Western Australia inc was founded in June 2000 by Ros Worthington OAM, and Annette Spencer with the aim of improving the quality of life for women living with breast cancer.

Since its inception the Foundation has provided practical, financial and emotional support to hundreds of Western Australian women and their families who are faced with the challenges of life following a diagnosis and treatment for breast cancer.

The foundation is very much in touch with the Western Australian community and its changing needs. This has resulted in the establishment of special interest groups to cater for the needs of various sections of the community, including a young women's support group ("The Young and the Breastless"), Indigenous support group as well as general support groups for both the northern and southern Perth metro area. The Foundation also offers support to partners and husbands.

The Foundation's breast cancer awareness programs revolve around its "I'm Breast Aware,

Are You?" slogan and purple bra symbol. This message aims to keep the public aware that early detection saves lives and that being aware of changes in our bodies is of utmost importance. 2005 also sees the Breast Cancer Foundation launch its "I'm Breast Aware" purple wristbands. These 100% silicon bands symbolize unity in the early detection of breast cancer.

Many volunteers of the Foundation and members of its board are breast cancer survivors and all are committed to working in the community to help Western Australian women and their families face the challenge of coping, living and overcoming breast cancer. They are able to bring with them compassion and understanding of the issues that confront women, their families and friends following a diagnosis of breast cancer.

***The Breast Cancer Foundation of WA Inc receives no Government funding and relies solely on the generosity of the Western Australian community to continue its vital work in the community.***



**Buy your I'M BREAST AWARE  
wristband for just \$2**

and join the fight against breast cancer. The wristband symbolizes unity in the early detection of breast cancer. The 100% silicon wristbands are fashionable, comfortable and very purple.

**Available at the Lake Grace Plaza  
and Sand 'N' Salt**

## Be Breast Aware

and keep

**Friday 5th August**  
free for a special night out.  
Entertainment guaranteed.

More details coming.

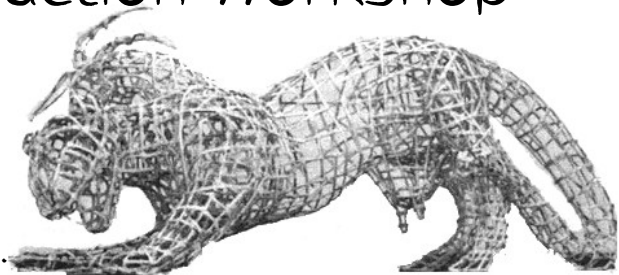
Fundraiser for the Breast Cancer Foundation of WA Inc.

## Cardboard Construction Workshop

with sculptor Susan Flavell

Learn how to create wonderful  
sculptures from cardboard and paper

Young artists welcome - must be able to  
work independently and use a hot glue gun.



Chimera (rolled newspaper and masking tape by Susan Flavell)



Sat 4<sup>th</sup> & Sun 5<sup>th</sup> June \$15 for 2-day workshop

Bring morning/afternoon tea or lunch to share

Contact Michelle Slarke – 9865 1878 to register

Lake Grace

# Mosaic Under The Clock

*"Time to thank volunteers for their time."* The statement of the mosaic that will be installed under our new town clock on that very clean round piece of cement.

Yes you will be pleased to know that work has finally started now that we have some free room to use in the Art Space. Wonderful, great, amazing and Phyllis is really pleased that it is in place so she can get working (I can't stop her).



*Above: Phyllis Dunham working on the mosaic*

The design of the mosaic reflects the edge marks of our beautiful lakes that many visitors appreciate and take the time to look at, something many locals omit to do. Circling the clock base are the words that thank the many volunteers for their time since Lake Grace was settled. Without volunteers and the work and time they

put in, many projects would not exist in Lake Grace. Maybe that's why we don't have time to stop and check out the lake edges, appreciate the colours and smell the clean air, too busy.



*Close up of the mosaic*

If you would like to help and be part of the mosaic project. You are very welcome to come and join us, even if you don't know what to do that's okay, we will teach you. New to town and want to have a go and get involved, you are very welcome.

There will be times put up on the window of the Art Space for when this is happening. Could you please only come when Phyllis or myself are available so as to keep the work consistent. Yes we really do value your help but we need consistency and the correct size of mosaic pieces as this is very important in the overall effect.

The work is being completed at table top level so you don't have to worry about getting down on your hands and knees. If you have tools bring them along with you, especially side tile nippers as this is mainly the tool you will need. We have hammers.



*Phyllis Dunham and Kerrie Argent 'putting the pieces together'.*

There are tea and coffee facilities in place for you while you work. If you have any queries ring me, Kerrie 9865 4042, or catch up with Phyllis Dunham at the Art Space and have a chat to her.

If you are just interested to see what is going on just call in for a look or a chat. You are very welcome as it is a very busy space at the moment with the mosaic happening, the sheep sculpture starting to take form and multiply and a cardboard sculpture workshop coming up. Next we'll be complaining we don't have enough space.



*The bare cement base under the clock upon which the mosaic will be laid.*

*See you there at the Art Space  
Kerrie Argent*



## Seniors Unaware of Falls Risk



WA Country Health Service  
Government of Western Australia  
Wheatbelt region

Seniors in the Wheatbelt are being urged to take falls seriously and to realise it could happen to them.

At the launch of the new state-wide Stay On Your Feet WA™ falls prevention campaign, new Department of Health research shows almost 70% of seniors believe it is unlikely they will fall.

Despite the majority of seniors dismissing falling as a key health issue, statistics show 75,000 West Australian seniors fall each year and 6,000 of those end up in hospital with serious injury.

"What's more, falls can have shattering consequences on seniors' mobility, independence and lifestyle," said Tracey Browning, Injury Prevention Coordinator.

"The good news is, something can be done about it," she said.

Comprehensive falls prevention programs such as Stay On Your Feet WA™ highlight simple preventative measures that will assist seniors to stay on their feet.

The campaign promotes nine steps to stay on your feet™:

- be active;
- manage your medicines;
- manage your health;
- improve your balance;
- walk tall;
- foot care and safe footwear;
- regularly check your eyesight;
- eat well for life;
- identify, remove and report hazards.

Local GP surgeries and pharmacies in the Wheatbelt have been enlisted to support the campaign by promoting and distributing the new Stay On Your Feet WA™ booklet which details information about each step as well as a personal action plan to help prevent falls.

The Stay On Your Feet WA™ campaign, co-funded by the Office of Seniors Interests and Volunteering starts Sunday 8 May and includes television and press advertising, direct mail, public relations, information resources, community activities and a website [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au)



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0428 651 339  
or 9865 1339





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Martin French at Elders Lake Grace on 08 9865 1001,  
or visit [www.eldersruralbank.com.au](http://www.eldersruralbank.com.au)**



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EPB235285 05/05

# LG 'Life's Great' Shire Challenge

## Session 2 "Getting Moving"

**Regular physical activity is important for everyone.** Some of the **benefits include:** *feeling better, enjoying better health, having a healthier state of mind, aids in weight loss, reduces stress, increases energy levels and promotes better sleep.* **Potential barriers to people exercising:** *no time, too tired, too old, too hot/cold and nothing available in town.*

Medical experts recommend that we should participate in at least **30 minutes of physical activity 5-7 days of the week.** These activities can include walking, swimming, playing golf and gardening. These activities increase your heart rate but don't necessarily make you puff. Periods of activity as brief as 10 minutes can be beneficial when they add up to 30 minutes a day, and work very well for those who are time restricted.

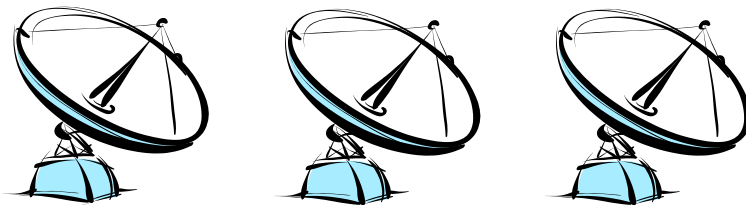
**The biggest hurdles you may face with exercise are motivation and yourself.** Try working through these by **setting achievable goals: start with short term goals, make your goals realistic and reward yourself.**

You will benefit greatly by making physical activity as part of your regular lifestyle especially if you can get past the potential barriers. Two ways that can assist you in doing this: *think of times that suit you to be active and make small changes to your daily routing i.e. walk to lunch, the post etc.*

**One of the main causes that will see you stop exercising is boredom.** *To avoid this, find different activities to suit you and have a go at some that don't.*

**To be active safely:** *Start slowly and allow your body to warm up, do some basic stretching and build your activity sessions up over weeks and not days. Take some time to stretch after your activity, hold the stretch for 10-20 seconds and repeat each stretch 2-3 times. Wear comfortable clothes that are loose and wear supportive shoes, and remember to drink enough water.*

**The importance of warm-ups;** increase of blood flow to muscles helps with joint movement and flexibility, helps reduce injury. **The importance of**



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**Steve Hunt at Lake Grace Computers**

08 9865 1585 - Mobile: 0428 912 923

Email: [lgcomputers@bigpond.com](mailto:lgcomputers@bigpond.com)

## LG 'Life's Great' Shire Challenge *(cont.)*

**cool downs;** prevents muscle soreness, prevents blood pooling after exercise and calms the body back to resting state.

It is recommended that you have a checkup with your local doctor before commencing any new exercise program or activity, especially if you haven't exercised in a while or have a serious health condition. *During exercise you will need to slow down and stop if you experience any of the following; chest pain or discomfort, dizziness, nausea, breathlessness, hot flushes, palpitations, and excessive tiredness. If serious chest pain or discomfort is experienced for more than 5 minutes, contact an ambulance or go to a hospital.*

**Types of exercise;** *cardiovascular exercise- is the main type of exercise and is to raise the heart rate and used to increase fitness i.e. walking, bike riding etc. Strength work - builds up and strengthens muscles. Flexibility - stretches muscle groups and keeps our bodies supple. Cardiovascular exercises are best for weight loss. However, you'll get the most benefit from*

incorporating all three exercise types into your exercise plan.

**Intensity levels;** try the talk test and rate yourself from 0-4. 0 been when you are at rest and 4 been a very hard intensity where you would not be able to hold a consistent conversation.

**Dealing with setbacks;** *review the times you are being active are they practical? Try a new activity, set some short term goals, use breaks like holidays to be active, remember that physical activity can help beat stress and tiredness and find a friend with similar interests.*

**Putting it all together;** **Start off slowly and build up, choose activities that you enjoy, try new activities, keep track of how you are going, exercise with others and include the whole family.**

"Exercise: You only have to take it regularly, not seriously". Active Australia campaign.

Letisha Marshall

# Ongerup Districts Mobile Sheep



## Shower Service

### Local 4Farmers



Agricultural Chemical Agent

Greg Argent

Ph/Fax = 9865 4042

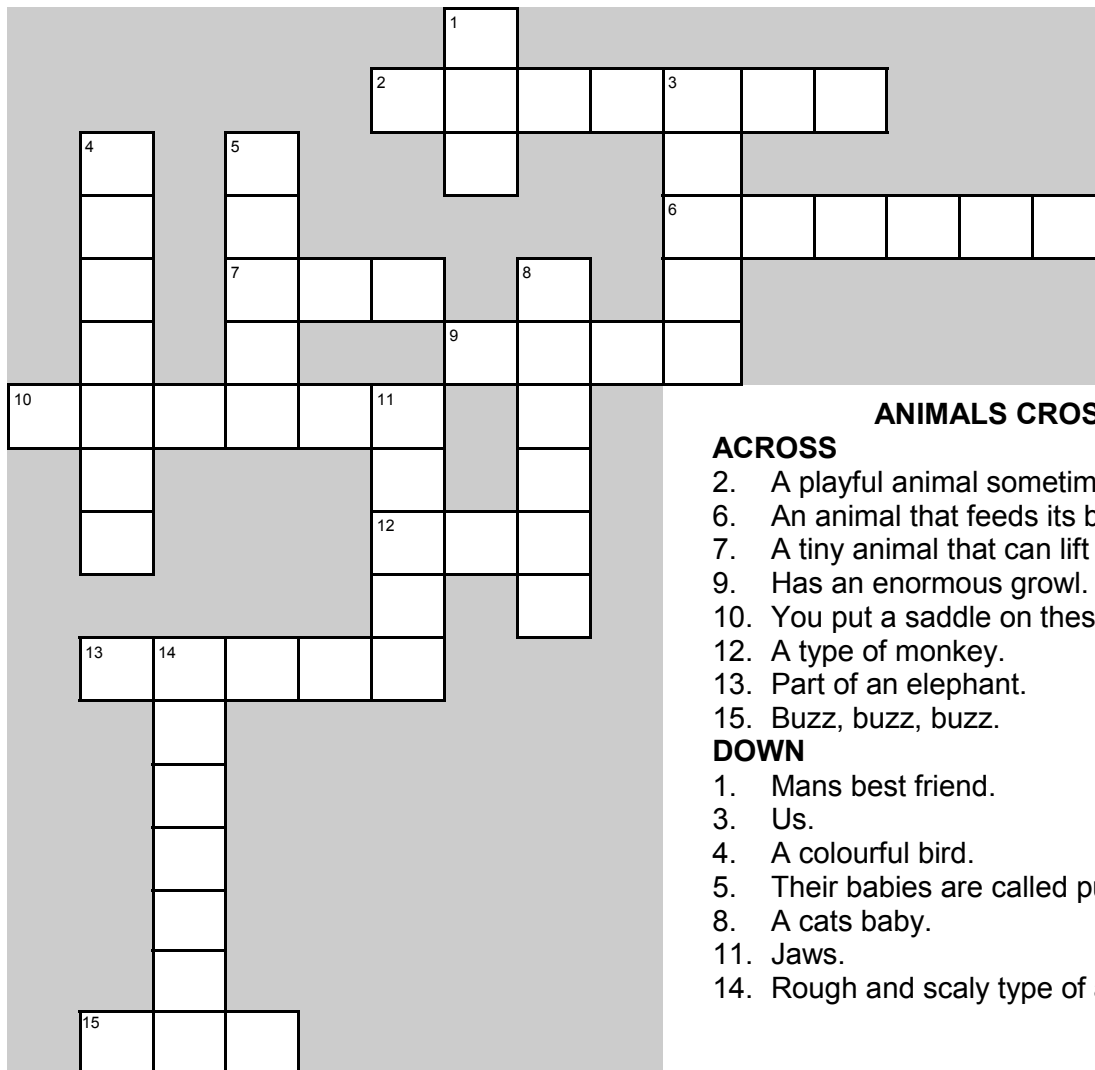
Mobile = 0428 654 043

*Ring for all your chemical  
enquiries or needs*



# CROSSWORD FOR THE KIDS

Created by  
Rebecca Reeves



## ANIMALS CROSSWORD

### ACROSS

2. A playful animal sometimes considered a fish.
6. An animal that feeds its baby milk.
7. A tiny animal that can lift heavy things.
9. Has an enormous growl.
10. You put a saddle on these.
12. A type of monkey.
13. Part of an elephant.
15. Buzz, buzz, buzz.

### DOWN

1. Mans best friend.
3. Us.
4. A colourful bird.
5. Their babies are called pups.
8. A cats baby.
11. Jaws.
14. Rough and scaly type of animal.

## HUMOUR

Who wants to be a millionaire?

Mick appeared on the Irish version of "Who Wants to Be a Millionaire" and was nearly at the end of the quiz with winnings of £500,000.

"You've done very well so far," said the show's presenter, "But to get the £1 million, you've only got one lifeline left - phone a friend.

Everything is riding on this question...will you have a go?"

"Sure," said Mick. "I'll have a go!"

"OK. The question is, 'which of the following birds does NOT build its own nest?'

(a) Robin, (b) Sparrow, (c) Cuckoo or (d) Thrush."

"I haven't got a clue," said Mick, "so I'll use my last lifeline and phone m' friend Paddy back home in Ballygoon."

Mick called up his mate, told him the circumstances and repeated the question to him.

"Flippin' hell, Mick!" cried Paddy. "Dat's simple... it's a cuckoo."

"Are you sure, Paddy?" asked Mick.

"I'm sure."

Mick hung up the phone and told the TV presenter, "I'll go with da Cuckoo as answer"

"Is that your final answer? Lock it in?" asked the host.

"Dat it is, Sir. Lock it in"

There was a long, long pause, then the presenter screamed, "Cuckoo is the correct answer! Mick, you've won £1 million!"

The next night, Mick invited Paddy to their local pub to buy him a drink.

"Tell me, Paddy? How in God's name did you know it was the Cuckoo that doesn't build its own nest? I mean, you know nothin' about birds.

"Ah bejaysus!" laughed Paddy. "Everybody knows a cuckoo lives in a clock!"



## Restraints - *The Facts*

- ✓ Drivers and passengers travelling unrestrained in a car are ten times more likely to be killed in a road crash than those wearing a seatbelt.
- ✓ Seatbelts have been found to be particularly effective at minimising injury in single vehicle accidents.
- ✓ In WA in 2002, 22% of vehicle occupants who were killed in a police-attended road crash were known not to be wearing a seatbelt.
- ✓ Of those vehicle occupants killed in road crashes in 2002 who were found not to be wearing a seatbelt, 62% were males and 38% were females.
- ✓ Of children and adolescents aged six to 16 years killed in car crashes, 55% were found not to be wearing a seatbelt (64% males and 44% females). This percentage is high relative to other age groups (eg. 34% for 17-39 year olds).
- ✓ Among those killed in a road crash and found not to be wearing a seatbelt, almost 60% were aged 17 to 39 years old.
- ✓ There is considerable interaction between road safety behaviours. Moderately or highly intoxicated drivers involved in fatal crashes are less likely than sober drivers involved in this type of crash to wear a seatbelt.

*Information taken from Roadwise fact sheet - April 2005.*

# Affordable Winter Warmth *Econo Heat*

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Safe for children and pets

One panel warms a 12m room

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## State Government Offers Free Assistance to Small Business

A State Government program to assist WA small businesses with safety management at no cost has proved to be a big hit.

Consumer and Employment Protection Minister John Kobelke said the fact that the ThinkSafe Small Business Assistance Program had so far attracted significant interest indicated it was well targeted and that small businesses felt they needed the help.

"Small business employs almost half of WA's workforce, and research indicates that many small businesses are in fact uncertain about how to get started on creating a safe workplace for their employees," the Minister said.

"The Gallop Government has responded to this uncertainty by making independent professionals available at no cost to provide advice and information directly to small business.

"The program is focused squarely on education – not enforcement – and the consultant's visit is confidential with no aspect of the company's actual safety performance reported back to WorkSafe.

"A lot of WA's small businesses operate in

industries with high rates of workplace injury, disease and death, and we see this new program as a positive step in helping small business reduce their risk."

The new five-year program builds on the successful ThinkSafe campaign that ran in WA for 10 years.

ThinkSafe was previously an annual mass-media campaign with a broad target, but the new program is targeted where it is needed most, with direct contact with small business.

When a company registers for the program, WorkSafe arranges for an independent occupational safety and health consultant to conduct an assessment of the workplace and prepare a simple safety action plan.

It is primarily directed at high-risk industry sectors that have significant rates of injury and disease - agriculture, forestry and fishing, construction, health and community services, manufacturing, retail and wholesale and transport and storage.

"Since the program began, applications have been received from all over the State – from Esperance to Kununurra," Mr Kobelke said.

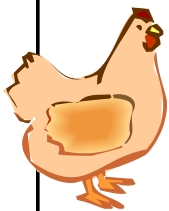
"I encourage employers in small businesses with less than 20 employees to take advantage of this terrific opportunity to improve safety and health management in their workplaces.

The benefits of a safe workplace – both in human terms and financial – can be immeasurable."

For further information or to apply for assistance under the ThinkSafe Small Business Assistance Program, complete an application form obtained by telephoning WorkSafe's Hazard Hotline on 1800 429 273 or by downloading the form from the website at [www.safetyline.wa.gov.au](http://www.safetyline.wa.gov.au) and returning it to WorkSafe.

### Hens Laying Free Range Isa Brown

\$4.50 ea, 10 for \$40 or 25 for \$90



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JOHN DEERE

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AgWest Machinery is a progressive company committed to delivering a high level of service to their customers. It provides sales and service for a range of equipment from leading suppliers John Deere, Bourgault, Horwood Bagshaw, Hardi and Croplands. Applications are invited for the position of Parts Interpreter at the Lake Grace dealership.

Reporting to the Branch Manager the Parts Interpreter will be responsible for coordinating the daily parts operations in the dealership. The suitable applicant will ensure maximum customer satisfaction is achieved by maintaining the supply of parts and merchandise while controlling inventory and expenses.

Applicants with a thorough understanding of merchandising, sales and inventory control would be preferred however applicants who can demonstrate a willingness to learn will be considered.

Our salary is competitive in accordance with experience and qualifications.

AgWest Machinery is an equal opportunity employer.

Applications marked "Confidential" should be forwarded to :

The Branch Manager

AgWest Machinery

66 Absolon Street, Lake Grace

Phone: 98 651100 Fax: 98 651391 Email: derek@agwest.com.au

Lake Grace & Districts Health Service

## **Clerical Position**

Level 2

Temporary Vacancy

**3 months LSL relief - 60 hours per fortnight**

[4<sup>th</sup> July to 2<sup>nd</sup> October]

Hours of Employment: 6 hrs per day [8:30 am – 3:00pm] Mon - Friday

### **Responsibilities of the Position:**

The position is multi-tasked and includes admission and discharge procedures, customer service via phone and face to face, client data entry, processing of accounts payable, sundry debtors, banking, PATS, maintenance of medical records, word processing and minute taking.

Interested persons should phone for an application kit, containing essential and desirable criteria and job description form.

### **Enquiries to:**

June McEncroe

Health Service Manager

Phone: 98651206

**Closing Date: 1<sup>st</sup> June 2005**



## Kojonup Speech and Drama Festival (*cont.*)



*Highly commended for their choral speaking were Primary School Entrants*

*Back L to R: Emily Taylor and Julia Baker*

*Front L to R: Demi-Lee Tomkins, Mrs Lyn Draper (drama teacher) and Sheridan Fyfe.*



Michael Hardy was highly commended for his humorous poetry.



*Year 9 and 10 students who received first place or were highly commended for their efforts in the 2005 Kojonup Drama Festival.*

*Back L to R: Lauren Bushby, Nicole Chappell, Braden Frost, Rhiannon Wallace and Shona Garlick.*

*Front L to R: Rohan Trevenen, Caitlyn Beggs and Ben Haines.*



*The year 8 girls received first place for their choral speaking "I don't want to go to school"*

*Back L to R: Kristie Pinney, Rebecca Reeves and Katelyn King.*

*Front L to R: Magdalen Trevenen, Mrs Lyn Draper, Alysha Hardy and Rebecca Bushby.*

Copies of the photos on this page are available for purchase at the Lake Grace Telecentre.

## Paper & Card



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DATE 24/06/05

# QUIZ NIGHT

Time: 7.00pm

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ADULT LIMBO  
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SEATING FOR YOU. GREAT WAY  
TO MEET PEOPLE AND HAVE  
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STUDENTS YEARS 7 - 12  
WELCOME TO PARTICIPATE

• ***FANTASTIC PRIZES***

• ***WEEKENDS AWAY***

• ***RAFFLES***

• ***GAMES \$1 & \$2***

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GRADES  
7 - 12  
WELCOME



## Farmers - Do You Need Finance for Housing Renovations or Repairs

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 20 years.

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Department of Housing and Works  
Government of Western Australia



Lake Grace  
Hockey Club

presents a

# Hawaiian



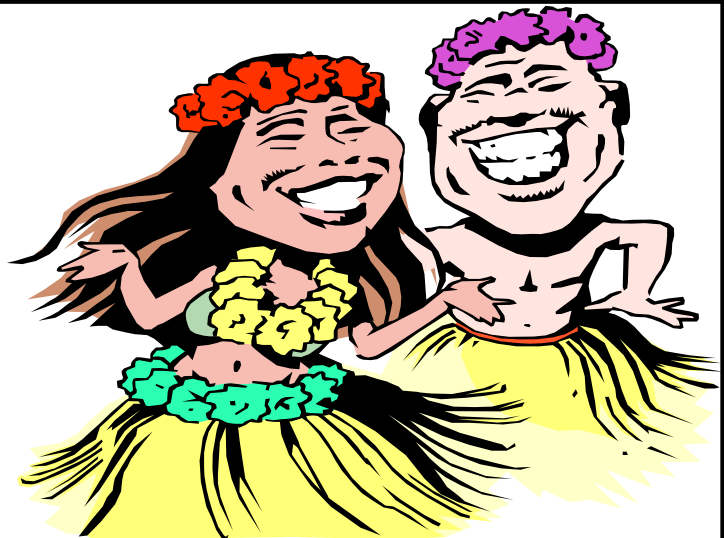
# Luuu

Fancy dress dinner 2005

*The surf's up and the  
coconuts are falling*

*Live music, good food, great company  
and prizes galore.*

*What more could you want?*



## POSTPONED

BUT STILL GOING TO HAPPEN!

## DATE TO BE ADVISED

# How To Cast a Sheep



1

Seven sheep (in different poses) are sculpted in polystyrene.

Latex is 'painted' over the polystyrene to take a detailed mould of the sculpture.

2



3

A strong fibreglass 'mother' mould is created to support the latex 'bladder'. The original polystyrene sculpture is then discarded.

The moulds are assembled so that the latex lines the mother mould. A steel armature (skeleton) is placed in the centre of the mould.

4



5

A concrete mix is poured into the mould to create a cast and is left for five days to cure. Steel footings are welded to the armature so the sheep can be installed in the ground.

6

The moulds are removed and re-used. The cast concrete sheep is left to cure a further 20 days.

7

Each cast sculpture is spray painted to highlight the texture.

## Local Elections

Congratulations to Ollie Farrelly and Royce Taylor on their success in the recent local government elections, commiserations to Steve Hunt. See below for more details. Of the 591 registered voters, 388 returned their ballot papers which is an excellent return rate of 65%.

Candidate	Votes	%	Expiry of Term
HUNT, Steve	180	26.09	
TAYLOR, Royce	222	32.17	2 May 2009
FARRELLY, Ollie	288	41.74	2 May 2009
Total Valid Votes	690	100	

Dean Sinclair was elected unopposed for the Lake King/Varley Ward, his expiry of term will be 2nd May 2009.

Ian Chamberlain and Wally Newman were also elected unopposed for the Newdegate ward. Cr Chamberlain's term will expire 2nd May 2009, while Cr Newman's will expire 5th May 2007.



WESTERN AUSTRALIAN  
Electoral Commission



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Welcome to Night Watch for the fortnight from midnight Friday 20<sup>th</sup> May to midnight Friday 3<sup>rd</sup> June. Remember astronomy is looking up and don't look directly at the Sun without proper aid.

Our local star, the Sun, still resides in the Constellation of Taurus at magnitude -26.72 this fortnight.

The full Moon is at 4:08am on Tuesday 24<sup>th</sup> May in Libra at magnitude -12.0. On Wednesday 25<sup>th</sup> the Moon will be 0.8° north of the orange/red star Antares in Scorpius. At 6:50pm on Thursday 26<sup>th</sup> the Moon will be at Perigee (closest), at 364,241kms from Earth in Sagittarius. The last quarter Moon is at 5:37pm on Monday 30<sup>th</sup> in Aquarius at magnitude -6.0. The Moon resides in Virgo on 21<sup>st</sup> and 22<sup>nd</sup>, Libra on 23<sup>rd</sup> and 24<sup>th</sup>, Scorpius on 25<sup>th</sup>, Sagittarius on 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup>, Capricornus on 29<sup>th</sup>, Aquarius on 30<sup>th</sup>, 31<sup>st</sup> May; Cetus on 1<sup>st</sup> and 2<sup>nd</sup> June and Pisces on the 23<sup>rd</sup> as it rises later through the evening sky.

Mercury, in Aries in the morning twilight, rises at 5:39am at magnitude -0.8 on Saturday and rises around 5 minutes earlier each morning as it moves into Taurus with the Sun on Wednesday 25<sup>th</sup>.

Venus in the evening sky at magnitude -4.0 in Taurus sets on Saturday at 6:02pm and on Friday 3<sup>rd</sup> June at 6:15pm as it moves higher in the evening twilight at 1 to 2 minutes each day.

Mars, in Aquarius at magnitude +0.5, rises at 12:53am on Saturday. On Tuesday 31<sup>st</sup> May Mars will be 0.5 degrees of the Moon. On Friday 3<sup>rd</sup> June Mars rise at 12:47am.

The giant gas planet Jupiter, in Virgo, at magnitude -2.5 sets at 2:57am. On Thursday 2<sup>nd</sup> June at 8pm Jupiter will be above in the northern night sky. On Friday 3<sup>rd</sup> Jupiter sets at 2:05am.

Saturn in Gemini at magnitude +0.2, sets at 8:57pm on Saturday and at 8:12pm on Friday 3<sup>rd</sup> June.

In Aquarius at magnitude +5.8, Uranus, rises at

12:38am on Saturday and at 11:44pm on Friday June 3<sup>rd</sup>.

Neptune at magnitude +7.8 in Capricornus, rises at 10:46pm on Saturday and at 9:55pm on Friday 3<sup>rd</sup> June.

Pluto in Serpens Caput at magnitude +13.8, rises at 7:03pm on Saturday and at 6:11pm on Friday June 3<sup>rd</sup>. To find Pluto, a large telescope and a good star map is needed plus a good knowledge of the night sky.

The Sun and Moon rise in Lake Grace 10 minutes before Perth, as do the planets and stars. The stars rise 4 minutes earlier each night. The planets out from Mars can rise from 3 to 5 minutes later each night depending whether Earth is passing them in respect to their distance from the Sun, this is called retrograde motion in the shape of an s. Mars being closer makes a loop like a piece of looped string and makes it rise at 1 to 3 minutes earlier through the year. The inner planets, Mercury and Venus are very different, and can rise and set from 1 to 9 minutes each night. The Moon can rise and set from 27 minutes to 70 minutes each day or night.

For people with telescopes the great red spot on Jupiter can be seen at 6:24pm on the 29<sup>th</sup>, 8:03pm on the 31<sup>st</sup> and at 9:41pm on the 2<sup>nd</sup> June. Jupiter's moon Europa on the 30<sup>th</sup>, transits across face of planet from 7:09pm and the shadow from 9:24pm. Io transits from 9:32pm. Europa moves from planet at 9:51pm. Io's shadow appears on planet at 10:27pm and at 11:43pm moves away from the planet. On the 31<sup>st</sup> at 6:33pm Io moves behind the planet. On the 2<sup>nd</sup> at 6:01pm Io moves from the planet. At 6:38pm Europa moves out from behind the planet and at 7:07pm Io's shadow moves from the face of the planet.

Comet 9/p Tempel at magnitude +9.4 near star Delta (Minelauva) in Virgo north of Jupiter.

*Maurice Gilson*

*A 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
21 May	6.52am	5.14pm	3.25pm	3.51am	28 May	6.56am	5.11pm	9.48pm	11.23am
22 May	6.52am	5.14pm	3.58pm	4.55am	29 May	6.57am	5.11pm	10.59pm	12.05pm
23 May	6.53am	5.13pm	4.37pm	3.02am	30 May	6.57am	5.11pm	DNR	12.41pm
24 May	6.54am	5.13pm	5.23pm	7.13am	31 May	6.58am	5.10pm	12.06am	1.12pm
25 May	6.54am	5.12pm	6.19pm	8.25am	1 June	6.58am	5.10pm	1.10am	1.41pm
26 May	6.55am	5.12pm	7.24pm	9.33am	2 June	6.59am	5.10pm	2.13am	2.10pm
27 May	6.56am	5.12pm	8.35pm	10.33am	3 June	7.00am	5.10pm	3.15am	2.39pm

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## Lake Grace Playgroup Footy Tipping

Round	Games	Margin	Winner
1	Freo v Pt Adel W/Coast v Adel	35 11	Narelle Hutter Penny Willcocks
2	W/Coast v Geel St Kild v Freo	22 1	Danielle Robertson Vynka Lay
3	W/Coast v Freo	8	Vynka Lay
4	W/Coast v W/Bull Rich v Freo	36 48	Katie Logan Emma Fisher
5	Freo v Carlton Brisb v W/Coast	19 73	Lois Dickins Adeline Medlen
6	Melb v Freo W/Coast v Syd	14 45	Tracey Milton Cobi Stanton
7	Hawth v W/Coast Freo v Coll	19 Over 100	Meg Marshall JACKPOT
8	W/Coast v St K Ess v Freo	36 35	

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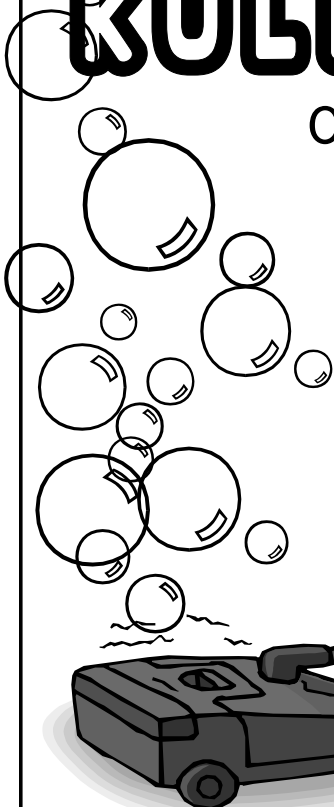
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## JUNIOR GOLF

Junior Golf in Lake Grace has continued on its merry way in the last couple of weeks with more new players registering with our club.

Welcome back to Luke Dykes and to new players Michael Guelfi, Timothy Shalders, Adam Gittoss and Rupert Butcher, all from Newdegate and to local girl Carrie Taylor. We hope your time with us is enjoyable and that you can get a good grip on the game.

Our awards started this week. Coaches award went to Reece Lay who is showing plenty of potential. Round winner was Aaron Dunham with a fine score of 27 and the Rhynie winner was Nicholas Dunham.

Keep those subs rolling in so that you can be eligible for the weekly Rhynie award. See you next Sunday at 9:30am.

Gary Frost

## JUNIOR GOLF

Every Sunday  
9:30am - 11:30am  
Ages 8-14 eligible

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Weekly green fees - \$2.00  
Come and have-a-go, Golf clubs available

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Gary Frost on 9865 1094



## LAKE GRACE GOLF NOTES

The competition for the 8th May was a stableford sponsored by Sand 'N' Salt and Spencer Wools, thank you to Darren and Tania.

Chad Stanton was the men's winner with an impressive 44 points, while Kevin Eggers was runner-up with 39 points. Helen Hunt led the field for the ladies with 36 points, Jenny Bidwell was runner-up with 34 points. Other good scores were Doug Dunham 39 points, Mike Clark 38 points, Michelle Dunham 42 points and Vicki Frost 36 points.

Nearest the pins went to Mike Clark (no. 4), Milton Reynolds (no. 6), Andy Young (no. 15) and Chad Stanton (no. 18).

The birdy hole was number 15 and has jackpotted.

The threat of wet weather didn't keep the golfers at bay for the par competition on May 15th. This event was sponsored by Alan and Di at Lake Grace Retravisation, thank you for your continued support.

Winner for the ladies was Stephanie Lay with -2, runner-up was Lyn Taylor with -3. Men's winner was Chris Carruthers with +5 while Chad Stanton, who seems to be in form, had +3. Andy Young had a good score with +2, while everyone else just

had a good time.

Nearest the pins were Derek Stanton (no.4), Steve Eagles (no.6), Reid Stubberfield (no. 15) and Peter Taylor (no. 18).

Next weeks competition is a Foursomes, arrange your own partners. The day will be sponsored by SBM Tyres and Mechanical, thank you to Jason and Penny. Tea will be steak burgers.

The following weeks competition (May 29th) is a stroke round sponsored by AgWest Machinery. Tea will be steak burgers.

Craig Reeves

### Lake Grace and Newdegate General Practice

Please note there will be **NO DOCTOR** in Lake Grace from 8:00am Friday 20th May till 9:00am Monday 23rd May.

Surgery will be open on Friday 20th May until 1:00pm for ordered medication only.

*In the case of an emergency please telephone the Lake Grace Hospital on 9865 1206.*





# LAKE GRACE HOCKEY CLUB

**Lake Grace v Bruce Rock****07/05/05****C Grade 2-0 Lake Grace** (1/2 time 1-0)

Coaches Award: Ellie Naisbitt  
 Goal Scorer: Ellie Naisbitt (2)

After the last two weeks losses, the C grade went onto the field hungry for a win. Fierce play kept the ball in our forward half for most of the game. Good attacking from Amber McPherson and courageous play from Gracie Kirk saw Ellie Naisbitt score in the first half. Sheridan Fyfe and Tayla Stuart at full back kept the ball mostly well away from our defensive circle giving Kristie Pinney not a lot to do in the goals. Good team play throughout the game and with clear hits into the circle from Amber and Demi Tomkins saw Ellie score again in the second half. Giving Lake Grace our first win. A solid effort from all.

Special mention to our little players, Phoebe Robertson, Maddy Walker, Gracie Kirk, Jordy Medlen, who charged towards goal with the ball firmly on her stick, Nash Kirk and Cameron Ward. All are achieving a little more each week and becoming valuable members of the team.

**B Grade 3-0 Bruce Rock** (half time 3-0)

Coaches Awards: 2. Caryn Kirk  
 1. Alison Medlen

Although Bruce Rock scored within the first two minutes it didn't stop the determination of the B side. Good pressure around the middle of the ground and some good tackles by Helen Bennett kept the damage to a minimum. Effective defence by Karen Abrahall at full back and Mae Connolly at half back saw the ball hit away from Bruce Rock goals on many occasions. Some great saves by Vanessa Ward kept the goal score down. After the half time break the girls came out firing. Pressure from Leonie McIlree on the wing and strong stick work from Lisa Chapman stopped Bruce Rock from scoring in the second half. Karel Walker was wild on the wing and Mae on fire at half back. A great game to watch with the play spread evenly over the field. Well done. Quick note to all those with new sticks (Mae) it's OK if they get dirty!

**A Grade 1-0 Bruce Rock** (half time 0-0)

Coaches Awards: 2. Amanda Milton  
 1. Nat O'Neill

A very defensive game this week with everyone playing far into the back half of the field. Bruce Rock were strong on their attacks and kept Amanda Milton in goals on her toes for the whole game. Really good defensive play by the back line and great saves by Nat O'Neill at full back through what seemed like never ending short corners kept Bruce Rock from scoring in the first half. Di Desmond even stopped one with her mouth at one point, although she had to go off for blood after that. A few good attacking runs from Michelle Cameron on the wing and Anna Taylor as her inner were not enough to score for Lake Grace though. Some great saves from Amanda in the second half, using her whole body to

stop goals being scored. Di deflected one shot over the top of the goals to save us again. Not long after that Bruce Rock scored from yet another short corner. Better attacking in the second half with great runs forward from Jackie McGlinn, Jodi Pearce, Michelle and Leonie Carruthers. Unfortunately we left our run too late and were only awarded our first short corner with minutes to go. Not a bad loss and a good fight right until the final whistle.

**Lake Grace v Kulin****14/05/05****C Grade 0-0**

Coaches Award: Tayla Stuart

Sheridan Fyfe, after much disagreement, played in goals this week and had only slightly more to do than Kristie did last game. So it wasn't as bad as she thought. Sheridan did quite a few remarkable saves throughout the game, well done. Each and every player played a solid game of hockey this week. Play was spread over the field with every player having input into the game. Tayla Stuart played a great game at full back yet again, well done Tayla. Thanks to Shelby Davis who was here visiting family and filled in for us.

**B Grade 3-2 Lake Grace** (half time 2-1 Kulin)

Coaches awards: 2. Deb Stuart  
 1. Karel Walker

Goal scorers: Deb Stuart, Karel Walker,  
 Helen Bennett

Kulin set the pace and scored a field goal in the first five minutes of the game. Lake Grace played most of the first half very defensively with Kulin scoring two goals and Lake Grace not getting the chance until late in the half. Great running on defensive shorts from Mae Connolly and Deb Stuart stopped Kulin from scoring for the rest of the half. Short corners awarded to Lake Grace with only nine minutes left until half time saw Deb score off a great shot into the circle from Jackie McGlinn. After half time Karel Walker had her chance and scored our second goal. Mae, when not wiping off her stick, was playing very aggressively at half back and good defence from Captain Kirk and Vanessa Ward in goals kept Kulin from having another chance at scoring. Great running from Jolene and Helen Bennett saw Helen do the big solo down the wing and score her first goal ever and our finishing touch to a great game.

**A Grade 6-2 Kulin** (half time 4-1)

Coaches Awards: 2. Di Desmond  
 1. Belinda Bowron

Goal scorers: Anna Taylor, Jodi Pearce.

Although Kulin scored quickly, Lake Grace played a far more effective attacking game than last week, not getting caught in the trap of letting the other team dictate the play. Our full backs played up around the

## Lake Grace Hockey Club Cont...

Jodi Pearce helped to even the score quite rapidly with a great hit in from a short corner finished off quite neatly by Anna Taylor on the post. If it wasn't for some very quick fast breaks from Kulin players the score line at half time would not have looked so grave. Nadene Owen, filling in as goalie, did some magnificent work, saving many would be goals. After half time Kulin again scored quickly off the centre pass. Seemed to be their mode of operation. Jodi scored our second goal with a superb shot off a short corner toward the end of the game. Great running back by the half backs to drop in behind the full backs couldn't keep Kulin out of the circle though, with their sixth goal scored near the end of the game. Too little, too late for Lake Grace this week.

### THINGS TO REMEMBER

**HAWAIIAN FANCY DRESS DINNER** - Unfortunately we have had to postpone our dinner until further notice. Don't panic if you have already purchased your tickets, hang onto them. We will still have our dinner. If, when the new date is decided upon, you are unable to attend, see me for a full refund. The club apologises for any inconvenience this has caused.

**SUNDAY TIMES SPORTS CLUB CHALLENGE** - Thanks to everyone who religiously cut out the tokens from the Sunday Times over the past couple of months. We collected 474 tokens and will hear by the 29th May if we had any luck.

**STEAK TEAS** - The Hockey Club will be running Steak Teas up the Sportsman's Club this Saturday 21st May on behalf of the Sportsman's Club Committee. Please support our major sponsor and come for a meal.

**REMINDER** - Subs are overdue. Please see me as soon as possible to pay your subs. Senior \$70, Junior \$20. You are not covered by the Hockey Club's insurance if your subs are not paid.

**SAUSAGE SIZZLE** - the Junior Boys team will be holding a sausage sizzle again this Saturday and every home game for the rest of the season. Please support them and don't bring lunch!

**C GRADE PLANT RAFFLE** - Won by Anna Taylor, who has no illusions about her gardening skills, so kindly donated it back for a redraw. Second winner was Shelby Davis. Next week's roster is Vanessa & Deb.

*Thanks to Letisha Marshall, Suzanne Reeves, Leonie McIlree, and (I know I've missed someone, there is about twenty different styles of writing) everyone else who takes game notes for me.*

*Danielle Robertson*

## GAME TIMES FOR 21/05/05

*Lake Grace v Narembeen*

<b>Junior Boys</b>	<b>9.45 am</b>
<b>C Grade</b>	<b>11.00 am</b>
<b>B Grade</b>	<b>12.00 noon</b>
<b>A Grade</b>	<b>1.45 pm</b>

### Junior Boys: Round 3 - 7th May 2005

#### *Lake Grace v Bruce Rock*

Jamie Eggers made his debut as goalie this week against Bruce Rock. Well done Jamie. The game started with Lake Grace performing strongly in attack as well as putting in a solid defence. Bruce Rock realised they had some work to do. It wasn't until the last five minutes of play that Lake Grace finally broke the barrier with a well deserved goal, before the half time whistle blew.

At half time Lake Grace made a few positional changes, as did Bruce Rock and it seemed to work for them. They began to break Lake Grace's defence position with some solid passing and scored early in the second half. This goal gave them reassuring confidence and it wasn't long before they scored again. However the best play of the day was seeing Benn Tomkins run the ball down (when everyone had give up and thought it was going over the back line) slamming it into the D at a full run where John Curtin positioned on the post directed it into the goal. Thus evening the score.

Bruce Rock began to apply the pressure and were paid off with the advantage.

Both sides played a solid game.

Final Score: 2-5 Bruce Rock

Goal Scorers: Nat Curtin and John Curtin

*A big thankyou to Jacki McGlenn for coaching this week.*

### Junior Boys: Round 4 - 14th May 2005

#### *Lake Grace v Kulin*

With 15 players all ready to go this week lake Grace flew off to a good start and scored within the first 10 minutes of play.

With Lindsay constant and focused on interchanges Lake Grace maintained their momentum and scored again with some great passes.

Kulin earned themselves a short corner which paid off, putting them on the score card.

Kulin's long shots only increased Lake Grace's determination to keep the ball out of their D. However they did manage to score after a great run on by one of their players. Well done.

To Lake Grace's credit the half back's and forwards produced some terrific passes with each other, ending the first half with a 2-5 lead.

In the second half we saw some great play by both sides, evenly matched and both having the opportunity to score, which they did.

Final Score: 6-3 Lake Grace

Goal Scorers: Nat Curtin  
Brody Cameron  
John Curtin  
Paul Curtin

*Genni Curtin*

## TUTTI FRUITIS

The High School girls netball team that travels to Katanning every weekend has had a very successful start to the season. On 7<sup>th</sup> May they played the Cardinals Bombers team and won 29 to 22. On 14<sup>th</sup> May they played Wagin and won 47 to 13.

Lauren Bushby and Lisa Clarke work well at both ends of the court, alternately playing in Goal Keeper and Goal Shooter. Rhiannon Wallace dominates the defence in her position of Goal Defence and intercepts many attacking moves of the opposite team. Sam Miller is developing into a handy player able to play at both Goal Defence and Goal Attack. Caitlyn Beggs, Rebecca Bushby, Sarah Bushby, Jayne-Marie Argent, and Shona Garlick can all play in any of the centre third positions with great versatility and also fill in the other positions when called upon to do so.

Shona and Caitlyn threw some great goals when

playing at Goal Attack last weekend. Unfortunately Sam Miller badly rolled her ankle last weekend and may be out for a few weeks. We look forward to Nicole Chappell coming back into the side in July after a dislocation of her knee before the start of the season.

Rhiannon Wallace, Lauren Bushby and Lisa Clarke have enrolled in the Junior Umpiring course that is run by the Katanning Netball Association. It is a credit to these girls that they are prepared to give something back to their sport and be prepared to umpire. Well done.

Next week the girls play against Kojonup 1 with a 9.30 game. Anyone who may be in Katanning, feel free to come and watch, I'm sure the girls would appreciate your support.

*Debby Clarke*

## LAKE GRACE/PINGRUP NETBALL NEWS

Round 3 of the season saw the B grade girls come up against a strong Borden team. The girls came out strong to try and grab their first win for the season but it seemed the Borden girls were just too strong and pulled away to defeat Lake Grace Pingrup. A good game was played by all players.

Round 4 and we all travelled to Gnowangerup to play inside on the wood.

The B grade team went out strong and fought hard through out the game. With good passing and leading from all the girls it wasn't enough for them

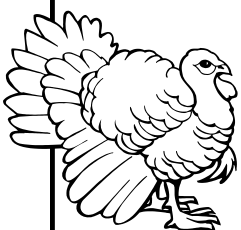
to come out winners with Gnowangerup taking home the points.

The A grade girls came up against a Gnowangerup team that is always unpredictable. The game saw some good and not so good areas of play. At half time Gnowangerup had a small lead over the Lake Grace Pingrup team. The second half of the game saw the Gnowangerup girls step up a gear and managed to get a good lead. The girls tried hard to keep up but Gnowangerup managed to come out on top and take the points home.

*Annie Kuchling*

### Feel Like Turkey??

**Be in it to win it!  
Come out and play Turkey  
Day at the Lake Grace  
Golf Club on  
Saturday 18th  
June**



If you don't play like one there's a fair chance you could win one!  
If you have any queries ring

### Don't forget Australia's Biggest Morning Tea

Hosted by the Anglican Guild

**Thursday May 26th  
10am start  
At the Art Space**



Spend quality time over a cuppa with friends while raising money for a worthy cause.

All funds raised go to the Cancer Foundation



# FOOTBALL RESULTS

Round 3 - 7th May 2005

## League:

Lake Grace/Pingrup 15 goals 11 (101) defeated Borden 7 goals 11 (53).

Best: Graeme Watson, James Eaton, Les Ball  
Goal Scorers: Graeme Watson 5, Leon Clarke 3

Led by Graeme Watson Lake Grace/Pingrup outplayed a depleted Borden side. With Watson and Eaton dominating Lake Grace/Pingrup used the wind in the first quarter to set up a match winning lead.

*Boxwood Hills 8 goals 10 (58) defeated Jerramungup 7 goals 11 (53).*

*Newdegate 19 goals 23 (137) defeated Gnowangerup 9 goals 3 (57).*

*Ongerup 16 goals 10 (106) defeated Kent 16 goals 6 (102).*

## Reserves:

Lake Grace/Pingrup 11 goals 5 (71) defeated Borden 7 goals 9 (51).

*Boxwood Hills 14 goals 10 (94) defeated Jerramungup 5 goals 5 (35).*

*Newdegate defeated Gnowangerup by forfeit.*

*Ongerup defeated Kent by forfeit.*

## Juniors:

Lake Grace/Pingrup 8 goals 7 (55) defeated Borden 5 goals 3 (33).

*Boxwood Hills 3 goals 7 (25) drew with Jerramungup 4 goals 1 (25).*

*Gnowangerup 8 goals 10 (58) defeated Newdegate 3 goals 6 (24)*

*Ongerup 11 goals 8 (74) defeated Kent 1 goal 2 (8).*

Round 4 - 30th April 2005

## League:

Gnowangerup 16 goals 23 (119) defeated Lake Grace/Pingrup 9 goals 4 (58).

Best: Graeme Watson, Les Ball, Brendan Desmond

Goal Scorers: Graeme Watson 4

Gnowangerup back to near full strength were too good for Lake Grace/Pingrup.

*Boxwood Hills 25 goals 15 (165) defeated Borden 3 goals 4 (22).*

*Newdegate 18 goals 3 (111) defeated Ongerup 9 goals 11 (65).*

*Kent 17 goals 10 (112) defeated Jerramungup 10 goals 4 (64).*

## Reserves:

Gnowangerup 24 goals 19 (163) defeated Lake Grace/Pingrup 3 goals 3 (21).

*Boxwood Hills defeated Borden by forfeit.*

*Ongerup 17 goals 13 (115) defeated Newdegate 5 goals 5 (35).*

*Jerramungup 15 goals 10 (100) defeated Kent 11 goals 10 (76).*

## Juniors:

Lake Grace/Pingrup 7 goals 10 (52) defeated Gnowangerup 3 goals 6 (24).

*Borden 8 goals 13 (61) defeated Boxwood Hills 1 goal 2 (8).*

*Ongerup 10 goals 12 (72) defeated Newdegate 1 goal 8 (14).*

*Jerramungup 2 goals 3 (15) defeated Kent 1 goal 5 (11).*

## Ongerup Women's Hockey Association Results from 7/05/05

Jerramungup 4 defeated Boxwood Hills 0

Borden 6 defeated Pingrup 0

Newdegate 5 defeated Gnowangerup 3

Kent 1 defeated Ongerup 0

## Ongerup Women's Hockey Association Results from 14/05/05

Boxwood Hill 5 defeated Borden 3

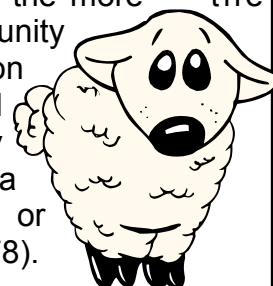
Gnowangerup 4 defeated Pingrup 0

Newdegate 4 defeated Ongerup 0

Jerramungup 5 defeated Nyabing 2

## Can you spare a day or two?

We are drawing up a roster of volunteers to assist in casting the sheep sculptures. We need 2 people per day for 2 days each week over the next three months. You might like to help for one day or ten – the more the merrier. This is an opportunity to learn casting, pass on your skills to others and help out a community project. Contact Tania Spencer (9865 1335) or Michelle Slarke (9865 1878).



# CLASSIFIEDS

## FOR SALE

### TARP OFF CUTS and SMALL PATCHES

Useful for camping, trailers etc.  
Contact CBH Lake Grace District Office  
Phone: 9865 1106

### Delta Goodrem Tickets

4 x A seats  
8th July \$99 each  
Contact Karissa 9865 1361

### Saddle Club Books

Pre-loved, sold separately or in packs of three. Good condition. Great read!  
Phone Emily on 9864 9027

### Fairy Doona Covers

2 x reversible pink and purple patterned fairy doona covers with matching pillow cases.  
Perfect for young girls bedroom.  
Almost teenage daughter sadly outgrown...apparently!  
\$20 each set or \$30 for both.  
Phone Maria on 9864 9027

### For Sale

1 x Jason Recliner  
Brown leather \$500 ono  
Phone 0428 651 314

### Free

The Telecentre has plenty of small cardboard boxes with lids to give away.  
(22cm x 30cm x 25cm deep)

## PUBLIC NOTICES

### Senior Citizens Luncheons 2005

*First Thursday of every month*  
**June 2nd - Parents & Citizens**  
July 7th - Catholic Ladies  
August 4th - Hospital Auxiliary

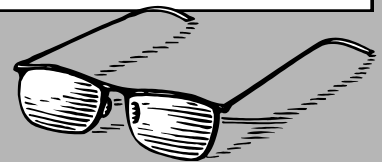
## WANTED

### Old Lino

Old lino - whatever condition  
(to protect our studio floor)  
needed for 'On The Sheep's Back Project'  
Contact Tania Spencer on 9865 1339 or  
Michelle Slarke 9865 1878.

### Spectacles

Lake Grace Lions are collecting used spectacles for use in needy countries. The collection box is at the Post Office.



## PUBLIC NOTICES

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

May 11th  
at the station - starting at 8:00pm  
New members always welcome

### St John Ambulance Senior First Aid Classes

Friday 20th and Saturday 21st May  
8:45 am for a 9:00am start  
\$75 per attendee  
Enquiries to Meg on 9865 1653  
or 9865 1615 a/h

### St John Ambulance

We require drivers to assist with ambulance call outs and transfers.  
Drivers would need to be available to attend an ambulance familiarization course and preferably hold a current Senior First Aid certificate.  
If you are interested, contact either Amanda Milton, Meg Marshall, Lois Dickins or Ollie Farrelly for more details.

## Lake Grace Shire Councillors

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

## ANGLICAN CHURCH OF LAKE GRACE

**Sunday 22nd May**

5:00pm Lake Biddy

**Sunday 29th May**

No Service

**Enquiries:**

Revd Captain Derek McArtney 9865 1064  
Deacon Michael Lloyd 9871 2041

## 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

## Lake Grace Uniting Church

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

See notice board for changes

**Enquiries:**

Bob Burbridge 9865 4020  
John Whaley 9865 1377  
0429 651 378

## LAKE GRACE CATHOLIC CHURCH

Mass Time-Table

**Friday 20th May**

Newdegate 5:00pm

**Sunday 22nd May**

Kukerin 8:00am  
Lake Grace 10:00am

**Sunday 29th May (Communion Service)**

Lake Grace 9:00am

**Friday 3rd June**

Jerdacuttup 7:00pm

**Saturday 4th June**

Hopetoun 6:00pm

**Sunday 5th June**

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

*Inquiries: Fr Pierre 9865 1248*

## Justices of the Peace

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



# COMMUNITY CALENDAR

## May/June

Fri 20	Fish & Chip Night - LGS Club Senior First Aid Classes	Fri 27	YAC - Spotlight Fish & Chip Night - LGS Club
Sat 21	Senior First Aid Classes Steak Night - LGS Club Winter Sport Starts - LG/P v Newdegate Hockey - LG v Naremben	Sat 28	Steak Night - LGS Club Winter Sports - LG/P v Ongerup Hockey - Kondinin v Lake Grace
Sun 22	Golf - Foursomes Junior Golf - 9:30am start Farewell to Father George Harvey 5pm	Sun 29	Golf - Stroke Junior Golf 9:30am start
Mon 23	Men's Darts	Mon 30	Deadline for LLN Bulk Rubbish Collection Men's Darts
Tue 24	Junior Boys Hockey Training Shire Health Challenge Gymnastics	Tue 31	Junior Boys Hockey Training
Wed 25	Pizza night at Rosie's LG Sub Centre St John Ambulance AGM Senior and C Grade Hockey Training Netball Training at 6:00pm Ladies Darts	Wed 1	Pizza Night at Rosie's Netball Training at 6:00pm Senior and C Grade Hockey Training Ladies Darts
Thur 26	Biggest Morning Tea at the Art Space Playgroup - 9:30-11:30am Dr Annie Irvine Dr Annie Irvine	Thur 2	Playgroup - 9:30-11:30am
Fri 27			<b>Coming events</b> 4th & 5th June - Cardboard construction workshop 13th June - LGDA and Tourism meetings 14th June - Well Women's Clinic 18th June - Turkey Day 19th August - Daffodil Day Stall

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