

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

24th May, 2007

\$1.10 inc GST

Vol 13 Issue 9

Saving A Life in Lake Grace



Jamie Bell and Jaimee Withnell breathe life into their Anne's.

Fifty eight school children from Lake Grace District High School compressed and blew their way toward the record books when they were part of last weeks Save A Life Day. Sponsored by SGIO and organized by St John Ambulance, Lake Grace took part in the effort at breaking the Guinness World Record for the largest CPR training session.

First there was an introduction to Anne, the mini manikin in the box who was going to help the children learn how they had the potential to save a life. Once familiarized with everything in their kit an instructional DVD was put on the big screen with further instruction from St John Ambulance Officer Lois Dickins to listen, listen and listen.

Once Anne was fully inflated it was time to learn chest compressions. With enthusiasm unleashed it was full on bobbing, 58 heads bouncing up and down as everyone was desperate to bring Anne back from the brink. Mrs Dickins then explained to the children that as wonderful as their display of enthusiasm was, they had to conserve their energy; otherwise they may not be able to keep their life saving efforts going until the ambulance got there.

Then it was time to check for a response. Was Anne responsive? Give her a little shake by the shoulders, talk loudly. If she's not reacting, get someone to dial 000 for an ambulance, if you're alone do it yourself. Children were asked to call

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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.

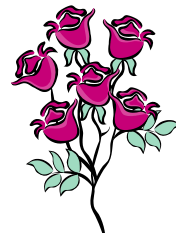
Next Deadline: Friday 1st June
Next Edition: Thursday 7th June

A very BIG thank you

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

Leanne Mahoney
Gwen Oliver

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

- Local phone books are now available. They are \$5.50 each. If you were one of those organised people who got a copy when they were first at the Post Office, you may need a page replaced. If you have the page beginning on Newton and finishing on Owen repeated, please come to the Telecentre and we will replace that page. There is only 4-6 copies that need fixing.
- The Telecentre may be in a position to have a photo kiosk on the premises that prints 6" x 4" digital photos for 19 cents per copy. Would you get any use out of this kiosk? Please let me know if you think you would. We have had a few show interest in this machine, unless I get more interest there is little point in me looking into it.
- Many moons ago the Telecentre was granted money to develop a 'Welcome package'. The package would be for new residents and would include information about our local clubs and associations. Could everyone please read the list on page 6 and make sure that your group is included. I know I have to have missed a few. If you are not included then you could slip off the radar, every group is important. The main information we need is meeting times and dates, costs of membership and a point of contact. The point of contact does not need to be an office bearer.
- Roadwise is back on track with our new Road Safety Officer starting recently. Enjoy the 'Belt Up' banner as it will be heading off to another community very soon. A 'Kids and their Olds in Cars' afternoon will be held on Friday 15th June. All high school students will be taking part, the aim is that one of their parents will also participate. It's an opportunity for the students and their parent/s to learn about changing a tyre (and that's not speed dialing your father), where to put the oil, water etc. Participants will also get an opportunity to look at a vehicle that has been in a crash and learn about crumple zones, air bags and what happens to a car during impact.
- Unfortunately we weren't successful in obtaining First click money so there won't be any more free courses held over the next 12 months, unless I can obtain funding from somewhere else. Not the end of the earth as I will be able to go for it again next year.
- If anyone would like to put family birthdays and anniversaries in the Birthday Book they are more than welcome. It is a good idea to get the date correct and it's also a good idea to make sure the birthday boy/girl is OK with having their special day plastered in the Lakes Link News.
- If anyone has a spare hour up their sleeve every second Monday afternoon, we could do with some help with proofreading. Give me a call if you are able to assist.
- We welcome any news of what is happening around town, if you know of something then please give us a ring. I'm not always available to take photographs but something can always be worked out. If you can provide us with some brief notes of the event in question that is also of help. Thank you to Tania Bray for her continued support with Playgroup Notes and for writing the article on the opening. Well done also to Marcus for doing up an article on the Road Crash Training Course, every little bit helps and it is all appreciated. Of course our sports writers continue to impress.

Suzanne Reeves

Thanks to Collators of the Last Edition

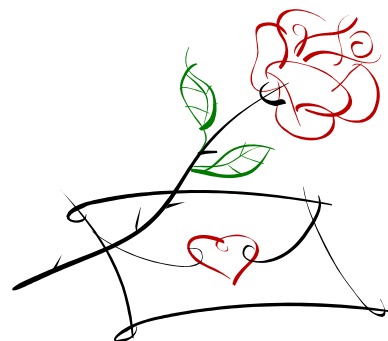


Trish Medlen
Leanne Mahoney
Maurie Gilson
Mary Naisbitt
Magdalen Trevenen
Jenny Power
Gabby Trevenen

Thank You

The Jensen family would sincerely like to thank anyone who telephoned sent cards or attended the funeral of our dearly beloved Mother Lily.

She was a very special lady to all who knew her and will be missed by us all.



LAKE GRACE DEVELOPMENT ASSOCIATION

Presidents Report 2006/2007

Firstly I would like to thank everyone who has attended our meetings this year. I know everyone is busy but the depth of knowledge and commitment to this association is gratifying. This is why we continue to achieve great results from our many projects. To Deb Clarke, Michelle Slarke, Mark Burbridge, Lesley O'Neill and Terry Gladish, thank you for the added commitment of an office bearing position.

While the year may have seemed very quiet there is always groups working away on their own projects and we offer them a voice and a link to the shire through regular meetings with them. We are also incorporated which is a help to groups who are not. This is some of the projects that the Development Association is involved in:

On The Sheep's Back Project: Is still a work in progress and more research is being carried out on the armatures so that the sheep are strong enough to stand the test of time. The group is gearing up to have some community involvement soon. There will be sheep in Stubbs Street soon.

Lake Grace Shire Visitors Centre: This group of volunteers offers tourist a valuable service. It promotes what we have to offer tourist in our Shire. Their knowledge is very helpful and they can answer the many queries from tourist. It is a fantastic group of people involved in running this very valuable service. Thank you to all the volunteers who man the stationmaster house and greet visitors with a warm smile and valuable information. I have had very positive feed back from tourists who have popped in for information not to mention the fantastic gifts to buy, most of which are made locally.

Townscape: This group have not met this year but have kept an eye on what is happening with the gardens around town. Will meet soon to start some exciting projects for the future.

Youth Advisory Council: Still provides a great service for the teenagers around town and they have been involved in some great work this year. Thank you to Debbie Clarke and her band of helpers. If I were a teenager I would love to join in.

Roadwise: Meetings still held when we have a co-ordinator. New Roadwise Officer, Greg O'Neil, has just started. This group have had some great success with Kids In Cars and many other car and traffic issues.

Regional Ageing Lifestyle Accommodation Committee: This group of people are gradually making

progress with providing Self Funded Aged Accommodation in Lake Grace. Plans have been drawn up and we are following up on how these homes are going to be managed in a group.

Community Bus: A terrific group of people run the Community Bus and at the moment are looking into the Shire taking over the running of the bus.

Recycling: I think this project is done and dusted for the moment. Maybe we can look at being plastic bag free town in the future.

Newdegate Research Station/Narrogin Ag School: Thanks to the work of a small group of people it still looks likely that the Narrogin Agricultural School will be able to use the Research Station for broadacre cropping. The students at the Ag School will be able to gain valuable experience in this area. The Narrogin Ag School and the Lake Grace Agriculture Department have worked extremely hard to pull this project together and are now waiting on the Department of Education and Training to do their bit. Maybe it will be in place for next season – or even harvest this year!!!

Alternative Fuel Group: This group is relatively new but we look forward to some exciting outcomes.

Accommodation Group: This group of people are looking into offering travellers and tourist many different types of accommodation and promoting what we have to offer.

Lake Grace Artist Group: What an energetic group of people and I am continually amazed at what they achieve.

These are just some of the projects that the Development Association has been involved in. Some have just needed us to help them out with lobbying, support or maybe as a sounding board. As a group of committed people we can achieve anything.

When you sit and go though what we have been involved in this year we have been extremely busy and I hate to think what would happen if we did not exist. We are small in numbers but large in heart and would love to have a few more members attend our meetings.

Thank you to all who have contributed to our community in supporting the many projects we have been involved in.

*Helen Bennett
President*



NEED A RUBBER STAMP??

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



- Congratulations to Brad Kimber and Jenni Howe who became engaged recently. The wedding is planned for 2008.
- Greg Power is heading for a warmer and windier climate as he heads to Geraldton to relieve at their Department of Agriculture office for three months. Ross Ramm will be relieving Greg while he's away.
- Congratulations to those 18 students who have achieved 100% attendance rates at school for the first term of school. Those students were Honey Kanodia, Abbey Smith, Cody Giles, Robyn Watkins, Brendon Bell, Ashley Gambuti, Emma Taylor, Jack Trevenen, Elizabeth Curtin, Jordanne Medlen, Gracie Kirk, Bart Trevenen, Nicholas Dunham, Carley Hardy, Kane Pinney, Gabrielle Trevenen, Kristie Pinney and Michael Trevenen.

Proceeds for the day \$512.50

Len Elliott
 Michael Naisbitt
 Meagan Zweck
 Rohan Trevenen
 Alistair Hunt
 Dave Beggs
 Florence Watts



29th May - Ron and Rachel Pelham

Apology

We sincerely apologise to E.N. Karen Newman for omitting you from our thank-you list on the night of Kim's stroke. We had not met you previously so inadvertently attached the wrong name to you. Our heartfelt thanks to you for your wonderful support.

Slarke & McDonald Families

Lake Grace Weather

- Terry Gladish

May Extremes

Highest Maximum Temperature	32.7	3/5/1972
Lowest Maximum Temperature	9.6	31/5/2004
Highest Minimum Temperature	20.2	2/5/2002
Lowest Minimum Temperature	-0.3	27/5/1964



Date	Min	Max	Rain
9/5	5.4	25.0	
10/5	10.7	24.7	
11/5	10.7	25.4	
12/5	15.2	22.5	3.2
13/5	9.6	16.5	
14/5	4.2	16.6	
15/5	10.0	17.3	
16/5	10.5	16.3	
17/5	5.6	19.5	
18/5	8.8	17.0	
19/5	7.4	17.7	
20/5	9.8	16.6	0.4
21/5	2.0	16.6	
22/5	2.0	18.8	
23/5	8.3		

Welcome Package

The Lake Grace Telecentre received funding some time ago to develop a 'Welcome Package'. This is designed to give new residents to town some idea of what facilities are available and how they can access them.

Part of the Welcome Package is a booklet and contact details for some of our clubs and associations. We need your help! I have listed off the names that we already have, if your club is not listed please ring as soon as possible.

Along with the Club / Association we will put a brief description and the name and phone number of a contact person. This does not need to be an office bearer. It just needs to be someone who can be informative and is able to extend a welcoming hand on behalf of their organization.

These are the organizations that we already have. Could you please inform us as soon as possible if

your group is not included. Thank you.

Facilities

- Child Care
- Library / Resource Centre
- Recycling
- Rubbish Removal
- Swimming Pool
- Telecentre

Sporting

- ARC
- Basketball
- Bowls
- Cricket
- Darts
- Football
- Golf
- Gymnastics
- Hockey
- Lake Grace Sportsman's Club
- Little Athletics
- Netball
- Pistol Club
- Riding School
- Swimming Club
- Tennis

Civic

- AIM Hospital Museum
- CWA
- Development Association
- Fire & Rescue Service
- Hospital Auxillary
- LGDHS P&C
- Lions
- Playgroup
- St John Ambulance
- Toy Library
- Visitors Centre

Cultural

- Artists Group
- Book Club
- Lakes Link News
- Village Choir

Health

- HACC
- Hospital
- Doctor
- Child Health Centre
- Allied Health Care
- Private Health Professionals



Seventh Biggest Australian Killer

It is the seventh biggest killer of Australians, it can have no noticeable symptoms until 90% of its function has been depleted and one in three Australians are at risk of suffering from it. It's Chronic Kidney Disease (CKD).

In the lead up to this year's Kidney Health Week it is important for us to learn more about the importance of kidney health.

Kidneys are bean-shaped organs the size of a clenched fist. They are located just under the ribcage and are one of the body's most effective cleaners. They convert the waste and toxins in the body into urine.

There are a number of conditions and lifestyle factors that can have a detrimental effect on kidney health. Common conditions include diabetes, kidney stones and urinary tract infections. All of these conditions can take a heavy toll on the health of your kidneys.

People who are obese, have high blood pressure, who smoke, have diabetes or a family history of CKD, are aged over 50 or are of Aboriginal or Torres Strait Islander heritage are at increased risk of CKD. It is essential that people with these risk factors are screened annually for CKD by their GP.

The good news is that GP's play a significant role in the prevention and in early detection and management of

CKD. Early detection of CKD is essential as the evidence is overwhelming that appropriate treatment early can significantly reduce the progression to pre-dialysis, dialysis or transplant stage. Dialysis is required if the kidney failure is so great the organs can no longer filter waste from the body. Dialysis refers to an artificial process whereby a machine performs the task of a kidney by filtering the blood for toxins.

Screening for CKD is simple and includes measurement of blood pressure, a urine test and quick blood test.

There are also a number of preventative measures you can take to reduce the risk of damage to your kidneys. These include, smoking cessation, consuming only safe levels of alcohol, weight loss and regular exercise. To find out more about these and other interventions visit your local general practice.

CKD is as important as the diabetes epidemic and is taking its toll, both financially and socially on the Australian community with deaths from CKD doubling in Australia over the last 20 years.

If you or someone in your family has any of the mentioned risk factors make an appointment to see your GP and discuss the health of your kidneys.

Do you need housing finance?



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

WE COME TO YOU!

Call our friendly staff on 1800 158 200 or visit www.dhw.wa.gov.au

Road Crash Rescue Training Course

On the weekend of 12th and 13th May, new recruits were put through a Road Crash Rescue Course that was held at the Lake Grace Fire Station. The course involved the use of PPE, Jaws of Life, glass management procedures, how to stabilise a vehicle and other operating procedures. The instructors for the weekend were Mac Johnston, Lake Grace VFRS Area Manager from Albany; Les Hayter, Phillip Peterson and Nathan Wheeldon from SES in Perth.

Lake Grace Volunteer Fire and Rescue recruits Vel Posavac, Derek Stanton, Reid Stubberfield and Dan Clifton-Parks were joined by Tony Beacall, from Dumbleyung. Rob Hutter, a Lake Grace VFRS officer took advantage of the course to refresh his skills.

Saturday started with a theory session in the 'classroom', followed by a BBQ lunch cooked by Captain Bird. The afternoon was spent putting the theory into practice; the new recruits were let loose on some cars from Nick Maalouf's yard, the Smash Repairs not the dealership.

Sunday started with some more practice, followed by a mock accident. The trainees were sent to a car roll over where the driver was trapped inside. Using the skills they had learnt the previous day the trainees set about taking the car apart to allow the easy removal of the casualty (Ray), no thanks to the town drunk (Lawrie) who kept getting in the way. The extrication was carried out in a very professional way. Well done guys.

Thanks to everyone who took part and to Steve Mac for letting us use his yard.



Volunteers stabilise the car.



Peeling back the roof of the car.



The roof is off with the casualty ready to be removed.



Reid Stubberfield and Derek Stanton using the jaws of life to cut through the roof of the car.

Ray Bird would like to thank all the Lake Grace VF&R personnel who gave up their time on the weekend to take part in this exercise.

Bag Making with Crafty Ladies

Craft group had a wonderful day last Saturday learning how to make a patchwork "Square Bag". They were tutored by a very patient Kathy Brigg who recently moved to Lake Grace from Queensland.

There were seven shoulder bags made with each one being quite different although the design was the same. We were all busily sewing with only a short break for an enjoyable shared lunch. Thank

you to Wilna for heating up the yummy sausage rolls, soup, sandwiches, quiche and sweet cakes etcetera.

A big thank you to Kathy for such a fun day and we look forward to having more workshops.

Craft group is held every second Saturday from 11am. Everyone is welcome, if you would like to make some enquiries call Linda Carruthers on 9865 1259.

Next G
Prepaid mobiles
are available from
Lake Grace Retravision
as of Thursday 24th May.



*Right:
Patchwork bag
made at last
weekends
workshop.*



GREAT SOUTHERN FUEL SUPPLIES

ADMINISTRATION OFFICER

Great Southern Fuel Supplies has a full time position available for an Administration Officer in the Lake Grace office. Computer skills necessary, a knowledge of fuels/lubes an advantage but not necessary. On the job training will be provided. The position involves invoicing, processing loading dockets, daily banking and post, customer relations and stock control.

This position has excellent potential for promotion within the company.
Remuneration negotiable.

Please forward applications to:

Helen McWhirter
Great Southern Fuel Supplies
P.O. Box 136,
Lake Grace WA 6353

Or phone Steve or Helen on 9865 1221 for further information.
Applications close 25th May 2007

Circus Skills

Rather than kids running off to join the circus Be Active Coordinator Leanne Gledich brought International Circus Performer, Dawn Strindberg, to Lake Grace to teach some of the local kids a few tricks.

Juggling started with colour handkerchiefs, can't do too much damage there. It then moved on to some 'trickier stuff', with participants juggling in pairs.

It all stepped up a notch when the diabolo (looks like a giant cotton reel running up and down a length of rope) and the spinning plate on a stick (what else could you call it?) were brought out. Although Dawn made it look simple, gravity soon sorted the inexperienced out, definitely not something to practice with Mum's good china.

Subsidised by the Be-Active Scheme (Shire of Lake Grace and Healthway) the aim of the activity was to give kids in the Roe district an opportunity to take part in a different physical activity pursuit. They also went to Newdegate.

To finish off the hour of fun Dawn took a quick stride in her stilts.



Above: Decked out in stilts, Dawn Strindberg steps over the children.



Above Left: Tylah Kennedy practicing her juggling skills.

Above Right: Seaton Willcocks is a picture of concentration as he gets his 'spinning plate on a stick' working.

Lakes District Well Women's Clinic

The next
Well Women's Clinic
 will be held at the
 Lake Grace Medical Centre
on

Monday 28th May

To make an appointment,
 Please phone

Jill Dykes on 9871 9024 or Anna
 Taylor on 9865 1507.



Good Reads for Teens

The Messenger by Markus Zusak

This book is about a guy named Ed who isn't like your average person. He's the messenger. It all started when he foiled a bank robbery, accidentally of course. He hadn't tried to be a hero it just sort of happened. After that he found a card in his mailbox, it was a diamonds card. On the back it had an address on it. Ed ignored it until his curiosity got the better of him. He went to the address and saw something he didn't want to see, he did something he didn't want to do but knew it had to be done. Protect the diamonds, survive the clubs, dig deep through spades and feel the hearts, this was his journey.

Little Women by Louisa May Alcott

Little Women is about four girls, sisters who are very different from one another but in a way quite similar. Meg, the oldest is sensible, Jo is mischievous and Beth is a dreamer while Amy is artistic. On their journey through life they face many decisions, tragedies and complications. The family comes face to face with a marriage and a death. Laugh at their antics and what they manage to accomplish through life.

The Circle by Melaina Faranda

The Circle is about a girl named Tara who is part of a group that makes up the Circle. The Circle meets together on occasions and practice their 'apparent' psychic ability. The group is forced to come together when the guy Tara likes from school is in a horrific car accident. Tara needs the help from her friends within the Circle to draw their magic power and turn the bad luck around. Tara soon starts to have dreams, dreams that seem too real and she'd never had them until Troy's accident. How are her dreams connected to Troy?

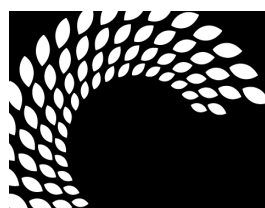
Rebecca Reeves

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

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All Types of Brickwork
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Patis
Gyprock Work
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Wall tiling
Floor Sanding
Sealing & Polishing

Contact Gib
98 201 090 or 0427 201 094



CBH GROUP

SEASONAL EMPLOYMENT

ALBANY/KATANNING/LAKE GRACE

The CBH Group is one of Australia's largest and most successful grain industry organisations with an annual turnover of more than \$900 million. Building on it's established international reputation for excellence in grain handling and marketing, the Group has embarked on an exciting new era of growth and diversification.

This is an opportunity to join a highly motivated team, to be challenged and to receive rewards that match your skills, initiative and performance.

Applications are now open for casual work during the harvest period for positions of Sampler, Weighbridge Officer and Receiving Point Operator.

To be successful you must be available to commence work no later than 1 November 2007 and be able to attend a training course of up to 5 days duration should you be selected for Sampling or Weighbridge.

Length of employment varies and hourly rates are competitive.

Additional information and on-line applications are available by visiting our website.

Applications close 30 June.

Contact our offices for further enquiries:

Albany - 9845 5555

Katanning - 9891 1000

Lake Grace - 9865 1106



cbh.com.au

SCIENCE AND STUFF

Online Encyclopaedia to Catalogue World's Species: Scientists say all 1.8 billion known plant and animal species will be listed in an internet-based Encyclopaedia of life under a \$US100 million (\$A120.8 million) project. The 10-year scheme, launched with initial grants of \$US15.1 million from two US-based foundations, could aid everyone from children with biology homework to governments planning how to protect endangered species.



The free encyclopaedia will blend text, photographs, maps and videos in a common format for each. It will focus mainly on animals, plants and fungi, with microbes to follow. Demonstration pages at <http://www.eol.org> includes entries about polar bears, rice, death cap mushrooms and a "yeti crab" with hairy claws recently found in the South Pacific. English will be used at the start, with translations to other languages to follow. Species will be added as they are identified.

Aborigines descended from Africa: A new genetic study says Aboriginal Australians are descended from the same modern human ancestors who left Africa to populate other parts of the world. The study supports the Out of Africa theory about the origins of modern humans, but scientists disagree over how many entry points people used to reach Australia.

University of Cambridge evolutionary geneticist Dr Toomas Kivisild and colleagues have reported their study online on May 8th in the Proceedings of the National Academy of Sciences. Dr Kivisild says the team analysed samples of Y chromosomes and mitochondrial DNA previously collected from Aboriginal and Melanesian people. "All these lineages trace back to the same Out of Africa migration," he said. The researchers say modern humans left Africa somewhere between 50,000 and 70,000 years ago, travelled along the coast of India and down through south-east Asia, before splitting off into Papua New Guinea and Australia.

The Out of Africa model points that a single wave of modern humans fanned out from Africa, replacing early humans as they went. It counters the alternative "regional continuity" model that suggests there was more complex interbreeding among humans who had evolved in different parts of the world. According to this model, there were multiple waves of migration to Australia, which helps explain the diversity in appearance of Aboriginal communities today. Dr Sheila van Holst Pellekaan, an Australian molecular anthropologist from the University of New South Wales, agrees that genetic evidence supports the Out of Africa theory for modern humans. Samples of her collection of human DNA were used in the analysis. But she says that they may have been a bit selective in that they may have also had people come down the northern route and across different island crossings. (from ABC Science Online by Anna Salleh).

The Billionth Seed: The UK's Millennium Seed Bank, part of the Royal Botanic Gardens and home to the world's largest collection of wild seeds, has banked its billionth seed. It is from an African bamboo, *Oxytenanthera abyssinica*, collected in Mali, and will be banked in a ceremony next month.

Slip Slidin' Away: Arctic ice is melting nearly three times faster than computer models predicted. Julianne Stroeve of the National Snow and Ice Data Center in Boulder, Colorado, and colleagues came to this conclusion after comparing past predictions with actual measurements of ice loss in the Arctic (Geophysical Research Letters, vol 34, P L09501).

Older People are Better Losers: They say that wisdom grows with age. Perhaps it is also accompanied by the ability to look on the brighter side of life. A study of adults over 65 suggests that they experience fewer negative emotions than younger people when anticipating losses. Gregory Larkin of Stanford University, California, and his colleagues gave a group of adults aged over 65 and a group of 19 to 27 year olds a task in which they had to respond to a cue to either win money or avoid losing it. Their brain activity was monitored during the exercise using functional MRI, and participants also reported their own feelings towards a potential loss or gain.



In both the self-reported response tests and the analysis of neural activity, the older people were less negative about the prospect of making a loss. Specifically, older adults showed less neural activity in the insula and caudate regions of the brain, which are thought to have roles in processing certain emotions. Positive responses to potential gain remained the same regardless of age. "This could be an adaptive process occurring over an individual's lifetime, helping to reduce anxiety as they get older," says Larkin (Nature Neuroscience, DOI: 10.1038/nn1894).

A Cup or Three of Green Tea? Green tea is good for you, but only if drunk in moderation. While the polyphenols in green tea are credited with preventing heart disease and cancer, it seems they can cause liver and kidney damage if consumed in very large quantities, a review of studies into the toxicity of polyphenols has shown. It is stressed that up to 10 small cups of green tea is fine. Problems are likely in people who take supplements which can contain up to 50 times as much polyphenol as a single cup of tea. It has been reported that people with high liver toxicity after overdosing on green-tea based supplements, their symptoms disappeared when they stopped taking pills, only to return when they started taking them again (Chemical Research in Toxicology, vol 20, p 583).

Maurice Gilson

LAKE GRACE HOSPITAL

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

HACC Happenings:

4th Friday Activity Day

Friday 25th May

10:00 am—1:30 pm Lakes Village Hall
Sitting Chair Dances, Games & Trivia
Light Lunch provided—\$5.00 each
RSVP to 9890 2222



**Lake Grace District
High School Choir**
at the Lakes Village Hall
Tuesday 29th May
11:30 am—12:30 pm
All interested seniors are

welcome.

Sausage Sizzle to follow—\$3.00 each
RSVP Friday 25th May ph: 9890 2222

Foot Clinic: Tuesday 5th June
9:00—12:00 in Lakes Village Hall

Immunisation:

Lake Grace

Thursday 14th June
10:00—12 midday

Lake Grace Medical Centre

Newdegate

Wednesday 6th June
10:00—11:30 am

Newdegate Surgery

NB: Bring your book and Medicare Card.

For any Child Health queries call Elizabeth Trevenen ph: 9890 2246 .



Visiting Allied Health Staff:

Physiotherapist :

Tuesday 29th May (weekly visits)

Occupational Therapist:

Tuesday 19th June (fortnightly visits)

Speech Therapist :

every Tuesday

For appointments or information about all
Allied Health services contact Primary
Health, Narrogin **ph: 9881 0385.**

TEL: 9890 2222 FAX: 9890 2202

Improvements to our Hospital



We are fortunate to be able to have some work undertaken to improve the hospital.

Starting very soon, the old sunroom area is to be demolished and replaced. The existing lounge room and adjacent areas will then be renovated to create a larger room. This will be used as an activities and recreation room for residents and inpatients.

Some other work that has been done lately to our hospital include:

- *Painting of some rooms*
- *Electronic sliding doors fitted (still remember to ring the bell before entering the building!)*

Also, the Nurses quarters will be having a facelift with new furniture, window treatments floor coverings and painting. This will help make the building more comfortable for staff and visiting health workers staying over.

“Triple P”

Positive Parenting Program

**A program will be held in Lake Grace,
starting next week**

Wednesday 30th May 2007

Please contact Elizabeth Trevenen to
register on ph: 9890 2246.

Swimability

[Hydrotherapy exercise program]
Fortnightly trips to Narrogin Leisure Centre:
Monday 28th May & Monday 11th June
Phone the hospital for more information
on ph: 9890 2222.

Recreation Upgrade Continues

Contractors laid the asphalt for the netball and tennis courts over the weekend of the 19th and 20th May. With the mixed asphalt having to come from Bunbury, time was at a premium to get the hotmix spread before it cooled.

A thickness of 25mm was put on the netball / basketball courts, while the tennis courts only has 20mm laid as they will be having a synthetic surface put over the top.

Temporary lineage will be painted on the surface of the netball courts so that they can be used for the fixtured game on 9th June. Following this, the flexipave will be laid and the courts will be marked for both basketball and netball. It's hoped all will be ready in time for the preliminary final on August 25th that Lake Grace will be hosting.

The synthetic surface will be laid on the tennis courts prior to the beginning of the tennis season in October.

A busy bee was held over the Sunday so that temporary fencing could be erected to protect the court areas. Another busy bee is to be held for the

installation of the light bases, after which the lights will be installed. Existing lights on west side of second oval have been reconnected, the hockey girls will be trying these out at training this week.

The piles of gravel will be spread for the base of the parking area, all in time for the Great Southern Colts Carnival on the weekend of June 16th and 17th.



Asphalt being laid for the tennis courts.



Bob Spurr looking handy with the shovel.



John Read and Jason Willcocks.

Lakeway Hair

If your hair is dull and lifeless come in for a shampoo, clear gloss conditioning treatment and blow dry - **\$60.00**

If you have dandruff
come in for:
Shampoo,
anti dandruff treatment
and a 250ml shampoo
plus blowdry
\$60.00



Also new winter colours in stock!
Book in for a new colour and buy three products and receive a L'Oréal brush, lip gloss and bag for FREE

Call Sissa now on 9865 1056

Lake Grace Playgroup Opening



Above: Clancy and Maisey Lay (sitting); Ruby Stanton (behind); Georgina England; Abbey, Jacob and Harry Strevett; Rose Wilkins (front); Connor Bray; Patrick and Izabel Majewski; Ava Rawlings; Sophie and Aimee Fisher (front); Josh and Kira Pearce.

On Sunday 20th May the Lake Grace Playgroup held an Opening to celebrate the union between the Lake Grace Uniting Church and Playgroup and that we now have a permanent home after 31 years.

Lake Grace Playgroup was started in 1976 by Pam Lannin and Bev Baxter – wife of the Uniting Church Minister at the time. They held their weekly session on the lawn at the minister's house (now Geoff and Denise Sabourne's) for approximately six weeks to see how it would go. After six weeks of great support they moved up to the Anglican Church. In the next 30 years Playgroup has resided in the Catholic Parish House, the Pavilion and the Kindergarten Building. Last August, with the uncertainty of what was happening with the Kindy building, it was decided to set about finding Playgroup a permanent home.

The Uniting Church was approached and asked if they would be willing to allow us to hold our weekly sessions at the Church. After discussions they decided it would be a great way of supporting the community and having the Church used on a regular basis.

To make the area child friendly a fence had to be put up. Thanks to our Dad's, a fence was put up in a weekend and we now could see a light at the end of the tunnel. We tidied up the gardens, spread some sand around and put a covering of mulch around to stop the unwanted weeds. One of our weekly activities was to plant some seedlings in the front garden beds, so hopefully we will see some colour soon!

An Opening was organised to say thanks to all members and the community for their support over the last few months. The Uniting Church arranged for a Family Service and morning tea before the opening. After an energetic round of singing the kids – big and small - enjoyed the activity of making people out of fruit. This was to symbolise that we are all a family even though we may be different. All then enjoyed a lovely morning tea and a chat.

With the weather being nice and sunny we were able to enjoy the outdoors. At 11.30 the short formalities were started with myself saying a few words on behalf of playgroup. Rev John Whaley said a short blessing and

presented each family with a small gift from the Uniting Church. With the sausages cooking for lunch the kids were entertained with a treasure hunt and face painting.

An enjoyable day was had by all and I would like to extend an invitation to all parents/carers of children from 0-5yrs to come along.

Tania Bray



Above: Tineke Conlon, Aimee Fisher, Emma Fisher, Sophie Fisher, and Ava Rawlings

*Below: Fruit people
Right: Kira Pearce*



Consumers Keen to Buy Australian Produce

Member for O'Connor, Wilson Tuckey MP, advised that new research reveals consumers are keen to buy Australian made products – findings that support the Government's introduction of a new 'Australian Grown' logo for packaged food products.

An 'in-supermarket' trial clearly showed that consumers wanted to know more about where their food was produced and were keen to buy Australian grown products.

Consumers' preferences were tested at a Coles supermarket in Victoria over a six-week period last year. Labelling was put in place on shelves in the supermarket for the trial, indicating which item in a range of products was 'most Australian'. Fruit juice, frozen and canned vegetables, canned fruit, and rice were used for the trial.

Almost 75 per cent of the supermarket consumers who took part in the study indicated they were prepared to pay more for an Australian product even when a cheaper imported product was available – provided the items were of equal quality.

Around half of the shoppers revealed they would consciously seek out Australian products simply because they were made in Australia. The results have been analysed and incorporated into the planning and

development of the 'Australian Grown' initiative.

The results of the trial endorse that clear labelling of Australian grown products would be welcomed by consumers.

With this in mind, the Government, in consultation with industry, developed the 'Australian Grown' label. Under the new rules, the logo and the words 'Australian Grown' will be able to be applied to products where all the ingredients are grown in Australia and virtually all of the processes involved in production or manufacturing occurred in Australia.

Bean Woods **Chiropractor**

Will be at the
Lake Grace Medical Centre
every month starting on
Thursday 31st May.

Phone 9881 4724 for appointments.



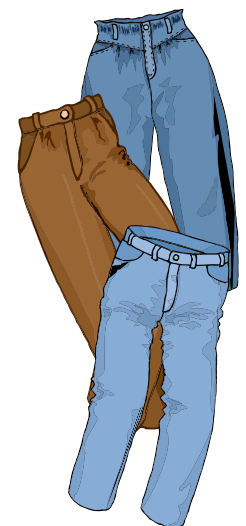
Shop 5, Lakeway Shopping Centre,
22/23 Stubbs Street, LAKE GRACE
Telephone 9865 1465

FASHION FOR THE SALT OF THE EARTH

Winter Warmers...Winter Warmers...Winter Warmers

Ladies, treat yourself to a pair of winter
pants
and get your second pair at half the price.

This offer will end on Saturday 9th June
so get in quick to take advantage





Shire of Lake Grace

NEWS & NOTES

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

TOWN ROADSIDE BULK RUBBISH COLLECTIONS

Lake Grace and Newdegate
Tuesday 26 June 2007
Lake King and Varley
Wednesday 27 June 2007

***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.



ATTENTION

Lake Grace and Newdegate
Residents

**As of 14 May 2007 the kerbside bin
RECYCLING SERVICE can NO LONGER ac-
cept
GLASS BOTTLES & JARS**



Warren Blackwood Waste has advised that as there is currently no market for glass they will cease collection of glass bottles and jars for recycling at this time. Hopefully this may change again in the future - in the meantime all glass bottles and jars need to go into your regular green wheelie bin.

Community Safety and Crime Prevention Project

'A Shire of Lake Grace project in partnership with the Shires of Kulin and Dumbleyung and the Office of Crime Prevention.'

The Shire of Lake Grace, with various partners, is developing a plan to address key community safety and crime issues in the Shire for the next three years. The plan is a partnership between the shires of Lake Grace, Kulin and Dumbleyung with the Office of Crime Prevention.

Consultant Colin Holt from the ARID group is working with reference groups in each shire to provide an understanding of local safety and security issues. Residents in those shires have completed a survey which identified key priorities. Shire of Lake Grace residents identified the following priorities:

- Road Safety, local traffic issues and hoon behaviour
- Awareness of community safety and property security including rural property
- Designing public spaces for community safety and crime prevention
- Drug and alcohol related issues
- Youth and Youth Activities

Mr Holt and the reference group will now draw up a draft Community Safety and Crime Prevention Plan with local and regional strategies to address the above priorities.

Michelle Slarke
Development Officer

RATES REMINDER

A recent review of outstanding rates shows there are still a number of ratepayers who have not paid their last instalment for the 2006/07 financial year. The rates for the 2007/08 financial year will be raised in early August. If payment has been overlooked please arrange to have the outstanding amount paid as soon as possible. If there is any reason payment has not been made please contact Danielle Robertson at the Shire to arrange a payment plan.



LAKE GRACE DISTRICT HIGH SCHOOL NEWS



Department of
Education
and Training

During Term 1, the Year 1 students read the story *The Gingerbread Man*. To complete this unit of work, we made Gingerbread Men and Women in the last week of school. Here are some photos of the Year 1's making their Gingerbread people.



Above: Emily Younger (left) Travis Hutter (right)



Above: Abbey Trawinski (left) Izzy Seward (right)



This term the Year 1's are learning about animals. Below are some photographs of the Year 1's playing in our Vet Surgery and reading books about animals in our book corner.



Above: Isabella Hendry, Eibhlis Newman and Brock Bowron reading books on animals.



Above left: Brad Clunie looking after a cat with kittens in the Vet Surgery.

Above right: Travis Hutter and Isabella Hendry listening to the cat and kittens heart beats.

Left: Mia Gooch and Caylah Vlasich looking after a koala in the vet surgery



At the end of Term 1, the student councillors ran an Easter Hat parade. Kyra Walker, Lachlan Power and Mia Gooch were the Year 1 students that participated.

Photo at Left (l to r): Mia Gooch, Kyra Walker and Lachlan Power.



LAKE GRACE DISTRICT HIGH SCHOOL NEWS



Department of
Education
and Training

Throughout Term 2, the students of Lake Grace District High School will have the opportunity to develop their carpentry skills thanks to the generosity of Mr Wayne Trawinski and the Lake Grace Shire. Mr Trawinski very kindly volunteered to share his skills with the students from years 7 – 10.

Under the supervision of a classroom teacher, Mr Trawinski assists the students in developing their skills and their knowledge of the range of tools and equipment needed to design and construct their projects.

The students have created their own designs and will be constructing various items ranging from spice racks, CD racks and wooden pencil cases to coffee tables, bird houses, storage shelves and side tables.

Lesson one for the term commenced with the students being given a lesson on safety in the Design and Technology room. The student's designs were then checked by Mr Trawinski and after a brief consultation the students were then given their pieces of timber and set to work in measuring and cutting their timber to the required lengths.

The students have worked enthusiastically on their projects over the past few weeks and many of the designs are beginning to take form. It will be very exciting to see their final products towards the end of the term.



Beau Bowron and Matt McWhirter's coffee tables begin to take shape as they use biscuits to glue the lengths together.



Jack Carruthers discusses his design for a spice rack with Mr Trawinski.



Leaf Milosavljevic receives some instruction on how to safely use the biscuit cutter.



Michael Trevenen makes light work of cutting his timber by using the mitre saw.

Saving A Life in Lake Grace *(cont.)*

000 on their 'mobile', a simulated conversation with the emergency call centre was then acted out. Where were they? Did they know the street name? What happened? Was the patient breathing?

Check the mouth and clear the airways. No point trying CPR if Anne's got a mouth full of seaweed or the crown on her tooth has come adrift. To check for breathing the children were instructed to look, listen and feel. With Anne not breathing it was time to give her the kiss of life. Two quick breaths and it was time to look, listen and feel again before giving her 30 compressions.

There was a steady pattern happening with the Lake Grace Shire Hall resounding to the rhythm of breathing, compressions, breathing, compressions. Throughout the exercise Lake Grace ambulance volunteers were helping the children with their technique.

Lake Grace Sub Centre's President, Amanda Milton, said that even if the children could only remember 'two breaths and 30 compressions' then the day was worthwhile, as that knowledge meant that they could save a life. Mrs Milton emphasized the need to ring 000 when in an emergency situation and encouraged the children to not stand around thinking someone else would take charge of the situation. Participants were able to keep the CPR123 kit and were encouraged to take it home and show the rest of the family how to do CPR.

Judging by the enthusiasm shown on the day, Lake Grace community is well on the way to helping St John Ambulance achieve their vision of having one member in every West Australian household First Aid trained by 2010.

Although the record breaking attempt looks positive, results can not be confirmed until all the data is collected.



Cameron Bushby compressing Anne.



Andi Wyatt monitors her Anne while Caitlyn Trawinski dials 000 for help.



Matt McWhirter listens and feels for signs of breathing.

Medicare

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

BETTER BEEF

With NLIS

FREE courses are being offered in your area to help you to get more value from your NLIS investment.

May 28	Williams	June 18	Geraldton
30	Kojonup	19	Eneabba
31	Wagin	20	Moora
June 6	Gingin	20	Boyup Brook
7	Toodyay	21	Brookton
13	Esperance	27	Dowerin
14	Pingaring	28	Cunderdin

This course will enable you to maximise the benefits of NLIS Technology

- Managing herd health
- Track cattle movements
- Record growth rates
- Assist in selection for breeding
- Select correct weights for sale
- Provide reliable lifetime history
- Access carcass feedback information

This course will showcase working examples, provide economic analysis and have a practical hands on session with NLIS equipment

BOOK NOW – Places are limited

LUNCH WILL BE PROVIDED

Contact Judy Rose on 9777 0000 to secure your place



Department of Agriculture and Food
Government of Western Australia



Australian Government

Department of Agriculture,
Fisheries and Forestry

50 Golden Years of Community Life

Maria Regina Catholic Parish celebrates Golden Jubilee

Holy Trinity, Sunday, the 3rd of June 2007, Maria Regina Catholic Parish will celebrate in thanksgiving half a century of Spirit-inspired community life.



Past and present parishioners, people from local churches and local organisations, and friends of the parish will gather in Lake Grace to celebrate Holy Eucharist. Parishioners have been preparing for this momentous event for a number of years and are looking forward to celebrating with the rest of parishioners from other mass centres in the district and to meeting anew friends who used to live in the Lake Grace area.

Year 2007 is a wonderful time to celebrate the continuing presence of God in the community and rightfully so, it marks the triumph of the human spirit to keep the faith alive in spite of great trials and tribulations. There is every reason to celebrate and the parish will gladly do so in the name of the Father, and of the Son, and of the Holy Spirit.

How a country parish came to be.

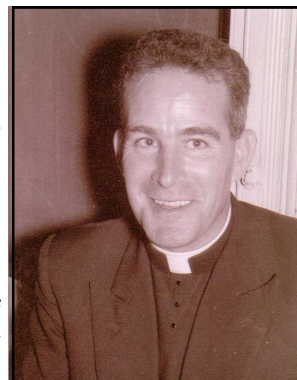
Three years after the establishment of the Bunbury Catholic Diocese in 1954 and two years after the building of Maria Regina Church in Lake Grace and St Thomas á Becket in Kukerin in 1955, the Catholic community in the Lake Grace district became officially a parish in March 1957. They had assumed the name Maria Regina Catholic Parish – a name invoking the patronage of Mary, the mother of Jesus.

The late Most Reverend Launcelot J Goody DD, PhD, the inaugural Bishop of Bunbury, was responsible for creating Lake Grace as a country parish in the Great Southern district. He, too, was responsible for the opening and blessing of the churches in Lake Grace and Kukerin.

The parish is comprised of ten towns namely - Kukerin, Lake Grace, Pingrup, Pingaring, Newdegate, Lake King, Varley, Ravensthorpe, Jerdacuttup and Hopetoun. The geographical extent of the parish is considered to be the largest in the Bunbury Diocese covering a distance of approximately 300 kilometres from Kukerin to Hopetoun and has a land area of 30,000 square kilometres. Alongside the abovementioned two churches in Lake Grace and Kukerin, the parish has two other churches in Hopetoun and Ravensthorpe, erected in 1978 and 1998 respectively.

Prior to 1957, Lake Grace district was administered from the Wagin Parish. Existant records of the earliest presence and ministration of a Catholic priest in the district point to as early as 1912 when Father Moloney

visited the district on his motorcycle. It is held that initially, priestly visitation happened only once a year - during Easter - and when the population and enthusiasm grew, it became more and more frequent. The grace-filled enthusiasm and faithful determination of earlier priests and community members were crucial ingredients in the genesis of this future country parish community. Through God's providence, it eventually became a reality.



Fr Michael Fitzgerald, first parish priest of Lake Grace

Fr Michael Fitzgerald was appointed first parish priest in March 1957. Twenty-four priests have so far served the parish, the current being Fr Pierangelo Repuyan. Side by side with the parish priests were very able sisters, who in most cases traveled with the parish priest to meet parishioners from the different mass centers.

A number of dedicated sisters from the Our Lady of the Missions served the parish from 1964 until 1992. The Sisters from the Our Lady of the Mission began the Motor Mission in the parish featuring what was then called "Bushie School" where the sisters went out to the bush, both near and far, to bring the message of Christ to young children. They traveled all the way from Wagin Parish initially and it was however only in 1970 that the Motor Mission Sisters, as they were popularly known, took up residence in Lake Grace Not surprisingly, the



Sister Patricia Hogan, OLM, was the last of the Motor Mission Sisters who served the Lake Grace parish until 1992. She is pictured here with her "Motor Mission Bike" ready to carry out God's mission for her. Noticeable behind her is the Motor Mission Convent (now the Parish House) and Maria Regina Church. The garden behind her is now the Motor Mission Memorial Garden commemorating the sisters' service to the parish.

50 Golden Years of Community Life *(cont.)*

parishioners gifted them with a new convent in 1978. This convent is currently being used as the Parish House. When the Motor Mission Sisters unfortunately left in 1992, the Josephite Sisters came into and served the parish for a number of years in a non-residential capacity.

After 50 years of community life, much can be said of Maria Regina's robust history. It has gone through 50 years and will keep on celebrating God's love and presence in the community. Though its geographical size remains the same and the population has noticeably been declining through the years, Maria Regina will continue to be a beacon of life and hope in the community. The church - the people - will remain resolute in sowing the seeds of faith for the sake of future generations that they too may experience how wonderfully loving our Good Lord is!

How the parish will celebrate its Golden Jubilee.

On the 3rd of June 2007, Mass will be presided over by Most Reverend Gerard Holohan, DD, Bishop of Bunbury at 10 o'clock in the morning in Maria Regina Church, Lake Grace. During the Mass, symbols of the community's faith will be presented to the Bishop as a On the Feast of the gesture of thanksgiving to God. Rainwater, farm produce such as wheat, barley and wool, a wheel, and the statue of Mother Mary will offered up. Rainwater and farm produce are expressive symbols of people's natural environment and life; the wheel represents the role of the Motor Mission Sisters and all those who had and continue to bring the Good News to everyone; and the statue of the Blessed Mother highlights the continuing guidance and protection which Mother Mary lovingly bestows upon the parish. The Blessed Mother will be enshrined in the church built by Nick Trevenen and embellished with two beautiful leadlight panels crafted by Annie Slarke. The leadlight panels picture the Blue Lady Orchid, an orchid native to the Lake Grace district, with patterns of azure blue sky of Lake Grace dominating the background.

After the Mass, the Motor Mission Memorial Garden will be dedicated and blessed by Bishop Holohan. Located

in front of the Parish House, the garden is shaped into a half wheel of natural florals – diosmas, lavenders and rose maries - expressing the travel and the distance the sisters made in bringing Christ to people's homes. The memorial garden is a thanksgiving offering by parishioners and friends for the faith and commitment of the sisters.

Later in the year, the parish will hold a Golden Jubilee Family Weekend in Hopetoun on the 15th and 16th of September. Activities will commence at St Peter the Fisherman Church on the 15th of September, approximately around 5pm, where there will be barbecue and entertainment. On the 16th of September, there will be a Mass at the beach followed by various beach activities.

An invitation to all.

Maria Regina's Golden Jubilee is Our celebration for WE all belong to God's family. The parish offers its sincerest gratitude to God for all those years of His abundant love and care and thanks everyone for their commitment in sharing this same love and care to every person in the parish community and beyond. This is a wonderful reason to be thankful to the Lord. Let us rejoice and be glad!

by Rev Fr Pierre Repuyan, MA, STB

Lake Grace Pre-primary & Kindergarten

Are having a Cake Stall

7th June 2007

at the Lake Grace Plaza

*Lots of yummy home made cakes, slices,
raffles and much, much more.....*

Hope to see you there

Blechynden's Poultry

Tel. 98466055

Pullets

12 weeks \$12 10 for \$110

16 weeks \$14 10 for \$130

30 for \$360

Ducks \$20 pair

Delivered Friday 15th June to

- Lake Grace
- Pingerup
- Newdegate
- Lake King



Thank you

*The Salvation Army would
like to thank the people of
Lake Grace for their
donations of \$900.85.*

*The help from the Lions with
the door knock was great.*

HUMOUR

First Offence

The local District Judge had given the defendant a lecture on the evils of drink. But in view of the fact that this was the first time the man had been drunk and incapable, the case was dismissed on payment of ten shillings costs.

"Now don't let me ever see your face again," said the Justice sternly as the defendant turned to go.

"I'm afraid I can't promise that, sir," said the released man.

"And why not?"

"Because I'm the barman at your regular pub!"

Get Your Own

One day a group of scientists got together and decided that man had come a long way and no longer needed God. So they picked one scientist to go and tell Him that they were done with Him.

The scientist walked up to God and said, "God, we've decided that we no longer need you. We're to the point that we can clone people and do many miraculous things, so why don't you just go on and get lost?"

God listened very patiently and kindly to the man. After the scientist was done talking, God said, "Very well, how about this? Let's say we have a man-making contest." To which the scientist replied, "Okay, great!"

But, God added, "Now, we're going to do this just like I did back in the old days with Adam."

The scientist said, "Sure, no problem" and bent down and grabbed himself a handful of dirt.

God looked at him and said, "No, no, no. You go get your own dirt."

An Inscription Problem

According to the Knight-Ridder News Service, the inscription on the metal bands used by the U.S. Department of the Interior to tag migratory birds has been changed. The bands used to bear the address of the Washington Biological Survey, abbreviated, "Wash. Biol. Surv." until the agency received the following letter from an Arkansas camper:

"Dear Sirs: While camping last week I shot one of your birds. I think it was a crow. I followed the cooking instructions on the leg tag and I want to tell you it was horrible."

Settled the McKinney Suit

A young attorney who had taken over his father's practice rushed home elated one night.

"Dad, listen," he shouted, "I've finally settled that old McKinney suit."

"Settled it!" cried his astonished father. "Why, you idiot! We have been living off of that money for five years!"

Last Wishes

An elderly woman from Brooklyn decided to prepare her will and make her final requests. She told her rabbi she had two final requests.

First, she wanted to be cremated, and second, she wanted her ashes scattered over Bloomingdales.

"Bloomingdales!" the rabbi exclaimed. "Why Bloomingdales?"

"Then I'll be sure my daughters visit me twice a week."

Who Is The Most Obedient?

The father of five children had won a toy at a raffle. He called his kids together to ask which one should have the present.

"Who is the most obedient?" he asked.

"Who never talks back to mother? Who does everything she says?"

Five small voices answered in unison. "Okay, dad, you get the toy."

Mike's Girlfriend

After directory assistance gave me my boyfriend's new telephone number, I dialed him -- and got a woman.

"Is Mike there?" I asked.

"He's in the shower," she responded.

"Please tell him his girlfriend called," I said and hung up.

When he didn't return the call, I dialed again. This time a man answered. "This is Mike," he said.

"You're not my boyfriend!" I exclaimed.

"I know," he replied. "That's what I've been trying to tell my wife for the past half-hour."

Well Done

John was furious when his steak arrived too rare.

"Waiter," he shouted, "Didn't you hear me say 'well done'?"

"I can't thank you enough, sir," replied the waiter. "I hardly ever get a compliment."

The momentous question.

For months Bill had been Lynn's devoted admirer. At long last he had collected sufficient courage to ask her the momentous question.

"There are quite a lot of advantages to being a bachelor," Bill began, "but there comes a time when one longs for the companionship of another being, a being who will regard one as perfect, as an idol; whom one can treat as one's absolute own; who will be kind and faithful when times are hard; who will share one's joys and sorrows."

To his delight, Bill saw a sympathetic gleam in Lynn's eyes. Then she nodded in agreement, "I think it's a wonderful idea! Can I help you pick out a puppy?"

The Redhead

A young Redhead goes into the doctor's office and says that her body hurts wherever she touches it.

"Impossible", says the doctor. "Show me."

She takes her finger and pushes her elbow and screams in agony. She pushes her knee and screams, pushes her ankle and screams.

The doctor says, "You're not really a redhead, are you?"

"No," she says, "I'm actually a Blonde."

"I thought so, the doctor says. "Your finger is broken."

LAKE GRACE PLAY GROUP

President: Karina Jenks 9865 2067
 Sec/Treas: Tania Bray 9865 1412
 Committee: Danielle England 9865 2245
 Tineke Conlon 9865 1054

Over the past weeks the kids have painted and put their hand prints onto a piece of material to make a beautiful banner to display in the church and to celebrate the Open Day.

The inside of the church is looking very colourful with all the kids paintings displayed around the walls.

Hopefully we have some green fingers among us as we have planted some flowers in the planter boxes, which will brighten up the front.

We now have a sign up on the front fence, which looks great and really makes us feel at home. Thank you to Melissa Cugley who had the sign finished for us at such short notice.

In the next few months we will be having another Busy Bee to do some paving and a general clean up again. We would like to get the paving done before we get too far into winter so we don't trudge wet dirt inside. The undercover area will hopefully be completed by summer.

The results of the 1st 6 rounds of the footy tickets are below. Please check your tickets, as Rd. 4 – 61 is still unclaimed.

Thank you to everyone who could make it to the Open Day. We were very lucky to have fine weather. Congratulations to Helen Majewski on winning the lucky

door prize and Tineke for organising a great day.

Next term we will be holding a Toy Auction with the Toy Library. If you have any toys, books etc that you would like to donate please drop them to the Toy Library at the RSL Hall.

Tania Bray

ACTIVITY CALENDAR – 2ND TERM

24th May Free Play/Colouring-in

31st May Playgroup Cakes

7th June Free Play/Play dough

14th June Funny Glasses

21st June Free Play/Drawing

28th June Butterfly Pictures

5th July Free Play/Colouring-in

12th & 19th July School Holidays – no planned activities

Footy Ticket Winners

ROUND	TEAMS	MARGIN	WINNERS
1.	W/Coast v Syd	1	Noel Giles
Purple	Freo v Pt. Ad	16	Tania Bray
2.	W/Coast v Coll	12	Lorraine Seward
Green	Freo v Ess	10	Westpac Bank
3.	W/Coast v Freo	31	Westpac Bank
4.	W/Coast v Carl	61	UNCLAIMED
Blue	Freo v Melb	45	Lorraine Seward
5.	W/Coast v Rich	23	Westpac Bank
Yellow	Freo v Adel	1	Tania Bray
	W/Coast v W.		
6.	Bull Freo v	15	Penny Willcocks
Pink	Bris	45	Retravisson

Scanning

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

We can also download from your digital camera. Enquiries on 9865 1470.

Gnowangerup Family Day - Care

**Day Care will be closed
on the
18th June**

Mothers Day Raffle Winners

1st Skye Gambuti
 2nd Lisa Celenza
 3rd Lyn Ellard
 4th Stella Boyce
 5th Julie King
 6th Oliver Lloyd-woods
 7th Delva Russell



Lake Grace District High School



Expression of Interest

GARDENER-HANDYPERSON

18 HOURS PER WEEK
(3 X 6 HOUR SHIFTS)

This position is available for a fixed term 18 JUNE 2007 through to 7 SEPTEMBER 2007 with possible extension.

A comprehensive job description and selection criteria are available on request from Lake Grace District High School.

Details for Application:

: A resume (recommended length no more than three pages, including the names of two referees—one of which is a current line/manager employer).

: A statement addressing the selection criteria (recommended length one to two pages).

Mark applications Private and Confidential and forward to:

The Principal
Lake Grace District High School
School Place
Lake Grace WA 6353

By 3.00pm 30th May 2007



Snippets from St Anne's Anglican Church

Bishop David Bunbury's visit

The congregation of Saint Anne's celebrated Mass with our Bishop, David Bunbury on Sunday May 13th. We also took the opportunity to welcome Wally Perry into the church as a confirmed member.

Worship times

Lake Grace
Sunday 27th May 9am
Sunday 3rd June 9am (short service)

Bible reading Ephesians 1:3-23

Enquiries

Terry Gladish (08) 9865 1022
Wally Perry 0427 919 368



Photos:

Left: Mr Terry Gladish, Mr Wally Perry and Bishop David Bunbury following Wally's confirmation.

Above Left: Mrs Marion McColl and Mrs Shirley Elliott both enjoyed the Mother's Day service.

Above Right: Mr Arthur Slarke, Mr Megan Stewart and Mr Wally Perry enjoy fellowship after the service.

Pingrup Telecentre

Forklift Operations WorkSafe Certified

Important changes are occurring to the requirements to operate forklifts in Western Australia.

From 1 July 2007, the National Standard For Licensing Persons Performing High Risk Work (the National Licensing Standard) will require operators of forklifts to hold a National Licence issued by WorkSafe.

1 day Workshop
- Experienced Assessment only -

Cost of the course will be \$220 plus \$68 for the Certificate.

All small businesses with a registered ABN number can claim back the first \$100 plus 50% of the balance through the Small Business Development Centre.

Web Page Design Course

Are you interested in learning how to create and design your own homepage?

We are in the process of organising a course with an experienced trainer.

A full day's workshop (or 2 half days, depending on numbers) will cost approx. \$90 per person.



Visitors Centre (Stationmaster's House)

Thank you to all the volunteers.

If you cannot do your specified time please ring Mary Naisbitt on 9865 1321.

Any person who can fill the gaps please let us know.

On the roster below asterisks (*) denote time slots. The first time slot is 10am to 1pm, the second time slot is 1pm - 4pm.

**Meeting Monday 18th June @ 3.30pm
EVERYBODY WELCOME**

May / June 2007 - Roster for Lake Grace Shire Visitors Information Centre

Mon 28 * Bill Jenks * Leanne Mahoney	Tue 29 * *	Wed 30 * Kathy Brigg *	Thur 31 * Henk Doelman * Elsie Bishop	Fri 1 * Trish Medlen * Irene McGlinn	Sat 2 * *	Sun 3 * *
Mon 4 <i>Foundation Day Public Holiday</i>	Tue 5 * Sandra Richter *	Wed 6 * Kathy Brigg *	Thur 7 * Henk Doelman * Elsie Bishop	Fri 8 * * Irene McGlinn	Sat 9 * *	Sun 10 * *
Mon 11 * Bill Jenks *	Tue 12 * *	Wed 13 * *	Thur 14 * Henk Doelman *	Fri 15 * Trish Medlen * Irene McGlinn	Sat 16 * *	Sun 17 * *

Get gas

Call 9865 1217

Farmworks Lake Grace
62 Stubbs St, Lake Grace

Now only \$95 (gst inc.)
for 45kg bottle



origin
energy
Authorised Dealer



Welcome to Night Watch for the fortnight, from midnight Friday 25th May, to midnight Friday 8th June. Astronomy is looking up. Never look at the Sun without a proper solar filter and preferably one that fits over the skyward end as your eyes can be quickly damaged beyond repair.

Our local star, The Sun, resides in the constellation of Taurus (the bull), all this fortnight giving off light at magnitude -26.72. This fortnight morning twilight begins on Saturday at 5:29am and at 5:35am by the 8th. Evening twilight ends at 6:38pm on Saturday evening and at 6:36pm by the 8th June.

The Moon on Monday 28th at 5:52am will be at Apogee (furthest), 405,460 kms from Earth. The Full Moon will be at 8:53am on Friday 1st June and 0.4° (close), south of the red supergiant star Antares (the heart of the scorpion). The last quarter Moon will be at 7:32pm on Friday 8th June (there are two full moons in June). The Constellations that the Moon moves through this fortnight are: Leo on 26th at 67%, Virgo on 27th at 76%, 28th at 83% and 29th at 90%, Libra on 30th at 95% and 31st at 98%, Scorpius on 1st May at 100%, Ophiuchus on 2nd at 99%, Sagittarius on 3rd at 97%, 4th at 93% and 5th at 87%, Capricornus on 6th at 79% and 7th at 70%, Aquarius on 9th at 59%.

MERCURY in Taurus sets at 6:30pm in the evening twilight at magnitude +1.2. On Saturday 2nd in Gemini with a disc of 43.1%, will be at its Greatest Elongation East at 23°. Mercury sets at 6:41pm on Friday 8th.

VENUS at magnitude -4.2 in Gemini sets at 8:15pm in the north west with a 54% disc. On Saturday 31st Venus will be 4° (2 fingers at arms length) south of the star Pollux. Venus in Cancer on Friday 8th sets at 8:18pm at magnitude -4.4.

The red planet **MARS** at magnitude +0.9 in the constellation of Cetus (the whale or monster), rises at 2:27am and has a 89% disc. Mars will have moved into Pisces on Wednesday 30th. On Monday 4th at 9pm Mars will be at Perihelion (closest to the Sun), at 206.7 million kms. Mars rises at 2:21am on Friday 8th at magnitude +0.8.

JUPITER the giant gas planet in the constellation of Ophiuchus (the serpent carrier), shining at a bright magnitude -2.6 rises Saturday evening at 5:51pm and is in the night sky all night this fortnight. Jupiter will be 6° (three fingers at arms length) north of the Moon on Friday 1st June. Full disc.

SATURN the ringed planet in the constellation of Leo at magnitude +0.5 sets Saturday evening at 10:41pm. On Friday evening of the 8th Saturn sets at 9:54pm. Saturn has a full disc with rings and moon's.

URANUS the blue/green coloured planet in Aquarius rises at 12:57am on Saturday morning at magnitude +5.9. On Friday 8th June, Uranus rises at 12:07am. Binoculars and a star map with position is needed.

NEPTUNE the grey/green coloured planet in Capricornus rises at 10:50pm at magnitude +7.9. On Friday 8th, Neptune rises at 9:58pm. To find Neptune a telescope is needed (any size), with a star map and position. Ring for further information if needed.

For telescopes the giant red spot (storm) can be viewed on Jupiter on 7th June between 7:05pm and 8:05pm. On Friday 8th at 7:25pm Jupiter's moon IO will moving behind the planet and will return at 10:10pm.

In the north east around 7pm, the bright orange star is Arcturus in Bootes the herdsman. Arcturus is one of the fastest moving stars in our Galaxy and was probably kicked out of the galaxy centre by another star. Arcturus is 11.2 light years away and shines at magnitude -0.05 and is the 4th brightest star in the night sky.

The constellation of Leo is now direct north, and to the east of the sickle is a long triangle, this is Leo's tail. To the north east of the tail there are hundreds of galaxies that can be viewed by a telescope.

Maurice Gilson.

A member of the Astronomical Society of WA Inc.

16 Clarke Avenue Lake Grace.

Phone: 9865 1516. Email: mg111@bigpond.net.au

For any information on strange sightings, viewing or other astronomical questions please ring at any time.

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
26/5	5:12pm	6:55am	1:49pm	1:31am	2/6	5:10pm	6:59am	5:55pm	8:08am
27/5	5:12pm	6:55am	2:14pm	2:25am	3/6	5:10pm	6:59am	6:53pm	9:03am
28/5	5:11pm	6:56am	2:40pm	3:19am	4/6	5:10pm	7am	7:56pm	9:51am
29/5	5:11pm	6:57am	3:08pm	4:15am	5/6	5:09pm	7am	9pm	10:34am
30/5	5:11pm	6:57am	3:41pm	5:12am	6/6	5:09pm	7:01am	10:06pm	11:11am
31/5	5:10pm	6:58am	4:19pm	6:11am	7/6	5:09pm	7:01am	11:10pm	11:44am
1/6	5:10pm	6:58am	5:03pm	7:10am	8/6	5:09pm	7:02am	D.N.R	12:15pm

Belt Up Campaign

In 1971, legislation was introduced requiring seat belts to be fitted to motor cars for all seats. Further legislation made wearing seat belts compulsory for drivers and passengers. In 1995, new seat belt regulations were enacted requiring all children, regardless of age, to be correctly restrained.

The overall goal of the Road Safety Council's Adult Rural Restraints campaign is to contribute to the reduction of road trauma resulting from the non-use of restraints in rural and regional W.A. The 2007 Rural Restraints campaign is designed to educate the community about the risk associated with non-restraint use and to promote greater wearing of seatbelts among young rural males.

The objectives for the 2006 Adult Restraint campaign are to:

- Increase the proportion of the 17 to 39 year old rural males that report they always wear a seatbelt in all driving situations; and
- Increase awareness of the protective effect of seatbelts in all driving situations.

The underlying proposition to this campaign is that wearing a restraint substantially reduces the risk and severity of injury in the event of a crash.

Research indicates that drivers and passengers traveling unrestrained in a car are eighteen times more likely to be killed in a road crash than those wearing a seat belt.

A restraint does two things in a crash. It reduces the force of impact received by a human body and it reduces the chance of being thrown out of a vehicle.

Without a restraint a person in a crash continues to move at the same speed as the vehicle they were traveling in before the crash. The force with which a person impacts the interior of the vehicle is related to their weight and their rate of deceleration. A restraint slows deceleration by 4-20 times, reducing the force of impact and lessening the severity of any injuries sustained. Restraints also buy time for those in a vehicle during which passive safety features (air bags, crumple zones etc.) absorb the kinetic energy in a crash before it reaches them.

Being thrown from a vehicle is one of the major risk factors for being killed in a road crash. Correctly using a restraint is the single most effective means of avoiding being thrown out of a vehicle.

Community education campaigns over the past few years have tried to raise awareness about the perceived susceptibility of being involved in a road crash and the implications that not wearing a restraint might have. A strong call to action "Belt-Up" has also been inherent in all communications. Some attention has also been directed towards raising the profile of enforcement of restraint wearing and the penalties associated with being caught not wearing a restraint.

These campaigns have primarily targeted rural vehicle uses because the proportion of fatalities and vehicle occupants hospitalized after a road crash and not wearing a restraint have historically been higher in rural areas than metropolitan.

Seatbelt Fines More Than Double

Fines for not wearing a seatbelt have increased from \$200 for a first offence to \$500 for drivers and passengers from Thursday April 5 2007.

Courts may impose a maximum penalty of up to \$1,200 for a first offence and \$1,600 for subsequent offences. Demerit points for drivers have risen from three to four points.

Roadwise News

Roadwise in Lake Grace has had a resurgence with the appointment of a new Road Safety Officer, Greg O'Neil. Greg is based in Narrogin but will be making regular forays into the region as he familiarizes himself with the many Shires that he represents.

Greg brought the 'Belt Up' banner with him to the Roadwise meeting last week where it can now be seen, quite conspicuously, on Darren Spencer's fence (photo below). Thank you to Darren for allowing this to happen. The banner will be traveling to different towns, raising awareness of the importance of wearing seatbelts. It has been hung from the boys wing of the Narrogin Hostel and has also been displayed on Bart, Wagin's giant ram.

Currently Roadwise are organizing a 'Kid's and Old's in Cars', which will be held on Friday 15th June. Thank you to Lake Grace District High School for your enthusiasm in this project. Thanks also to Nick Maalouf from Lake Grace Smash Repairs and Ray Bird from Stevemacs for being a part of the day.

Greg will also be following up on the issue of the sitting of practical driving assessments. This will be a real concern to everyone (young and not so young) come July 2008 as our police will no longer be able to carry out this task.



LAKE GRACE ART NOTES

What a wonderful response to our cake stall we had on Thursday. For artists we didn't turn out to be bad cooks! Thankyou to Sandra Richter for helping set up, Margaret Carruthers and Judy Stewart who did a great job of helping me sell all the yummy cakes. Yes every single cake biscuit and slice was sold, thank you to every one who supported us by purchasing. Thank you to all our members for the great effort and the extra people who brought goodies in. We raised a grand total of \$877.15. Look out floor here we come!

We still have our two raffles running; have a peek in the Artspace window at the fantastic original prizes that have been made by our members, there is something to suit everyone. They will be drawn on the 22nd of June at the end of our next exhibition – "Exploring Art" that starts on the 8th of June. Anyone who has done work in our workshops this year so far can put work in. It doesn't have to be finished or framed- this exhibition is simply to show the public what we have been up to, so samples are good.

Towards the end of June we will be having a photography workshop for adults, details have not been finalised yet but ring Anna 9865 4023 if you want to register. Lino printing is also next month when Catherine comes home from her holiday. Ring Anna to register.

As part of our continuing development, starting in July we will have a formal membership to the arts group. We have decided on two levels of membership **Full Membership** and **Friends of the Art Group Membership**. Both memberships have numerous benefits. Full membership is for those interested in participating in our activities and Friends of the Art Group (FOAGS!) is for people who support the contribution we make to the culture of Lake Grace.

Benefits of having a Full Membership - cost \$25.00

- Personal invite to exhibitions
- Preference for workshops
- Receive yearly program
- Membership of our email/fax group
- Building available for private functions - cost \$10.00 bookings essential
- Unlimited cups of tea/coffee
- Full access to the Artspace Building with your own key
- Discount on LGAG workshops

- Advance notice of activities
- Includes your partner
- LGAG T-Shirt (cost approx \$25.00) optional
- Receive minutes of our monthly meeting
- The right to vote and help make decisions at our meetings

Benefits of having a Friend of the Art Group Membership

- cost \$10.00

- Personal invite to exhibitions
- Preference to LGAG workshops (after full members)
- Receive yearly program
- Membership to email/fax group
- Building available for private functions – cost \$10.00 bookings essential.
- Unlimited cups of tea/ coffee

Costs to Non-Members

- LGAG Workshops full price
- Meetings \$2.00 per person
- Private workshops \$30.00
- Private Functions \$50.00

So join up now to get all the benefits of artistic culture in Lake Grace, and join a positive, growing and dynamic organisation. We would love to have you on board!

Tania Spencer

Exploring Art

An exhibition of techniques explored in our workshops; Drawing Painting and Sculpture.

Opening 7.30 on the 8th June

At

Lake Grace Multi-Artspace

Stubbs St Lake Grace

Exhibition runs 8th June -22nd June

All welcome.

Bring a plate of nibbles to share,
wine & OJ supplied.

TO ALL ART LOVERS!!

Time to start thinking about the Newdegate Machinery Field Days Art Exhibition September 5th & 6th 2007

Over \$3000 in prize money!!

Thankyou to all the artists out there who participated in last year's Newdegate Machinery Field Days Art Exhibition! Once again we had a terrific display of talent from near and far, both professional and amateur. To mix things up a bit, we have a theme for this year's exhibition.

The theme is
elements...

□ earth ○ air △ fire ○ water

As you can see this is a very broad theme, and open for your creative interpretation. You are able to enter up to *four* works in the following sections:

- | | |
|------------------|----------------|
| ~ Oil or Acrylic | ~ Drawing |
| ~ Watercolour | ~ Open Section |
| ~ Pastel | ~ Photography |
| ~ Small Painting | |

All works are eligible for the Shire of Lake Grace Aquisition Prize of \$850, and the Most Popular People's Choice Award

Your participation and high standards of art are greatly appreciated, and many people enjoy travelling to Newdegate to see work of this calibre.

We thankyou, and look forward to another fantastic exhibition!

Entry forms will be out soon, or phone Melissa 98719080.

Thankyou to our sponsors...

Shire of Lake Grace (Aquisition Prize \$850)
David Craig - Palis Sound & Lighting (Student Aqu.Prize \$200)
Grain Pool - CBH Group
Albany Toyota
Keetlen Valley Poll Merino Stud - Newdegate
Chaos Olives - Newdegate
Newdegate Machinery Field Days Inc
Newdegate Veterinary Services

Grain Pool - CBH group - Albany Zone
Mosa AustralAsia - Bentley
Newdegate General Transport
Plastics Plus - Albany
Filters Plus - Welshpool
Swan Brewery
Merial - Albany



LAKE GRACE DART NOTES

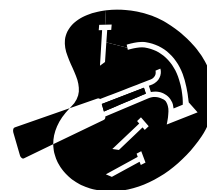
Men			Women		
Team	Pegs	Points	Team	Pegs	Points
Lakeside	23	12	Comets	26	16
Dogs	21	8	Just Us	18	8
Scrapers	17	8	BBN	19	6
Shire Sharks	11	4	Bankers	9	2
8th May			9th May		
Highest Average			Highest Average		
Ken Medlen	44.62		Michelle Lay	33.14	
Michael Naisbitt	38.07		Natalie Gambuti	32.86	
Highest Peg			Highest Peg		
Ray Williams	57		Lorraine Seward	77	
Cameron Slarke	39		Michelle Lay	38	
Highest Score			Highest Score		
Mark Burbridge	120		Christine Kimber	133	
Peter Carruthers	112		Vanessa Seward	126	
15th May			16th May		
Highest Average			Highest Average		
Ken Medlen	50.24		K Stewart	35.52	
Kurt Luther	43.71		Michelle Lay	34.4	
Highest Peg			Highest Peg		
Kurt Luther	95		Helen Hunt	45	
Wayne Trawinski	63		Michelle Lay	38	
Highest Score			Highest Score		
Darryl Pantall	125		Katie Warner	126	
Mark Richards	125		Meg Marshall	105	

CCL HARDWARE

Lake Grace - Ph 9865 1104

Look At This...

So now all household gas in Lake Grace is \$95 per 45kg cylinder. CCL are pleased to have put a stop to the LPG rip off for the benefit of the consumers in our district.



We have just stocked up on:

- Overwidth Machinery Flags and signs;
- New Release DVD's
- Winter Seedlings and plants.



Can't see in the dark at seeding?

Come in and check out our head mounted LED lights. A great safety aid in the paddock at night.

Garden Rotary Hoe

Special Price of \$1,795.00.... **'Check it out'.**

If we haven't got what you need, it doesn't exist!

LAKE GRACE GOLF NOTES

The weekend of 13th May was the President's trophy day. We played a par competition with 18 people teeing off. Thank you to Stephen Hunt for his generous sponsorship.

The ladies winner was Michelle Lay with a -6, this was Michelle's third win in as many weeks. The men's winner was Greg Pinney with a +3, followed by Murray Stanton on a +2, well done to you both. Craig Reeves was third with square.

There were several novelties on the course throughout the day which were won by numerous players. The longest putt on no.2 Alex Reeves, longest putt no.9 Helen Hunt, best 2nd shot no.3 Chad Stanton, best 2nd shot no.12 Craig Reeves, best 3rd shot no.11 Kevin Eggers and best 3rd shot on no.13 Mark Seaman. The Westpac ball went to Steve Hunt on no.6, Kevin Eggers won the CSBP pack, Michelle Lay won the Tyrepower bag and Justin Wright won the ball on 18.

On Sunday 20th May we played a stableford competition, sponsored by the Lake Grace Plaza. Thank you to Murray, Cobi and Chad for their continued support at the golf club.

This week we had 20 players tee off. The men's winner was Mark Seaman with 48 points. Stephen Hunt was the runner up with 42 points. The ladies winner was Michelle Lay with 37 points.

The Plaza also sponsored some novelties on the course. Best 2nd shot on no.2 was Gary Seward, 2nd shot on no.10 Mark Seaman, 3rd shot on no.9 Milton Reynolds, 3rd shot on no.13 Gary Seward, the longest putt on no.1 was Peter Lay and the longest putt on no.14 went to Stephen Hunt. Mark Seaman won the Westpac ball, Michelle Lay won the CSBP travel mug, the Tyrepower bag went to Stephen Hunt and Stephanie Lay won the Hotel ball.

Next week is the SBM Foursomes so I would like all the golfers to bring out a partner who doesn't play, or hasn't for a while. This is only a fun day which suits the sponsor. You never know, you could have some unknown talent out there you didn't know existed. There will be a steak and salad tea to follow, so please bring a salad. The following week is a par competition sponsored by Spencer Wools, thank you Darren and Tania.

Chad Stanton

LAKE GRACE JUNIOR GOLF NOTES

13/05/07 - Thanks to all the Dads for bringing out our juniors on Mothers Day. We appear to be regaining our numbers as we welcome back Jack Carruthers. Jack brought out little brother Brady, who from all accounts looks like he's got the goods.

Our winner this week for the Rhynie award was Reece Lay. The coaches award went to first timer, Brady Carruthers.

20/05/07 - Another fine day and another nice little field of juniors graced our golf course last Sunday. Fantastic to see new members registering each week. This week is no different as we welcome into our ranks Jamie and Brendan Bell for the first time; I might add they're showing potential as well.

Also great to see Carrie Taylor back raring to go, looks like Carrie may have been practicing a bit. This now brings our tally to around 20 registered Juniors. Anyone of these 20 has the potential to be this years Junior Champion.

Our winners this week were Jade Cameron for the coaches award, coming along very nicely Jade. Winner of the 3 hole competition was Travers Wright and the Rhynie award went to newcomer Jamie Bell. The boys just nudged out the girls in the team event thanks to a monster uphill putt from the little maestro Adam Hunt.

Gary Frost

PINGRUP JUNIOR HOCKEY NOTES

This week the Junior Hockey played Newdegate in Pingrup - we dominated most of the play in the first half of the game with John Curtin having a couple of shots at goal, only to be saved by Newdegate great defence. Kathleen Naisbitt was our eager Goalie this week, but didn't really get opportunity to practice any saves. Great team effort with once again the score of nil all not really giving our game justice!!

A big thank you to all our supporters and parents who sat out in arctic conditions to cheer us on. Mrs Christine Altham deserves a big thank you for umpiring for us, giving us helpful tips and for her general support.

Congratulations to Mrs Janine Watson who was the lucky winner of our \$100.00 note raffle and Mrs Gail

Vaux who won our plant raffle. A big thank you to everyone who purchased tickets - we have now paid for our "Smartie Pants" Goalie Gear and won't be needing to do any more fund raising this season!!

We have a general bye this week, so everyone go and enjoy a weekend off. We travel to Nyabing the following week and need to know definite numbers as soon as possible.

See you at training - with mouth guards and shin pads, ready to have a scratch match against the Lake Grace Junior team.

Melissa Strother and Penny Willcocks

TROLL TALES



Results from Round 4

Lake Grace v Naremben - 12th May 2007

Junior Boys - Lake Grace drew with Naremben 2-2

Goal Scorer: Nat Curtin (2)
Coach's Award: Cameron Bushby
John Hendry

C Grade - Lake Grace drew with Naremben 0-0

Coach's Award: Shannon Smith
Gracie Kirk

B Grade - Lake Grace drew with Naremben 0-0

Coach's Awards: 2 Sheridan Fyfe
1 Jolene Hodges

A Grade - Naremben defeated Lake Grace 7-3

Goal Scorers: Michelle Cameron (2)
Lyn Carruthers (1)

Coach's Awards: 2 Jodi Pearce
1 Fiona Chatfield

Results from Round 5

Lake Grace v Corrigin - 19th May 2007

Junior Boys - Lake Grace defeated Corrigin 2-0

Goal Scorer: Nat Curtin (2)
Coach's Award: Beau Bowron

B Grade - Corrigin defeated Lake Grace 2-0

Coach's Award: 2 Katie Warner
1 Deb Wright

A Grade - Lake Grace defeated Corrigin 4-2

Goal Scorer: Danielle Robertson
Jackie McGlinn
Lyn Carruthers (2)
Coach's Award: 2 Fleur O'Neill
1 Jodi Pearce

Congratulations to Rachel Pelham who won our Mother's Day Raffle. A huge thank you to Leonie Carruthers who again arranged the basket of goodies and sold tickets for the club, your help is very much appreciated. Thank you also to Kristie Pinney, Amber McPherson and Courtney Withnell who gave up their time to sell tickets at the Plaza.

My personal thanks this week to Beau Bowron, who got me out of a tight spot by helping to mark the oval before our last home game.

More thanks to Lois this time for driving the bus to and from Corrigin last Saturday. Your patience is to be applauded!

On car washing this week (26th and 27th May), are Fleur O'Neill and Deb Wright, the following week (2nd and 3rd June) will be Courtney Withnell and Jolene Hodges. Arrange your own swaps if you can't do your turn, but please let me know. There will be a new car washing roster coming out shortly, have a good look when you get yours, changes have been made.

Congratulations to Jackie McGlinn and Fleur O'Neill who have been selected to play in the Roe Districts Division One team at Country Week this year.

*Play Hard, Party Harder.
Danielle Robertson*

LAKE GRACE JUNIOR NETBALL CLUB

The Lake Grace Junior Netball team have maintained their unblemished record over the last fortnight with wins over Borden and Newdegate.

On May 12 they travelled to Borden and hit the ground running in the first quarter, scoring 15 goals to 2 to open up what proved to be an unassailable lead.

By half time they had stretched the lead to 21 goals, so traded their usual positions for something a little different to have a bit of fun and prove their versatility.

Despite the changes, the team added a further 28 goals in the second half to run out victors by a massive 44 goals.

Kathleen Naisbitt and Carrie Taylor enjoyed their run with the juniors, applying plenty of pressure in defence to cause a number of turnovers.

Well done, team, on a fantastic effort!

Score: 55-11

**Coach's award: Kathleen Naisbitt
Carrie Taylor**

Last Saturday the team took on Newdegate in what they knew would be an important game. Once again

they came out firing, registering 9 goals to 2 at the first break.

In a somewhat scrappy game, and certainly not our prettiest of the season, the team worked hard to keep the scoreboard ticking over and by half-time held a 17-6 goal advantage.

Returning to their "usual" positions in the second half, the team felt a little more comfortable and settled slightly, applying plenty of pressure in defence and the feeders working the ball into our shooters who combined well to further extend our lead.

Harrison Slarke put his long arms and legs to good use in GK, and Corrina Baker impressed with her sheer determination and doggedness, chasing down everything that came her way.

Another good team effort that will now cost me hot chocolates and cake for finishing the round on top of the ladder!

Score: 35-18

Coach's Award: Corrina Baker

Maria Taylor

LAKE GRACE / PINGRUP FOOTBALL NOTES

Round 5 - 12th May 2007

Round 6 - 19th May 2007

League:

Borden 20 goals 12 (132) defeated LG/P 16 goals 14 (110)

Best: Karl Fleay, James Eaton and Daniel Trevenen.

Goal Scorers: Robert Spurr 4, Karl Fleay 3

A very good game decided in the last quarter.

Boxwood Hill 22 goals 8 (140) defeated Gnowangerup 11 goals 14 (80).

Jerramungup 18 goals 9 (117) defeated Ongerup 16 goals 7 (103).

Newdegate 15 goals 15 (105) defeated Kent 9 goals 6 (60).

Reserves:

LG/P 11 goals 6 (72) defeated Borden 9 goals 4 (58)

Gnowangerup 20 goals 15 (135) defeated Boxwood Hills 6 goals 2 (38).

Jerramungup 16 goals 9 (105) defeated Ongerup 14 goals 10 (94).

Kent 10 goals 6 (66) defeated Newdegate 8 goals 9 (57).

Juniors:

L-Grace/Pingrup 9 goals 23 (77) defeated Borden 3 goals 5 (23).

Boxwood Hills 16 goals 21 (117) defeated Gnowangerup 0 goals 0 (0).

Jerramungup 20 goals 9 (129) defeated Ongerup 2 goals 2 (14).

Newdegate 10 goals 10 (70) defeated Kent 0 goals 3 (3).

League:

LG/P 13 goals 8 (86) defeated Newdegate 11 goals 10 (76)

Best: Karl Fleay, James Eaton, Peter Roukens.

Goal Scorers: Karl Fleay 5, Damon Pelham 3.

Good hard fought game by both teams. LG/P led all day and hung on to win. Umpired well.

Ongerup 11 goals 6 (72) defeated Boxwood Hill 10 goals 6 (66).

Jerramungup 19 goals 9 (123) defeated Kent 5 goals 5 (35).

Borden 12 goals 15 (87) defeated Gnowangerup 11 goals 10 (76).

Reserves:

LG/P 17 goals 16 (118) defeated Newdegate 5 goals 4 (34).

Ongerup 19 goals 11 (125) defeated Boxwood Hill 6 goals 6 (42)

Jerramungup 13 goals 14 (92) defeated Kent 4 goals 2 (26)

Gnowangerup 9 goals 8 (62) defeated Borden 3 goals 8 (26).

Juniors:

LG/P 18 goals 16 (124) defeated Newdegate 0 goals 0 (0).

Boxwood Hill 11 goals 33 (99) defeated Ongerup 0 goals 0 (0).

Jerramungup 11 goals 18 (84) defeated Kent 6 goals 5 (41).

Gnowangerup 10 goals 13 (73) defeated Borden 1 goal 3 (9).

ONGERUP HOCKEY ASSOCIATION RESULTS

Results for Round 5 - 12th May 2007

JUNIORS

Jerramungup 4, defeated Ongerup 0.

Borden 1, drew Pingrup L/Grace 1.

Gnowangerup 0, drew Boxwood Hill 0.

Newdegate 1, drew Nyabing 1.

LADIES

Jerramungup 6, defeated Ongerup 2.

Pingrup L/Grace 2, defeated Borden 1.

Boxwood Hill 2, defeated Gnowangerup 0.

Newdegate 5, defeated Nyabing 0.

Results for Round 6 - 19th May 2007

JUNIORS

Jerramungup 6, defeated Nyabing 0.

Newdegate 0, drew Pingrup L/Grace 0.

Gnowangerup 1, drew Borden 1.

Boxwood Hill 2, defeated Ongerup 1.

LADIES

Nyabing 3, defeated Jerramungup 0.

Newdegate 7, defeated Pingrup L/Grace 0.

Gnowangerup 4, defeated Borden 1.

Boxwood Hill 5, defeated Ongerup 0.

The Lakes Link News is.....



LAKEGRACE/PINGRUP JUNIOR NETBALL

Round 5 – Borden vs Lake Grace Pingrup.

A GRADE

We were anticipating the game against Borden to be a good opportunity to put to use some of the tactics we had focussed on at training and to work on positional variations. The game began strongly for Lake Grace Pingrup, with players working hard across all areas of the court. A second quarter lapse allowed Borden to lessen the gap and although the score showed a healthy 22 goal lead, we were hoping to increase our overall percentage with a good win. The third quarter saw the girls increase their intensity and demonstrate their versatility, with Rysha Bird shifting from attack to defence without difficulty. Annie Kuchling and Ash Brooks combined well in the circle to increase the lead going into the last quarter. Tammy Holmes and Penny Willcocks had their workload heightened in defence as turnovers saw Borden increasing their share of the play, but with a strong defence and centre court in Tabatha Haddock, Michelle Lynch and Delys Giles, the girls hung on to win by 23 goals. Thanks again to Helen McWhirter for doing an excellent job umpiring every week.

Lake Grace Pingrup 54 def. Borden 31.

Best player - Tabatha Haddock

A huge thankyou to Tammy Holmes and Jason Krepp for sponsoring the Minelect Player's Player award. This week's inaugural award recipient as voted by the team, was Louise Hall.

SUB JUNIOR

Lake Grace Pingrup 55 def. Borden 11.

Congratulations to the junior girls on their win against Borden and congratulations to Belinda Smith, Briana McWhirter, Corrina Baker and Melanie Naisbitt for their selection in the ONA Junior team to play at the Member's Association Carnival in Perth over the June long weekend. It's fantastic to see 4 out of the 10 girls chosen coming from our club and we wish them all the best for the carnival.

Round 6 - Lake Grace Pingrup vs Newdegate

B GRADE

The girls have been training hard over the past couple

of weeks and their effort and whole team 'togetherness' was evident in this week's game. Newdegate made a good start and although Lake Grace Pingrup girls were getting the ball into their attack, they were finding it difficult to convert. By half time the difference was 17 goals. A few changes to the attack, bringing Tash Strevett into shooter, saw Lake Grace level the third quarter scores and lift the whole team's morale. With the Lake Grace defence working overtime in the last quarter, the girls had kept the Newdegate side to only 6 goals, only two more than the Lake Grace score for that quarter.

Newdegate 34 def. Lake Grace Pingrup 15.

Best Player – Nikki Anderton

Coach's Award – Amanda Harrower

Minelect Player's Player – Tash Strevett

A GRADE

The game against Newdy was always going to be a mental hurdle as well as a physical one, with Lousie facing old team mates (thankfully Monique was away), and we began shakily. Newdegate had brought in some of their 'old' guns (sorry Roz and Trish), and they showed us that experience can often defy youth. We got it together in the second quarter, and pegged back from three goals down to two up, going into the second half. The third quarter was no easier and we hung on to a three goal lead going into the last quarter, through some excellent defensive work. Luckily, a quick start got a needed lead in the fourth quarter, as goals either end were hard to come by. The timer couldn't sound quick enough and we came through victors, just scraping in by 2 goals. Not a particularly pretty game to watch, but a win over Newdy has been a long time coming and we'll take it any way it comes!

Lake Grace Pingrup 27 def. Newdegate 25.

Best Player – Tammy Holmes

Coach's award – Rysha Bird

Minelect Player's Player – Louise Hall.

SUB JUNIOR

Lake Grace Pingrup 35 def. Newdegate 18

Kristie Stanton

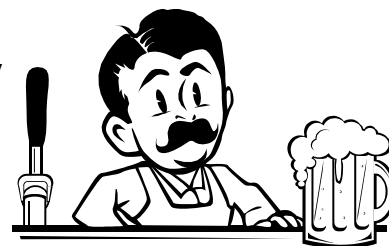
Staff Needed

Lake Grace Sportsman's Club are looking for casual staff.

Cleaner: 5 days per week. 10-15 hours per week.

Bar Staff: 10-15 hours per week. Would be needed every Monday and Tuesday from 4pm, plus some Fridays and Saturdays. May also need to relieve Manager when he is taking leave.

These positions could be applied for separately or as a joint position.



Please phone Suzanne on 9865 1310 a/h for more information or to register your interest.

CLASSIFIEDS

PUBLIC NOTICES

Shire Council Meetings - 2007

The next Council meeting is
Wednesday 27th June at the
Lake Grace Council Chambers.
Meeting starts 1pm.

*Members of the public are welcome to
attend meetings.*

Senior Citizens Luncheons

*First Thursday of every month
June 7th*

The Grand Lodge of Freemasons WAC

The Kulin Lodge No. 160

Meets 7:30 pm

Gordon St. Kulin

3rd Monday of each month

Dedicated to Charity and Support in the Community

NEW MEMBERS WELCOME

Telephone 9880 1360 or 0427 654 090



Badminton

Thursday afternoons at the Shire Hall.

3:30pm - 4:30pm

Some racquets available.

All welcome.

CWA Meetings

12th June - 1:30pm

LGDHS P&C Meeting

Monday June 18th

7:30pm

Seminar Room at the Telecentre

Margaret Cole

Will be available in Lake Grace in the week
beginning 23rd July 2007.

Although Margaret will not be visiting Lake
Grace in June she will be available via email.

0427 441 459 colwheat@it.net.au

Flu Vaccines

Are now available at the Lake Grace Medical
Centre. Ph 9865 1208 for an appointment.

FOR RENT

House For Rent

16km south of Lake Grace
Call Royce on 0427 652 507

WANTED

Keyboard Player

The Village Choir are looking for somebody
who would be available to play keyboard
once a fortnight from 11:30am to 12:30pm.

Needed every second Tuesday. Ring
Audrey on 9865 1557 for more details.

PUBLIC NOTICES

Seminar room Facilities Available for Hire

\$99 for full day

\$49.50 for half day

\$22 per hour

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

Ring the Telecentre on 9865 1470 to book.

Fish & Chips

There will be NO Fish and Chips on Friday
15th June. Geoff and Denise apologise for
any inconvenience.

Newdegate Gatepost

If you are wishing to submit advertising or
articles to the Newdegate Gatepost please
take note that the cutoff for the next edition is

12 noon on Monday 21st May.

They can be contacted on 9871 1791 or
newdtele@treko.net.au

Lakes Link News

If you are wishing to submit advertising or
articles to the Lakes Link News please take
note that the cutoff for the next edition is

5pm on Monday 21st May.

We can be contacted on 9865 1470 or
lakelink@treko.net.au

Lake Grace Shire Councillors

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

CRISIS CARE NUMBERS

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

Justices of the Peace

Mr Neil Bishop	ph 9865 1632
Mr Colin Connolly	ph 9865 1010
Mr Ron Dewson	ph 9865 1224
Mrs Shirley Duckworth	ph 9865 1189
Mr Len Elliott	ph 9865 1137
Mr Geoff Sabourne	ph 9865 1171
Mrs Amanda Milton	ph 9865 1960

ANGLICAN CHURCH OF LAKE GRACE

Sunday 27th May

Lake Grace 9:00am

Sunday 3rd June

Lake Grace 9:00am

Enquiries: Terry Gladish 9865 1022
Wally Perry 0427 519 368

Lake Grace Uniting Church

Wednesday - 7pm

Home Fellowship. Please ring for venue.

Enquiries:

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

LAKE GRACE CATHOLIC CHURCH

Friday 25th May

Newdegate 7:00pm

Sunday 27th May

Kukerin 8:00am
Lake Grace 10:00am

Sunday 3rd June

Lake Grace 10:00am
Golden Jubilee Solemn Mass *

* Main Celebrant Bishop Gerard Holohan, Bishop of Bunbury. This will be followed by Sunday roast lunch at the Cambinata Yabbies Shearing Shed at Kukerin

Queries to Fr Pierre Repuyan on 9865 1248

Southern Ag Care

Rural Financial Counsellor - Chris Wheatcroft

P.O. Box 105 Gnowangerup, WA, 6335

Tel 9827 7559 Fax 9433 6684

Mob 0427 271 559

e-mail wheaty@aapt.net.au

Rural Family Counsellor - Margaret Cole

0427 441 459 colwheat@it.net.au

COMMUNITY CALENDAR

May/June

Fri 25 Fish & Chip Night - LGS Club
HACC Activity Day

Sat 26 Steak Night - LGS Club
Winter Sports—BYE
Hockey - Kondinin v Lake Grace

Sun 27 Junior Golf - 9:30am
Golf—Foursomes

Mon 28 Recycling Pickup
Swimability
Gymnastics
Well Women's Clinic

Tues 29 Pingrup Potters
Choir Practise
LGDHS Choir at Lakes Village Hall
Physiotherapist
Speech Therapist
Weight Watchers
Men's Darts

Wed 30 Toy Library Open
Hockey Training
Ladies Darts
Triple P Parenting Programme

Thur 31 Pizza Night at Rosie's
HACC Transport Available
Playgroup—Cakes
Badminton — 3:30pm—4:30pm
Beau Woods—Chiropractor (p.16)

Fri 1 Fish & Chip Night—LGS Club
YAC Photography Exhibition

Sat 2 Steak Night - LGS Club
Hockey— BYE
Winter Sports—Kent v LG/P

Sun 3 Junior Golf - 9:30am
Golf— Par
LG Catholic Parish turns 50!!

Mon 4 Foundation Day

Tue 5 Pingrup Potters

Tue 5 Physiotherapist
Speech Therapist
Weight Watchers (6-7pm)
Men's Darts
LG Sportsman's Club Meeting
LG Development Assoc Meeting

Wed 6 Badminton - 3:30pm-4:30pm
Ladies Darts
Hockey Training

Thur 7 Lakes Link News
Senior Citizens Luncheon
Playgroup— Free Play / Playdough
Pizza Night at Rosie's
HACC Transport Available
PP/Kindergarten Street Stall
Badminton — 3:30pm—4:30pm

Coming Events

June 8—'Exploring Art' Exhibition Opening (p.31)
June 11—Swimability
June 12—CWA Meeting
June 14—Immunisation Clinic (10am—noon)
June 15—Kids & Olds in Cars
June 15th—NO Fish & Chips
June 16 & 17—Great Sthn Colts Carnival
June 18—Day Care will be CLOSED
June 18—Tourism Meeting at 3:30pm
June 18—LGDHS P&C Meeting
June 19—Occupational Therapist
June 21— LG Golf Club Meeting
June 24—Turkey Day (Golf)
June 26—Bulk Rubbish Collection
June 27—Shire Council Meeting
July 12—Immunisation Clinic (10am—noon)
July 23rd—Margaret Cole available

Kid's & their Olds In Cars



Friday 15th June

For details ring the Lake Grace
Telecentre on 9865 1470