

LAKES LINK NEWS

Produced at the
LAKE GRACE TELECENTRE
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16th August, 2007

\$1.10 *inc GST*

Vol 13 Issue 15

Bush Furniture Workshop



The Artspace was a hive of activity on the weekend with power saws, drills and tek drivers in action in a bid to create furniture worthy of any house.

A dozen students of mixed ages and gender were treated to the wonderful skills of Esperance furniture maker Roley Brooksbank for two days. Roley turned up with a ute and trailer load of wood and furniture making tools to instruct us in the skills of designing and making a piece of bush furniture.

It was straight into it on Saturday morning, learning how to chamfer a piece of wood on the bench saw so it would fit into the corresponding hole making a neat secure joint. The basic way to join wood in bush furniture.

It is simple furniture with minimal finishing and measuring involved, it is more about bringing the raw beauty of the wood out and letting the shape of the wood play a part in the design. It was good to see the men get in and enjoying themselves as they were making their chairs and tables. As you can see there was some wonderful pieces of

furniture made that will be gracing the verandahs and interiors of some lucky Lake Grace houses.

Thankyou to Kerrie who was the kitchen maid this week just to ensure everything ran smoothly and the food was hot and ready on time!



Ethan Wallace working hard while Donald Wallace and Elizabeth Spencer supervise.

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Telecentre Opening Hours

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

Library Opening Hours

Monday, Tuesday, Thursday, Friday 9 - 5 pm



Advertising Charges

All prices inclusive of GST

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

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

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

Deadlines & Editions

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

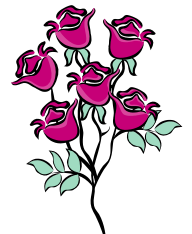
Next Deadline: Monday 27th August
Next Edition: Thursday 30th August

A very BIG thank you

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

Leanne Mahoney
Leah Ward

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

- Last Tuesday's workshop was a great success with both Cheryl and I walking away thinking web pages weren't such a mystery after all. We have made a start on the Lake Grace Telecentre website, if you put lakegrace.wa.tc into the address bar of your internet address browser (don't do a search) you will be able to see what we have done. There is much, much more that we need to do; we haven't touched on all of the features of the Telecentre, we also need to put some information about Lake Grace on there. Feel free to email with feedback.
- Don't forget our Photo Booth. We are able to print out passport photos on it, and any other photos that you may need for ID. It costs \$10 for a set of 4. The quality is excellent. Please be aware that wherever you get your photos done they can be KNOCKED BACK. The Telecentre has always offered to redo any (free of charge) that may be rejected. Rejection isn't a common occurrence, just comes down to how 'thingy' people are feeling at the passport office.
- The welcome package is still rolling out the door. A big welcome to our new residents, some of whom have provided a welcome population boost to our local school
- Lake Grace DHS's P&C (aka Vicki Smith and Helen Hunt) have been busy organising a 'Food Handling' workshop for their canteen volunteers. This is an ideal opportunity for others to participate and gain their accreditation.
- The Telecentre is still looking at running a 'Responsible Service of Alcohol' course. So all those who volunteer to be behind the bar, please remember you need to do this course; it isn't just for bar workers. If you are involved in a sporting group or are a member of a civic group that regular helps out a fundraising functions; please put your name down.
- If you have any news, articles or other submissions that you would like put in the Lakes Link News; we would love to hear from you. Alternatively you can email your material in. We can also help you with your advertising needs.

Suzanne Reeves

Wanted

Need to borrow or hire caravans over Christmas period (23rd—27th December).
Required for family members.
Contact Natalie Gambuti on 9865 4068 or 0429 793 973.

The Lake Grace / Pingrup Football Club would like to thank the Lake Grace Golf Club, Steve and Helen Hunt, Marcus Owen and Derek Stanton for helping make their Vote Count Day such a success.

Thanks to Collators of the Last Edition



*Trish Medlen
Mary Naisbitt
Maurie Gilson
Allan Zweck
Leah Ward
Sandra Richter
Leanne Mahoney
Craig Reeves*

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.*

Dex Williams

Fishing Legend

“Born to fish, forced to work”

**There is still one more
trip to the shelf to go
—
tight lines mate!**



Daffodil Day Street Stall

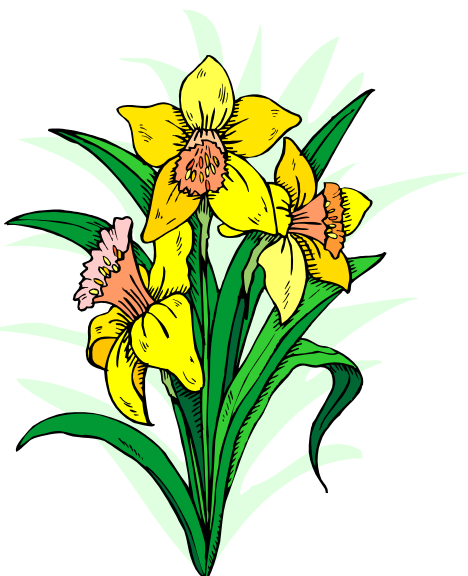
*The annual street stall will be held on the
24th August at the Lake Grace Art Space.*

9:30am onwards

*Devonshire teas, raffles, fresh
daffodils, will be on sale
(\$6 bunch).*

*Donations of items to sell on stall
would be most welcome.*

*For more information contact
Devon 9865 1092 Marg 9865 1235*





ABOUT TOWN

- Sympathy to the Thiel and Willock families as Mrs Nora Thiel passed away last week.
- Condolences also to the Jennings, Hunt and Henderson families. Edie Jennings' (nee Betham) husband died suddenly earlier this week.
- Congratulations to Chris Trevenen and Amanda Harrower who have announced their engagement.
- Congratulations also to Emma Slarke and Steven Muntz of Corrigin who recently announced their engagement.
- Well done to us! Lake Grace Shire has won the 'Banners in the Terrace' competition. Art work was done by Melissa Cugley.
- It's a population boom in the Hutter household with the arrival of Hayley Brooke on Thursday 9th August. Hayley weighed 8lb 12oz and is a little sister for Travis, Ethan and Katelyn. Mum and Dad are coping well!!
- St Anne's Anglican Church parishioners were saddened recently to hear that the Rev David Evans, Anglican Parish priest in Lake Grace from 1974-1978 had passed away on the 27th July in Bethesda Palliative Care Unit. David, with his wife Cecilia and two children Jane and Stephen, spent four happy years here. David was an active member of the community joining Apex and the Fire Brigade. After some time in the Bunbury Diocese and Sarawak he joined the army becoming an Army Chaplain, rising to the rank of major and serving in Papua New Guinea and the Eastern States. Family and friends gathered at all Saints Church Cloverdale on August 1st for his farewell service.
- Sad news also that another ex Lake Grace resident, Tommy Davidson, recently passed away.
- It's a big milestone for Kingsley Strevett who is celebrating his 60th birthday today!!!

HAPPY BIRTHDAY



16th August	Leon Clarke Kingsley Strevett (60) Murray Hardy	23rd August	Terry Smith
17th August	Taryn Gray	24th August	Matthew McWhirter Brady Carruthers
18th August	Emma Marshall (Folz) Dylan Dowling	26th August	Madeline Walker
19th August	Lisa Clarke Sam Stubberfield	27th August	Alex Duckworth Sam Curtin Louise Trevenen Mandy King
20th August	Colin Argent	28th August	Gary Frost Diana Kuchling Shelby Newton Eibhlis Newman
21st August	Merv Spurr (21)	29th August	Justin Carruthers
22nd August	Michelle Marshall		
23rd August	Symone Reynolds Chelsea Walker Connie Argent		



HAPPY ANNIVERSARY

16th August - Arthur and Glenda Slarke
19th August - Jason and Penny Willocks

Fax, email or bring your *About Town* news into the Telecentre. If you would like to share your birthday or anniversary celebrations with us then please fill in the Celebrations book.

Lake Grace Weather

- Terry Gladish

August Extremes

Highest Monthly Rainfall	104.3	1955
Lowest Monthly Rainfall	5.2mm	1995
Highest Number of rain days	24	1942
Lowest Number of rain days	4	1956
Highest Daily Rainfall	61.3mm	15/8/1976



Date	Min	Max	Rain
1/8	8.5	15.2	0.8
2/8	4.4	15.5	0.4
3/8	3.6	15.1	
4/8	2.1	17.2	
5/8	3.0	20.1	
6/8	6.4	15.0	
7/8	3.2	15.0	4.0
8/8	6.7	17.4	1.2
9/8	10.0	18.4	
10/8	11.1	13.0	1.6
11/8	2.5	16.0	0.6
12/8	0.7	15.3	
13/8	1.3	18.2	
14/8	6.0	15.2	
15/8	3.1		

Lake Grace P&C Canteen

Food Handler Training

Thursday, 23rd August
1.30pm at the Telecentre



It is a legal requirement that all volunteers working in school canteens attend one of these training sessions. (At this stage it is not so for other volunteer organizations but is anticipated that it will be in the near future!!)

- Need only be done once!! If you attend training with us at the canteen you are covered then for any other organization.
- Costs nothing-is free to attend.
- This is an education tool. It is not designed to 'fail' anybody.
- Very simple. Involves watching a short DVD and then ticking boxes on an answer sheet.
- If you can't make it on this day, we can arrange for you to take the training package home and return with your answer sheets or, if time permits, do during your rostered day on canteen.
- Come and join in in a group situation where questions and answers can be discussed!!
- Afternoon Tea Supplied!!!
- Anybody in the community working with food in a volunteer situation is welcome to attend.

Any queries or more information, contact Vicki Smith on 98653030 or Helen Hunt on 98651650.



Visitors Centre (Stationmaster's House)

Thank you very much to all the volunteers. Any person who can fill the gaps please phone Mary on 9865 1321 or write your name down on the roster.

If you cannot do your specified time please

arrange for another volunteer to do your shift. Thank you.

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

★ Meeting 20th August **CANCELLED**
Next Meeting 17th September
at 3.30pm

August/September 2007 - Roster for Lake Grace Shire Visitors Information Centre						
Mon 20 * Bill Jenks * Meeting Canceled	Tue 21 * Wally Perry * Phyl Dunham	Wed 22 * Kathy Brigg * Leanne Mahoney	Thur 23 * Henk Doelman * Elsie Bishop	Fri 24 * Irene McGlinn	Sat 25 *	Sun 26 *
Mon 27 * Bill Jenks *	Tue 28 * Sandra Richter * Betty Daly-King	Wed 29 * * Kerry Slarke	Thur 30 * Henk Doelman * Elsie Bishop	Fri 31 * Irene McGlinn	Sat 1 *	Sun 2 *
Mon 3 * Bill Jenks *	Tue 4 *	Wed 5 * * Leanne Mahoney	Thur 6 * Henk Doelman * Elsie Bishop	Fri 7 * Trish Medlen * Irene McGlinn	Sat 8 *	Sun 9 *

LAKE GRACE VISITOR CENTRE & TOURISM PROMOTIONS GROUPS

Invites you along to its



HOLLAND TRACK DISCOVERY WALKS

Dates: Saturday 7th September 2007 - Walking the Track
& 17th November 2007 - A Wildflower Discovery Walk

TOUR GUIDE: Cathie Kelly (local Holland track expert & enthusiast)



Essentials: Walking shoes, hat & sunscreen, backpack, water bottle and a packed lunch
Cars will be leaving from the Lake Grace Visitor Centre (let us know if you would like a ride)

TIME AND MEETING POINT TO BE ADVISED - WATCH THIS SPACE!

Come walk with us and discover our heritage and the natural beauty of local attractions living right on our doorstep.

Further details call Mary Naisbitt 9865 1321 or Jeanette Bennett 9890 2500 office hours 9865 1020 at home
All welcome - watch this space in coming weeks for more information

LAKE GRACE VISITOR CENTRE

Coming up.....

Busy Bee.....Sunday 9th September

Gardening & general tidy up around the Stationmasters House

If you are able to lend a hand please contact Visitor Centre Group President Mary Naisbitt on 9865 1321 or Secretary Jeanette Bennett on 9890 2500 (work) or 9865 1020 (home) for details

Market Day.....Saturday 27th October

Stallholders - Get in early & book your stall now \$10.00 per site

contact Trish Medlen on 9865 1120 for bookings

MORE DETAILS IN FUTURE NEWSLETTERS



State CWA Conference

The 83rd State CWA Conference was held at the Rendezvous Observation City Hotel from the 24th to the 26th July. The Conference was opened by Mrs Julie Michael, Patron, and chaired by the State President Mrs Pam Batten.

Delegates from 127 branches (there's 162 branches in the State) members of State Council and a large crowd of observers attended. Guest speakers included Dr Ray Wills on Global Warming and Louise Pollard, student co-ordinator for TLV (Timor Leste Vision), a voluntary organization working in Timor.

Sabrina Hahn in her usual inimitable style launched "A Special Patch in the Dry" a small book produced by several CWA members from the northern drought areas. Very colourful and informative, so look out for

it!!!' Entertainment included two CWA choirs and St.Mary's Girls School, big band, string ensemble and choir.

One of the many motions on the Agenda that was carried was one from Mt Barker Branch That "CWA of WA establish an annual CWA Rural Medical Scholarship to the value of \$10,000 a year " to encourage graduating medical students to take up a position in regional, rural or remote WA.

This will be the last Conference in this hotel as the area used is to be converted into apartments. A new venue is being researched but it will be hard to replace the Rendezvous for its convenience and pleasant surroundings!!



Sheryl's Corner

Hi Everyone,

This week I have finished a Dockers and a Collie Eagles blanket. At the moment I am putting together a blanket of many colours to put in the Station Master's House for sale.

I have also been knitting a feather scarf.

Well, that's all for this week. Remember to keep crafty!

From Sheryl Smith

Situation Vacant

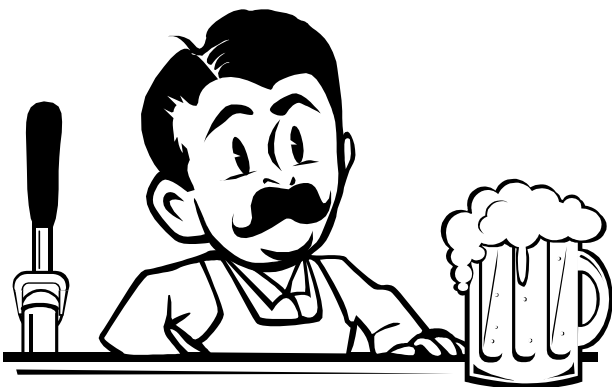
The Lake Grace Sportsman's Club has a position available for a full-time staff member.

Duties would include bar work and cleaning.

Thirty eight hours per week, \$22 per hour.

Does include weekend and evening hours.

Training and Accreditation provided.



For more information please contact Kevin

Eggers 9865 1239 or

Ron Pelham on 9865 1303.

Applications to be sent to:

Secretary

Lake Grace Sportsman's Club

PO Box 115

LAKE GRACE WA 6353

Friends, Neighbours; Now Colleagues

Dot Morgan and Vicki O'Neill-Gray have been neighbours and friends for many years, having farming properties next door to each other in the Tarin Rock region. They have now formed a business alliance, having taken over the Sand 'N' Salt clothing boutique in Lake Grace from Kate Dowling.

Although they have both been employed at Sand 'N' Salt, the last month has been quite frenetic as they have got their heads around a business that is now theirs. Vicki and Dot are positive about their partnership as they are able to bounce ideas off each

other, share the workload; while still making time for their families.

The return of recent surveys has highlighted the need for a budget range of clothing; Sand 'N' Salt will also be increasing their range to cover all ages. If you have any requests, Vicki and Dot would love to hear from you.



Vicki O'Neill-Gray and Dot Morgan in their business Sand 'N' Salt.

Bean Woods Chiropractor

Will be at the
Lake Grace Medical Centre on
Thursday 23rd August.

Phone 9881 4724
for appointments.



FASHION FOR THE SALT OF THE EARTH

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

Sale ends Friday 17th August!



Ladies...



- Playtex and Berlei orders will be sent off next week.
- Sports bra catalogue is in shop, come in and order.
- Triumph! We're able to access this brand. Please let us know your requirements as an order will be placed next week.

Thank you from Dot and Vicki!



Shire of Lake Grace

NEWS & NOTES

PO Box 50 Lake Grace • Phone 98902500 • Fax 98902599 • Email shire@lakegrace.wa.gov.au



drumMUSTER

rinse them out, round them up and run them in.

DrumMUSTER is the national program for the collection and recycling of empty, cleaned, non refundable crop production and on farm animal health chemical containers.

The next collection is in September on the following dates:

Lake Grace	19/09/2007 - contact the Shire ☎9890 2500
Newdegate	19/09/2007 - contact Ashley McDonald ☎9871 2023
Lake King	20/09/2007 - Contact Dick Perkins ☎9874 4007
Varley	20/09/2007 - Contact Dick Perkins ☎9874 4007

Reminder

Bush Fire Volunteer Brigades

There will be a Bush Fire Advisory Committee Meeting on the 18 September 2007. The agenda will be forwarded at the end of August or early September.



Please advise Leonie or Skye of any items of business you would like included on the agenda.

Licensing

A reminder - you need to come in to the Shire for plate changes, seasonal licences and anything that requires a photo.

Fees apply for plate changes.



NOTE: Plates will not be mailed out, you need to come and pick them up in person.

COMMUNITY GRANTS & ASSISTANCE

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

Small Grants for Small Rural Communities Program

A small grants program for small rural Australian communities will offer about \$300,000 a year in grants to benefit people in rural and remote communities.

Currently, applications that support the following areas of interest will be given preference:

- Community hardship in drought effected areas
- Retention of young people in Rural and Regional Australia.
- Resettlement of immigrants in rural Australia
- Community Infrastructure

There are two rounds of Small Grants per year.

Closing dates are 31 March and 30 September 2007 and 2008.

Download Application Forms & Guidelines from www.frrr.org.au



Shire of Lake Grace

NEWS & NOTES

PO Box 50 Lake Grace • Phone 98902500 • Fax 98902599 • Email shire@lakegrace.wa.gov.au

SHIRE OFFICE AT THE NEWDEGATE FIELD DAYS

Wednesday 5th & Thursday 6th September 2007

The Shire Office will be open at the Field Days this year - 9am to 4pm each day

Location: just inside the main doors of the Pavilion

Talk to your local Councillors

Look at an aerial view of your property on the computer and get a colour print out

Pay your rates Licence your dogs

Maps available - Local Fire and Road Maps

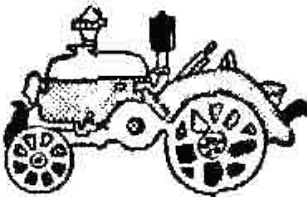
Check out how road counters work -

Assistance with Planning Approvals and Building Applications

Fill out our Customer Survey

Check out our new Town Planning Scheme No 4 - gazetted August 2007

THE SHIRE OFFICE IN LAKE GRACE WILL OPERATE AS NORMAL



Property Valuations / Rates

Many ratepayers with property in town sites will have noticed that their valuations have increased quite significantly this year, especially those in some industrial and residential areas.

This is due to the Valuer General's Office carrying out a complete revaluation on all townsite properties within the Shire of Lake Grace early in 2007. The last valuation was carried out 5 years ago.

For some ratepayers, this may have resulted in seemingly inexplicable rate increases, as the valuation on which the rates are based has increased by more than 50%.

Those ratepayers who feel their valuation may have been assessed incorrectly are encouraged to contact Danielle Robertson at the Shire Office on ☎9890 2500 to discuss their concerns and/or obtain an 'Objection to Valuation' form.

Ratepayers need to be aware that any formal 'Objection to Valuation' **must** be lodged within sixty (60) days after the issue of a rating or taxing notice.

VANDALISM

NEWDEGATE AIRSTRIP

Residents are advised there has been recent vandalism at the Newdegate Airstrip



The Police have been notified
Anyone with any information
please contact the Lake Grace Police on 9865 1007

A REMINDER



Our airstrips are our community lifelines in emergencies
Ripping them up makes them unsafe for landings
Damaging Private Property is an offence.

Audit Committee Vacancy - Community Representative

The Shire has a vacancy on its Audit Committee and is seeking interest from community members. The appointment will be for a maximum of two years. If you are interested in serving on this committee please contact Chairperson Ollie Farrelly on 0427 651 180 or Manager Corporate Services, Leonie McIlfree on 9890 2500.

New Flag for Lake Grace District High School

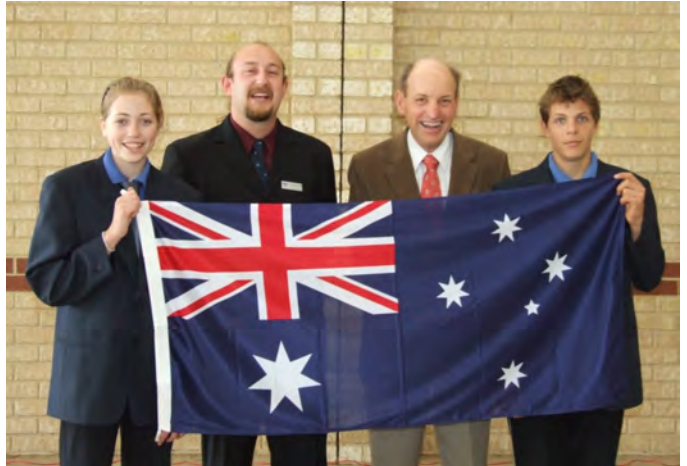
With Lake Grace District High School's national flag looking a little worse for wear, Deputy Principal, Chris Majewski approached Dr Graham Jacobs MLA for a new one. Dr Jacobs not only supplied a new flag, but also delivered it to the school on Friday 10th August.

Dr Jacobs explained the importance of our nation's flag to the Lake Grace students, detailing the symbolism behind the colours included on the flag; the 'Union Jack', 'Southern Cross' and the 'Commonwealth Star' (representing the six states and territories). The Commonwealth Star used to be a six pointed star but a seventh point was added in 1908 to recognize the Territory of Papua.

After Federation on 1 January 1901, the new Commonwealth Government held a design competition for a new national flag in April. The competition attracted over 32,000 entries (equivalent to around 1% of the Australian population at that time). The designs were judged on seven criteria: loyalty to the Empire, Federation, history, heraldry, distinctiveness, utility and cost of manufacture. The majority of designs incorporated the Union Flag and the Southern Cross, but native animals were also popular. Five almost identical entries were chosen as the winning design, and their designers shared the 200 pounds prize

money. The flag's initial reception was mixed, flying for the first time on 3rd September 1901.

With Lake Grace's year six students having a roster to raise and lower the flag in front of the school at the beginning and end of each school day, the school's new flag will be getting plenty of use.



*Magdalen Trevenen, Chris Majewski,
Dr Graham Jacobs and Michael Trevenen.*

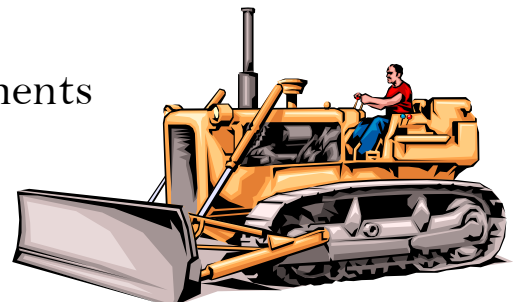
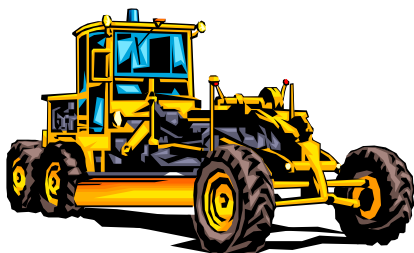
Sprouley's

Grader & Dozer Hire

Grader - Cat 12G

Dozer - Komatsu D65EX-12

- Roads
- Roaded Catchments
- Dams
- Clearing
- Fence lines....



Contact Paul on 0428 507 788 or 9866 8170



INVITATION

We would like to invite you to our

On – Property Field Day on Tuesday 28th August 2007 between 2pm and 5pm.

We will have on display Stud Sires, our full auction team consisting of **120** AA and A grade rams, ewes and F1's. In addition will be a short presentation and information about the Dohne breed and the enterprise we are running.

Reg Crabb from Q-Lamb will be attending to discuss lamb marketing options with you.

We will conclude the day with a BBQ and drinks and would like to take this opportunity to show you what we have to offer.

We also have about **60** rams available for private selection, after our ram sale on Monday 17th September 2007.

We hope you are available to attend and we look forward to meeting with you.

For further enquiries, please contact

Trenton & Rachel Browne

ph 98221571

fax 98221576

mob 0428221571

trentonandrachel@activ8.net.au

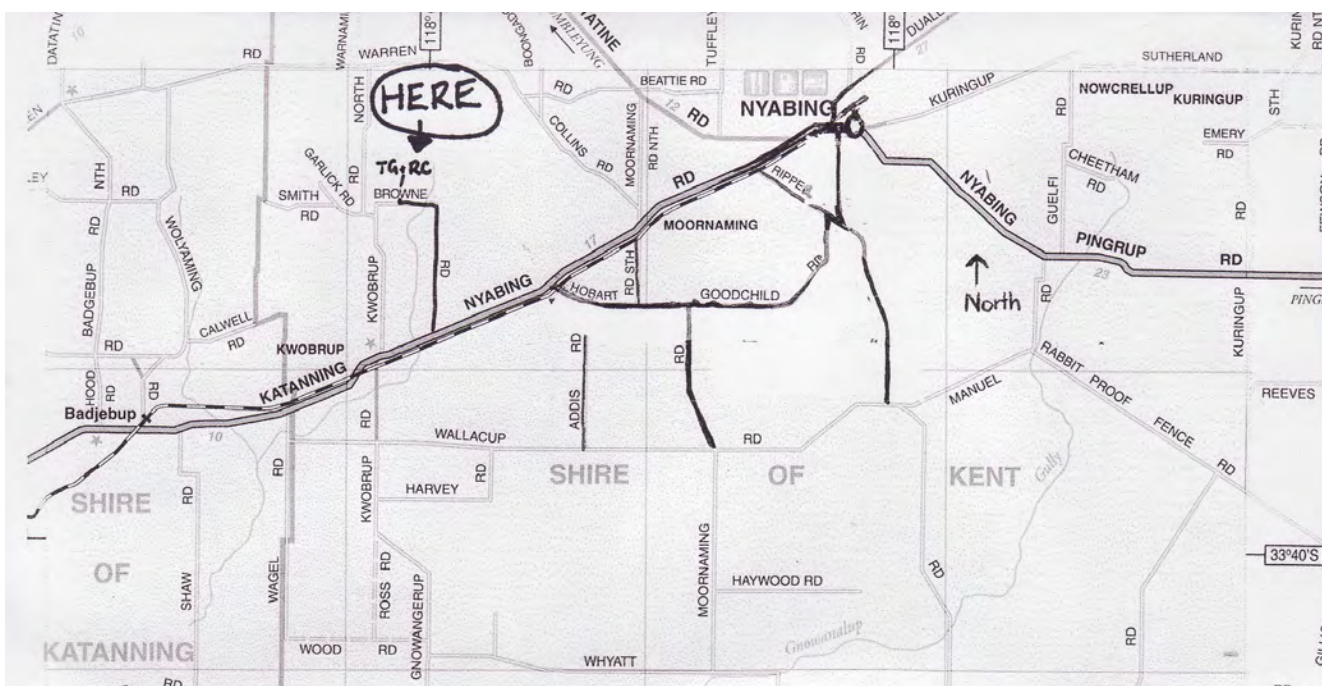
Murray Drage

ph 98253033

fax 98253035

mob 0428253033

amuri@wn.com.au



YOUTH ADVISORY COUNCIL

The welding that commenced on Monday the 6th of August is running well. A huge thank you to James Eaton and Val Posovac of Stevemacs, for overseeing the members with the safety requirements and first stages of welding. Thanks also to the McWhirter family for making it all possible.

Members have projects in various stages of completion and are looking forward to the finished product in the near future. Thanks also to Michelle Dunham and Trish Cameron who stepped in when called upon to assist with the supervising.

Meanwhile the Youth Station continues to be well attended on Wednesdays, supervisors please remember to arrange your own swap if you are unable to do your roster, it is very disappointing to members if they arrange to go to the Youth Station and it is not open.

Debby Clarke



James Eaton explaining various aspects of the Mig Welder to Lake Grace Youth Advisory Council members.

Roster

22nd August	Lyn Carruthers
29th August	Coralie Pinney
5th September	Rosie Smith
12th September	Julie Hardy

Pingrup
MAINTENANCE SERVICE

All Types of Paving work
All Types of Brickwork
Colour bond Fencing
Patios
Gyprock Work
Internal & External Painting
Roofing Re-sheeting Tiles off / Tin on
General Improvements & Alterations
Wall tiling
Floor Sanding
Sealing & Polishing

Contact Gib
98 201 090 or 0427 201 094

**Lake Grace
Doctors Surgery**
will be closed on
Wednesdays as of the
29th August 2007.

Newdegate Practice
will be open from
9:00am until 3:00pm
(approx)

Ph: 9871 1528

In case of an emergency please
phone the hospital on 9890 2222

Sorry for any inconvenience.

SCIENCE AND STUFF

If you want to fight the flab, take a break when

Exercising: "Less pain, more gain" may become the new mantra for gym junkies. Taking a break during your workout may result in you burning more fat than the same amount of exercise without a break, according to a report from Kazushige Goto of the University of Tokyo Japan.



The study of seven men with an average age of twenty five, on different days, the men did no exercise, exercised on stationary bikes for one hour, or exercised at the same intensity for two half-hour periods separated by a 20-minute rest.

During the rest period, levels of free fatty acids in the men's blood increased rapidly, indicating that stored fat was being mobilised. The fatty acid levels were also higher in the second half-hour of exercise if this followed a rest period than when it was part of a continuous bout, and remained higher during the hour after exercise had finished. "Taking a breather between exercise provides an opportunity for fat to be released from fat cells," says David Cameron-Smith of Deakin University in Melbourne. Once exercise starts again, the fat in the blood may be used for energy, rather than stores of carbohydrates, he says-although the researchers didn't specifically show that this was happening (Journal of Applied Physiology, DOI: 10.1152/jappphysiol.01302.2006).

Deep down fizz: Why do some volcanoes

fizz and pop without erupting? The answer, it seems, lies deep beneath the volcano. Stromboli in Italy has been spewing 200-metre-high jets of lava for several thousand years. "It's not dangerous-it's very beautiful," says Patrick Allard at the National Institute of Geophysics and Vulcanology in Catania, Italy. He and his team studied the composition of gases in the jets by firing infrared light at them and examining the spectra of light emitted. They combined this with models of the volcano floor, 3 kilometres below the summit-much deeper than they had imagined. This suggests that bubbles form at cracks on the volcano floor and then jostle up, just like in soda drink, before fizzing at the surface, says Allard (Science, vol 317, p 227).



Thank fate for our elegant foreheads: Only chance kept us from looking like our crag-browed cousins the Neanderthals. A statistical analysis suggests that the skull differences between the two species stems not from positive natural selection but from genetic drift, in which physical features change randomly, without an environmental driving force.

Some anthropologists had put the cranial differences down to natural selection arising from Neanderthals use of their teeth as tools, for instance, or from modern humans speech. To test if genetic drift could have been responsible instead, Timothy Weaver of the University of California and colleagues compared 37 measurements of the skulls of various modern human

populations with those of Neanderthals. After a comparison of the mean divergence between Homo sapiens and Neanderthals and the mean divergence among groups of modern humans, they conclude that genetic drift is responsible. The development of culture weakened the influence of the environment upon both Neanderthals and modern humans, says Weaver. But ultimately the two species drifted apart genetically when they became isolated from each other (Journal of Human Evolution, DOI 10.1016/j.jhevol.2007.03.001).

Big Brown Asian cloud blamed for glacial melting:

Satellite pictures over most of Asia and the Indian Ocean show an enormous brown stain hanging in the air-an unwanted byproduct of rapid economic growth which is having a curious effect on climate change and is affecting Australia. The cloud is made up of pollutants from woodfires, cars and factories, and scientists now believe it to be the reason glaciers in the Himalayas are melting. The UN Environment Program is worried that Asian glacial melting could lead to water shortages and floods for the hundreds of millions of people who live downstream. A study by the CSIRO recently suggested that the Asian haze might be actually increasing the rainfall in tropical Australia by changing the balance of temperature and circulation between Asia and Australia. (Source ABC August 2 2007 at 3:50pm).



Russia Laying Claim on Arctic seabed: You probably will have heard it on the news and on television, you may have also wondered why the United States of America have not said much, Maybe its because they did not ratify the Law of the Sea Convention, which means they are not entitled to claim their extended continental shelf. Australia itself has tried to make a claim to an extended continental shelf around its Antarctic and sub-Antarctic possessions, so Australia is quite used to this concept as well and stands to benefit from it. (Source ABC July 30th, 2007-2pm).

Pyramid Ruins: Archaeologists have discovered what they think are ruins of an Aztec pyramid razed by vengeful Spanish conquerors in what is now one of Mexico City's most crime-ridden districts. Construction workers unearthed ancient walls in the busy Iztapalapa neighbourhood in June and is believed to be part of the main pyramid of the Aztec city, destroyed by conquistador Herman Cortes in the 16th century. Mexico City is littered with ruins and in October 2006 they unearthed a 15th century Aztec alter and a 12-tonne stone idol The Aztecs ruled an empire from the Gulf of Mexico to the Pacific Ocean and encompassing much of modern day central Mexico (ABC August 3rd 2007-10:05am).



Maurice Gilson: question everything.

Campaign to promote safe medicine use in the community.

Commencing August 2007 the National Prescribing Service Limited (NPS) is conducting a National Awareness Campaign (NAC) called *Get to Know Your Medicines* to promote Quality Use of Medicines (QUM).

The campaign focuses on general issues around medicines use, including: what is a medicine; talking openly with your doctor and pharmacist; keeping an up to date medicines list; where to find accurate, evidence based information; and generic medicines.

The campaign features

- Television commercials prompting viewers to call NPS Medicines Line.
- *Get to know your medicines* website at www.nps.org.au
- *Get to know your medicines* fact sheets.
- *Get to know your medicines* peer educator community information sessions.

Background to the campaign Seniors and people with chronic conditions are the people in our community who take the most medicines. 1 Between 2% and 4% of hospital admissions are medication related and between 50% and 75% of these are potentially preventable.

For consumers: NPS Medicines Line—1300 888 763

- Gives independent, accurate and up to date information about medicines.
- Is staffed by pharmacists and operated by Mater Pharmacy Services.
- Is not an emergency service.
- Does not replace advice from your doctor or pharmacist.
- Is the cost of a local call when calling from a landline.
- Is available 9am-6pm Monday to Friday (Eastern Standard Time).

For health professionals: NPS TAIS - (Therapeutic Advice and Information Service) 1300 138 677

- Provides independent evidence based information on medicines.
- Is available for the cost of a local call (when calling from a landline) 9am-7pm Monday to Friday (Eastern Standard Time) or fill in an online inquiry form at www.nps.org.au then click on TAIS.
- Is staffed by pharmacists.

COUNTRY FOOTBALL IT'S MORE THAN A GAME! RADIO FORUM

Do you care about country football?
Do you want our towns to thrive?
If so, here's your chance to have your say and support
a sport that helps keep our towns together.

**Friday August 31
2pm - 4pm
Ettamogah Hotel, Cunderdin**

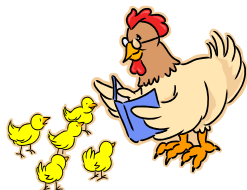
Hosted by ABC Sports Broadcaster, Glenn Mitchell
***We're all facing big issues here in the country.
Together we can come up with solutions to keep
our towns going.***

Blechynden's Poultry Tel. 9846 6055

Hens Free Range Isa Brown
\$5 each, 10 for \$45 or 30 for \$105
Pullets 11wks \$11.50 each or 10 for \$110

**Delivered Tuesday
18th September to**

- **Lake Grace**
- **Pingrup**
- **Kulin**



*Don't miss the opportunity to recognise our
unsung achievers.*

NOMINATIONS CLOSING

Nominate Now or Nominate someone you know !

The Regional Achievement and Community Awards encourage, acknowledge and reward the valuable contributions businesses, events and tourism operators, towns, environment and sustainability initiatives, individuals of all ages, volunteers and communities are making throughout regional and rural Western Australia.

Nominations are now open in the following categories:

- RSM Bird Cameron Business Enterprise Award
- Racing and Wagering Western Australia Events and Tourism Award
- Curtin University of Technology Regional Service Award
- CSBP Environment and Sustainability Award
- Australia Post Youth Leadership Award
- Kleenheat Gas Community of the Year Award

Great prizes are up for grabs including \$2,000 Bank Accounts from the Commonwealth Bank.

Nominations close Wednesday 5th September 2007 and entry forms are available from Commonwealth Bank branches, Kleenheat Gas houses and dealers, Australia Post Offices, Curtin University, RSM Bird Cameron, Racing & Wagering Western Australia, CSBP, WIN Television, Radio West Network, Parmelia Hilton or through coupons in *The Farm Weekly* or by contacting the Awards office on 08 9201 1155, wa@awardsaustralia.com or via www.awardsaustralia.com

LAKE GRACE HOSPITAL

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

TEL: 9890 2222

FAX: 9890 2202

Infections & Hand Hygiene

Hand hygiene is crucial in reducing the transmission of infections!

The use of soap and water and correct washing technique when hands are contaminated in any way AND before eating is an effective way of guarding against cross-infection.

- Remove jewellery
- Wet hands with warm water, then apply soap or liquid soap
- Lather for 15 - 20 seconds
- Rinse hands thoroughly under running water
- Dry hands with a clean towel



During the lather, pay particular attention to the backs of hands and fingers, fingernails, fingertips and the webbing between fingers.

Hint: The time it takes to say a nursery rhyme or sing "Happy Birthday" is about right.

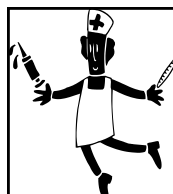
If running water is not available hands may be wiped clean with a disposable wet-wipe and disinfected with an alcohol-based product (eg. gels, rinses, foams) by rubbing product all over hands for at least 1 minute.

EVERYONE needs to be diligent to stop the SPREAD!!

Immunisation:

Lake Grace

Thursday 6th September
10:00—12 midday
Lake Grace Medical Centre



Newdegate

NB: Next clinic will be held one week earlier, due to the Newdegate Field Days

****Wednesday 29th August****

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 .*



Rural Men's Health



*Two videoconferences
brought to you by Wheatbelt*

*Population Health in conjunction with
Wheatbelt Men's Health Inc. The presenter
will be well known Men's Health specialist
and regional identity **Julian Krieg**.*

*These sessions will be provided **free of charge** and conducted in the evenings at participating centres in the Wheatbelt, with Lake Grace Hospital offering to link up if there are men interested in attending.*

Session 1: Prostate & Testicular Cancer
7:00—8:30 pm Wed 26th September

Session 2: Working Safely & Fatigue
7:00—8:30 Wed 21st November

If you are thinking of attending one or both these sessions, please RSVP to the hospital (ph: 9890 2222 or fax: 9890 2202) by 31st August.

HACC Happenings:

5th Friday Activity Day

Friday 31st August—Games & Trivia
(some new games have been purchased)
Lakes Village Hall from 10 am—2 pm
Cost: \$5.00 with light lunch provided.
RSVP to hospital ph: 9890 2222

Public Opinion Sought...

It was voted at a recent Shire meeting to rip up the airstrip and return it to a gravel strip. It is a sealed strip at the moment and it is thought to be too costly to maintain in its present form.

Lake Grace Shire does have a flood grant to repair the airstrip and return it to a good sealed airstrip.

The Development Association would like to hear from the community on this matter. There are quite a few pilots who use the airstrip and the Flying Doctor is looking at using jets in the next few years and they need a sealed airstrip.

If you have any feedback please contact Councillor Helen Bennett on 9865 1026 or the Shire office on 9890 2500.

Bus out to Newdegate Field Day...

Anyone interested in catching the Community Bus out to the Field Day? You will need to pay for your fare and the bus will travel out and back in once a day. Please ring Helen Bennett on 9865 1026.

Next meeting of the Lake Grace Development Association will be held in the Lake Grace Visitors Centre on September 3rd 2007 at 2pm. Bring a coffee and see what projects we are working on to keep our town buzzing.

Lake Grace Sportsman's Club

Come and relax after a busy day at the Newdegate Field Day.

Meals ~ steak, chips and salad ~ will be available on

Wednesday 5th September. Meals start at 6:30pm.

For catering purposes we would appreciate it if groups could
RSVP on 9865 1239 (club).

Farmers Centre (1978) Pty Ltd

Parts Interpreter

*A parts person is required at our Lake Grace branch, specialising in
CASE Agricultural Equipment.*

Duties include counter sales, data entry and invoicing.

The position can be full-time or part-time.

Salary package to be negotiated pending on experience.

*If you are interested to find out more about this position, inquire to
Gary Frost on 9865 1134 b/h or 0429 651 094.*

Applications to:

Farmers Centre

PO Box 191

LAKE GRACE WA 6353



Year 7 Kalgoorlie Camp 2007

On the 18th of June, the year 7's said goodbye to the year 6's and hopped excitedly on the bus for the long journey to Kalgoorlie. We had lunch in Southern Cross and then set off again singing and joking all the way.

We arrived with our bags covered in red dust. Especially Mrs Jones' suitcase!

When we arrived we met the school that would be sharing the campsite with us. The school was called Westonia Primary. We also met 'Barb' who showed us around the camp school and told us how the camp school is run.

We did lots of things while we were in Kalgoorlie, including a tour down Hannon street, visiting the Kalgoorlie-Boulder Museum and looking at the old graves in Coolgardie.

Some of the things the year 7's most enjoyed included panning for gold (and keeping the gold we found!), going down into the underground mines at the Hall of Fame, rock climbing at YMCA and eating take-away and going to the movies to see Shrek the Third. We also enjoyed seeing the super pit. The year 7's also got to exercise their vocal chords with a karaoke night which they had with Westonia PS.

The year 7's say it was great to get to know their fellow year 7's out of school and away from all the school work!

It wasn't long before it was time to hop in the bus for the long journey home. We were a lot quieter on the way home, with some of us feeling bus sick and others kept busy with a quiz made up by Mrs Jones.

Overall, the year 7's thoroughly enjoyed their camp and say it was the best camp they've ever been to! Many thanks from the year 7's to Mr Majewski (even though

he got us lost when driving the bus!), Miss McEwan and Mrs Jones for organising an unforgettable trip!



At the Mt Charlotte Lookout



Ready to go underground into the mine



The year 7's with Westonia PS getting instructions for a competition to build a bush shelter

Written by Carley Hardy, Harrison Slarke, Corrina Baker and Nick Dunham.

Travel Diaries

We continue on from Day 25 of Joe and June McEncroe and Helen and Clem Bennett's travels through Africa and Barcelona.

Day 36

Another very cold night but most of us slept fairly well, which we probably didn't expect considering the state of the skinny pieces of foam we had as mattresses. The return camel ride was by a different route, which took us around a large fresh water lake that fronts onto the Yasmina Auberge. For anyone who has never ridden a camel it is certainly an experience worth having if the opportunity arises. You sit very high and there are no stirrups to put your feet into, so your legs can get quite tired and sore. When they are in walking mode they have a rhythmical gait which is not unpleasant but it is when they are going down steep sand hills that you have to hang on for dear life, as it feels like you are going to topple straight over its head. This part of the Moroccan tour was a real treat within innumerable highlights.



June on first camel, Helen on 2nd last one.

After another Moroccan breakfast – [Oh for a bowl of cereal], and purchasing of more CD's, we said goodbye to our friendly hosts and then headed off to our next destination, the Todra Gorge. On the trip we stopped at a fossil factory - thought about leaving Joe there but had second thoughts on it. The factory definitely wouldn't win any worksafe awards but what they produced in the way of a finished product, some people would die for. They made many products egg, basin pedestals, fountains and so many more but the marble tables complete with polished fossil inlays were just stunning. If they weren't so big and heavy and costing around \$5,000 or more, it would have been great to bring one home. The freight would have cost as much or probably even more than the table.

Arrived quite late in the day at Todra Gorge and booked into our accommodation, a nice little place called the Amazir hotel with a river flowing along just outside. Played UNO with the group before having our tea in the hotel, then off to bed for a reasonably early night.

Day 37

Another day and another guide, this time it was Mohamed who took us on a walking tour of the agricultural section of the gorge. Over the next four hours and eight kilometres or so, we were given some amazing information and shown some wonderful sights. A permanent flowing river runs through the valley that has been used for centuries to irrigate the various crops that are grown. Families have small plots that they cultivate and grow virtually any type of vegetable, fruit or cereal crop that they wish to grow or can sell. Some of the date palms are hundreds of years old as are the methods of cultivation. The women do most of the field work although we did see some men tilling the land with a tool that was a mix between a shovel and a hoe. Clem and one of the other guys in the group tried using it but found it to be pretty heavy going. The workers were very relaxed and friendly and invited us to partake in some mint tea and some pizza like bread, which was extremely tasty.

During the walk we came across a deserted town which Mohamed said was about 200 years old. The walls were predominately built of mud and were still in reasonable condition considering the town had been vacant for around 40 years. It was amazing walking through the old houses and various other buildings listening to Mohamed giving an explanation of how the people went about their lives in the days gone by. Apparently the inhabitants left the old village as a result of a bitumised road being built on the other side of river, which would have meant a big loss of trade if they did not relocate.



Deserted village in the Todra Gorge.

We walked on, being careful not to take any photographs of the women working in the fields and at one stage had to roll our pants up and get the shoes off

Travel Diaries *(cont.)*

to ford the river – the water was icy cold. Later we stopped and watched groups of women doing their washing in the river. It was a very social occasion as they chatted away, probably catching up on the local goss.

March is a good time to tour this part of the world as the summer heat has yet to come and it was particularly pleasant on this day.

Our walk ended at the local village called “Tinrhir” where we were taken to a carpet making house (one of Mohameds relations – surprise, surprise). The guy who ran this was Hassan who promptly sat us down on some floor rugs and poured mint tea for us from a tea pot from a distance of at least two feet into very small glasses without spilling a drop. He then proceeded to give us the full spiel on his carpets etc. which were predominately made at his house by his sister. Needless to say hardly anyone got out of the building without some severe credit card damage. June and Helen loaded up with a couple of wall rugs and a carpet which brought on the next problem – how to get them back to LG - but more on that later.

After having lunch in the town and Clem and Joe having their boots cleaned in a very entertaining method by a young local lad who was a real character, we headed back to our hotel. We were then driven in the opposite direction to that which we went in the morning and this took us to the beginning of the gorge, which was very narrow. The gorge walls were perpendicular and very tall, possibly 200 metres or more with the river running through the middle. It was a Saturday afternoon and there were many rock climbers scaling the cliff faces. We were told that many of them climb bottom to top using ropes and grapple hooks etc and can take all day to achieve the result – totally nuts.

We had a couple of leisure hours to ourselves late in the day so we went to a little internet café across the road from the hotel. It was real family affair with kids of all ages in and around the room, all in their Moroccan attire. It was a very friendly atmosphere, almost too friendly when you would have these children peering at what you were typing and reading aloud what you had written!! We were led to believe that they teach English in many of the schools and maybe this was their way of practicing what they were taught.

Tea that night was at a restaurant back in the gorge where we were entertained by more drumming and singing. Over the last four days or so we were entertained on many occasions by drummers and each one had a style of their own but all of them were excellent and well worth listening to.

Day 38

We headed out fairly early on our bus to what was described in our trip notes as the valley of 1000 Kasbahs. Stopped at a smallish town called Ouarzazate. Dave our guide said that tourists commonly referred to it as “what is that”. We had a couple of hours stopover here, so had a bit of a wander around, checked out the markets (souqs), had some lunch then headed for a tour of the Atlas film studios

which were about a 20 minute drive from Ouarzazate. None of us Aussies had been in film studio before so we were a wee bit excited about what it might behold. The studio was located in a very sparse flat area with the Atlas Mountains way off in the background. The studios have made many big movies in the past, such as Cleopatra, Gladiator, Jesus of Nazareth, Lawrence of Arabia and Alexander the great. It was really interesting having a look at the movie sets just seeing that they are temporary structures made out of flimsy material. The tour only took about an hour so we were soon on the road again on the way to our next overnight stay. The accommodation was in a hotel in a place called Ait Benhaddou, which was a collection of Kasbahs perched on a hilltop. The weather was fine, as usual so we reckoned we had better have a closer look at these Kasbahs. We started with the almost obligatory walk through the village markets, then crossed a shallow river (could have got a camel ride across if we had wanted to) then commenced our climb to the top of the mountain and of course more markets. The buildings were a mixture of authentic and restoration but whichever way it was it was fantastic and you envisage life in one of these establishments hundreds of years ago, without a great deal of imagination. The 360 degree view from the top was terrific and once again we were amazed at the beautiful green fertile paddocks surrounded by barren craggy hills



Kasbahs at Ait Benhaddou

Day 39

This day would see us journey to the famous city of Marrakech about four hours by road through the High Atlas mountains. The drive really was spectacular as the snow covered mountains gave the impression you were in another country and yet we were still quite a short distance from the desert like landscape of the previous day. We crossed the mountains using a modern road built to connect Marrakech with desert regions. It consisted of numerous switchbacks and took us through the spectacular “Tizi ‘n Tichna” pass. The high Atlas Mountains rise to a height of around 4500 metres and although our guide said we would only get

Continued next page

Travel Diaries (cont.)

to a height of 2300 metres or so, you still got the effect of being in high country. Apparently if we had done the same tour two weeks earlier we would have encountered snow along the way. At one spectacular point, we stopped for photographs and as if by magic a group of children appeared ready to sell us trinkets. They were cute little kids, very supportive of each other and Clembo couldn't resist their sales technique – ask him for a look at his Moroccan rocks, when you next see him.

Arrived in Marrakech just after midday and witnessed the first genuine effort we had seen of landscaping, big wide roads, median strips with gardens of a sort and parklands. Most of the apartments were trendy and modern looking, which was the total antithesis of the other towns and cities that we had visited. Our hotel (the Hicham) was possibly the best to date, nice and spacious rooms with all the things you think you need. There was even a swimming pool but Clem was the only one brave (or silly) enough to go in, as it was still not hot weather by any means.

Later in the afternoon Dave took us on a walk down the Avenue Mohammed V into the old part of the city – the medina and main market place. Marrakech is said to be a city of a million plus people a similar population to Perth but that's where the similarity ends as the closer you got to the old city centre the more the traffic and

pedestrians increased. All forms of vehicles – cars, taxi's, scooters, motor bikes and horse drawn carriages all thrown in together – what a mess. If you wanted to cross a busy road you would look around for a local and follow close behind. Dave showed us around some of the city sights but more importantly he gave us a brief education on the do's, and don'ts of the city (and there were quite a few of them) as we have a free day tomorrow to explore at our will. Tea that night was in the main market square at one of the 70 or so sit down food stalls. Every day of the year food stalls are set up late in the day and removed entirely later in the night when trade has dropped off. The food was inexpensive and reasonably edible but the atmosphere was priceless.

On the way back to the hotel, Joe, who was suffering serious cereal withdrawal symptoms decided that it was time for action and took off in search of a store of some sort that could fulfill his dietary needs. He did manage to find a supermarket which sold cereal plus he also had to acquire some long life milk a bowl and a spoon. Anyhow at the end of day he was a happy chappy and the group had a bit of laugh.

Will continue next fortnight.....

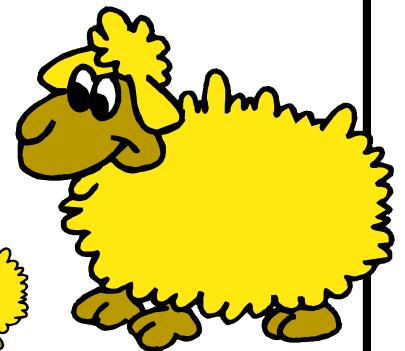
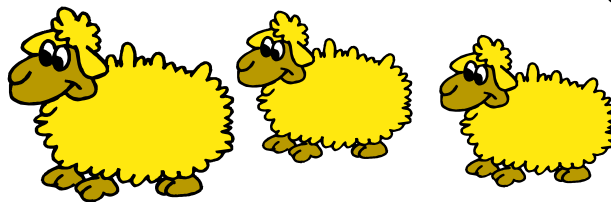
SPEED SHEARS

Saturday 22nd September

Lake Grace Sportsman's Club

7:00 pm start

DJ until 12:30 am



Food Available!!!

Hot Lamb Rolls & Hot Chips

Questions about your BAS? *The Tax Office can help!*

Businesses need to report their tax obligations by completing a business activity statement (BAS). If you are already in business and registered for GST then you are probably familiar with this process but there are a number of ways that the Tax Office can help make it easier.

The business portal is the Tax Office's gateway to online services for businesses and is a fast, easy and secure way to lodge and pay tax. You can use it to lodge activity statements, revise and view previously lodged statements, update details and send requests for refunds or fund transfers between some business accounts.

Lodging electronically means that the Tax Office can process your statement quicker and give you instant confirmation that your statement has been lodged. If you lodge and pay online you may also be eligible to have your activity statement due date deferred by two weeks.

The Tax Office understands that when declaring and lodging tax on behalf of your business mistakes can be made. If you make an honest mistake when lodging your BAS you will not be penalised, as long as you tell the Tax Office about it as soon as possible. You can amend errors in a later activity statement or you can fill out a revised activity statement using the business portal. It is essential that you work with the Tax Office to ensure that your BAS is lodged on time. You need to ensure that you keep good records of your businesses

tax dealings throughout the year in order to stay on top of your tax obligations. For sole traders and home businesses it is a good idea to keep business and personal records separate.

The Tax Office has a number of record keeping assistance programs on their website. e-Record is a free electronic record keeping tool that helps businesses keep good records and can be downloaded from the website. It is designed for businesses that currently use paper-based record keeping and have one bank account.

The record keeping evaluation tool is an interactive program that helps small businesses understand what business records need to be kept and evaluates how well they are currently keeping records.

More information The Tax Office provides assistance to businesses when completing their BAS. Businesses can call the Tax Office on **13 28 66** for assistance or visit **www.ato.gov.au/businesses** for information and record keeping tools including e-Record and the evaluation tool.

Information on record keeping can be found by searching for 'bookkeeping essentials' and if you require further information on how to complete your BAS search for 'activity statement essentials'. Alternatively you can visit **www.ato.gov.au/online-services** for a list of online services offered by the Tax Office.

CCL HARDWARE

Lake Grace - Ph 9865 1104

Look at this:

Fathers Day Sale Thursday 16th August until Sunday

2nd September (see mail out this week):

- New range of giftware / kitchenware
- Old DVD's for sale - \$10 each
- New release DVD's
- Winter seedlings
- New stick on velcro range
- New crescent adjustable wrenches



Check out the new Wagner range of painting gear:

Airless spray paint guns, paint rollers, cartridge ceiling rollers and corner and edge applicators.

FilmBites Workshop

Well this last couple of weekends we've been flat out with CountryArts WA sponsored workshops. Last weekend the Filmbites short Film Workshop was attended by a group of nine very enthusiastic amateur filmmakers.

On Friday night we tossed around ideas and concepts about different types of films. Our able instructors Noah Norton and Wendi Graham then showed us some incredible short films – then we were wondering what we had got ourselves into!

We decided to do a “mockumentary” – a send up of a real documentary. So we headed west out onto North Lake Grace to cook up some legends with our “cooking show” A Pinch of Salt. We were aiming to prove the culinary delights to be found in the salt lakes!(as well as show some of the local scenery) For each of our ingredients we cooked up a story to match. Jane Bushby revealed a multitude of talent in scriptwriting and zoology by relating to us the story of the dinosaur shrimps, as these were the basic protein for our soup-broth. John Hendry unearthed his previous Ag Dept training and amused us with details of the value of saltbush as a nutritious supplement to the diet, even going to the lengths of eating it to prove a point.

A multitude of unnamed aliens made visits to the lake and left curious circles to bewilder us, it really is true, trust me, Michelle has camera footage of this. Kelly Gooch showed a leg or two as the 'Lady of the Lake'/Salt Nymph while bringing us our precious salt water stock and proved a prodigious talent for doing the breathy voiceovers required for the resident beauty therapist and astrologist.

Jill Duckworth showed she has great talent with the film camera, watch out Geoff no more ground and footshots anymore! Also her knowledge of Nymphs and Cola coloured salt is astounding, we're not sure she wasn't still delirious from being on night duty! Someone who was delirious, was Kerrie Argent, when we peeled off her salt/mud mask and she thought she was 30 years younger than before! The rejuvenating properties of that mud - astounding!

As cooks Kerrie and I tried to make sense of all the ingredients and combine them in such a way as to make them actually look appetising, a pale pink clear soup not unlike a Chinese soup was the result. Our very game taste testers attempted to taste our very salty plasticine saltbush concoction with varying results as you can imagine. Michelle Slarke confidently

dressed actors and directed scenes and kept us on track when we veered off into the lake.

Meanwhile Phyl Dunham quietly wandered around with the small video camera happy to catch us and the scenery unawares with her beady lens. After all the filming was done it was back to the Artspace to grapple with the editing and do voiceovers to complete the film. In pairs, we chopped, cut bits out and joined it up again to make something that was coherent – well nearly.

Noah and Wendi will finish it off and send it back soon. This was a great learning experience and we can hope our film will turn out as well as the kids films made last year. These two films made as part of Youth Week, have been selected from applications worldwide to be included in a Film Festival in Korea.

Tania Spencer



Journal Making Book Binding

Lake Grace Artist Group
invites you to a
Journal making workshop
Wednesday 22nd August 2007
Lake Grace Multi-Art Space
9am-12am

Contact Kerrie argent 98654042

Or ker-

riearg@hotmail.com

For information or to book



LAKE GRACE ARTIST'S GROUP

Governance Workshop

We have a One day Creative Volunteering- No Limits workshop on the Monday 27th of August 9.00am 3.30pm at the Artspace. For members of community groups and committee members, this workshop will give you the skills to help your group work more effectively and efficiently. During the workshop participants will go through a workbook using their own groups' examples, with the book becoming a valuable resource for reference later on. Provided by Regional Arts Australia, this is not just for arts groups, any voluntary committee from tourism, health, youth, arts, sports, environment, heritage, P&C, service groups etc would benefit from this nationally recognised training. Administered by Country Arts WA and delivered by WACOSS the cost is \$25.00. Ring Anna Strevett 9865 4023 or if you can't get Anna phone Tania Spencer 9865 1339 for further information and to book.

The Lake Grace Community Exhibition is coming up in late September so get your entries started. We would love some new exhibitors in this years exhibition, it is open to anyone any age or gender. If you need something to get you started, the theme is "Faces" in any way shape or form. It doesn't necessarily have to be on this subject it can be on anything that takes your fancy. Entry forms will be in the next Lakes Link or available from the Post Office. Please fax them to Anna Photography workshop with Veanna Scott is at the end of this month. The date will be fixed shortly. This is both for digital and regular camera users, see the ad in this paper from Kerrie please phone her to book 9865 4042 or Anna 9865 4023.

Journal making / Bookbinding with Kerrie is on Wednesday 22nd August. Come in and bind all those loose papers or make a special book for treasured memories. Phone Kerrie to book 9865 4042.

Paint, Patches and Unfinished Objects is on the 28th Aug – this is a great chance to come in and get some art/craft done in company with like minded people. Anyone welcome cost is \$2.00 for non LGAG members.

Tania Spencer

Workshop News

Hi to every one. Thank you to the great response to the last two workshops a great time was had by all.

Many of the students from the Bush Furniture Workshop commented that they would like Roley to come again. If there is enough interest I will organise this, so if you missed out on the workshop or would like to come again could you please let me know. We will need at least ten or so people and the cost will probably be about \$100 (no country arts funding this time).

The next Funded workshop is the two day Photography Workshop, if you are interested could you please let me know as we are working on a date.

Preferred date is 29th and 30th September but it is also the weekend of the footy grand final; this does not worry me or the tutors. The next week end is the middle of the school holidays, SO if you are interested could you please contact me with your name and date preference ASAP so I CAN get this organised, ph/fax 9865 4042 or kerriearg@hotmail.com.

The workshop will cover picture composition etc and the use of your camera's Digital and SLR even if you have a point and shoot camera it always helpful to do picture composition so you don't get those dud photos which we all love not to get.

On Wednesday 22nd August we are having a journal making workshop, this gives you the ability to join pieces of paper together with stitch, to create a lovely hand crafted Journal, Diary, Drawing Book. It is also a way to collect and store some of those wonderful drawings that your children create. There are many forms, styles and techniques to make journals. This bookbinding class gives you the basic ability to make simple books with hard covers out of whatever you like, or want. These can be made on the kitchen table with out much mess and simple tools that can be found around the house. It is also something you can teach your kids to do. This workshop is \$20.00 each, see advert on facing page.

We will be working on our program for next year at our next meeting on the 22nd, if you have any ideas or thoughts; please let Tania or myself or one of the art group know so that it can be taken into consideration in our plans. We are open to just about any thing.

Kerrie Argent

Now I'm on the Committee What Do I Need To Know?

Creative Volunteering – GOVERNANCE Workshop

Monday 27th August at Multi-Artspace, Lake Grace

This one-day "Contribute to Effective Organisation Governance" course covers various topics related to the effective and efficient running of an organisation on varying scales.

Topics covered include legal responsibilities, organisational structure and risk management.

Ideal for members of a community committee.

Creative Volunteering - No Limits is a nationally accredited training program for regional volunteers. The program is a highly effective series of one-day training modules for people of all ages who work as volunteers playing an active role in the life of their local community. There are no qualifying entry criteria and every effort will be made to meet any special learning or mobility needs of intending workshop participants.

Contact Anna Strevett (Tel: 9865 4023), Lake Grace Artists' Group, to book a place.

HUMOUR

Come In Sucker

A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you." The barber puts a dollar bill in one hand and fifty cents in the other, then calls the boy over and asks, "Which do you want, son?"

The boy takes the fifty cents and leaves. "What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream store.

"Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied, "Because the day I take the dollar, the game's over!"

A trio of old veterans

A trio of old veterans were bragging about the heroic exploits of their ancestors one afternoon down at the VFW hall.

"My great grandfather, at age 13," one declared proudly, "was a drummer boy at Shiloh."

"Mine," boasts another, "went down with Custer at the Battle of Little Big Horn."

"I'm the only soldier in my family," confessed vet number three, "but if my great grandfather was living today he'd be the most famous man in the world."

"Really? What'd he do?" his friends wanted to know.

"Nothing much. But he would be 165 years old."

Flakey Murder

Two police officers respond to a crime scene behind a grocery store. The homicide detective is already there.

"What happened?" asks the first officer.

"Male, about twenty-five, covered in Raisin Bran and dead as a doornail."

"Good grief," says the second officer. "Didn't we have one covered in Frosted Flakes yesterday? And Captain Crunch last week?"

"You're right. I'm afraid," said the detective as he took a drag from his cigar, "this is the work of a cereal killer."

The Garden of Eden

A Brit, a Frenchman and a Russian are viewing a painting of Adam and Eve frolicking in the Garden of Eden.

"Look at their reserve, their calm," muses the Brit. "They must be British."

"Nonsense," the Frenchman disagrees. "They're naked, and so beautiful. Clearly, they are French."

"No clothes, no shelter," the Russian points out, "they have only an apple to eat, and they're being told this is paradise. Clearly, they are Russian."

Two Priests on Vacation

Two priests were going to Hawaii on vacation and decided that they would make this a real vacation by not wearing anything that would identify them as clergy. As soon as the plane landed, they headed for a store and bought some really outrageous shorts, shirts, sandals, sunglasses, and etc.

The next morning they went to the beach, dressed in their "tourist" garb and were sitting on beach chairs,

enjoying a drink, the sunshine and the scenery when a "drop dead gorgeous" blonde in a tiny bikini came walking straight towards them. They couldn't help but stare and when she passed them, she smiled and said, "Good morning, Father" - "Good morning, Father," nodding and addressing each of them individually, then passed on by.

They were both stunned. How in the world did she recognize them as priests?

The next day they went back to the store, bought even more outrageous outfits-these were so loud, you could hear them before you even saw them-and again settled on the beach in their chairs to enjoy the sunshine, etc.

After a while, the same gorgeous blonde, wearing a string bikini this time, came walking toward them again. (They were glad they had sunglasses, because their eyes were about to pop out of their heads.)

Again, she approached them and greeted them individually: "Good morning, Father," "Good morning Father," and started to walk away.

One of the priests couldn't stand it and said. "Just a minute, young lady. Yes, we are priests, and proud of it, but I have to know, how in the world did YOU know?"

"Oh, Father, don't you recognize me? I'm Sister Angela!"

First Time Sky Diver

A man goes skydiving for the first time. After listening to the instructor for what seems like days, he is ready to go. Excited, he jumps out of the airplane. After a bit, he pulls the ripcord.

Nothing happens. He tries again. Still nothing.

He starts to panic, but remembers his back-up chute.

He pulls that cord. Nothing happens.

He frantically begins pulling both cords, but to no avail. Suddenly, he looks down and he can't believe his eyes. Another man is in the air with him, but this guy is going up!

Just as the other guy passes by, the skydiver -- by this time scared out of his wits--yells, "Hey, do you know anything about skydiving?"

The other guy yells back, "No! Do you know anything about gas stoves?"

Comrade Rudolph

A Russian couple were walking down the street in Moscow one night, when the man felt a drop hit his nose. "I think it's raining", he said to his wife.

"No, that felt more like snow to me", she replied.

"No, I'm sure it was just rain" he said.

Well, as these things go, they were about to have a major argument about whether it was raining or snowing. Just then they saw a Communist Party official walking toward them.

"Let's not fight about it", the man said, "Let's ask Comrade Rudolph whether it's officially raining or snowing".

As the official approached, the man said, "Tell us, Comrade Rudolph, is it officially raining or snowing?"

"It's raining, of course", he replied, and walked on.

But the woman insisted: "I know that felt like snow!" to which the man quietly replied: "Rudolph the Red, knows rain, dear".



Welcome to Night Watch for the fortnight, from midnight Friday 17th August to midnight Friday 31st August. Astronomy is looking up. Never look at the SUN without the proper solar filters and preferably one that fits over the skyward end as your eyes can easily and quickly be damaged beyond repair. On Tuesday 28th at 5:42pm, the Moon will rise as a full Lunar Eclipse in the East to South East horizon in almost Full Moon phase and will be a reddish colour.

Our local star the Sun resides in the constellation of Leo all this fortnight at magnitude -26.72. This fortnight morning twilight is at 5:18 on Saturday and at 5:04am on Friday 31st. Evening twilight finishes at 7:03pm on Saturday and at 7:10pm on Friday 31st.

The Moon on Sunday will be at Apogee (furthest), at 11:27am at 404,618 kilometres from Earth. On Tuesday 21st, the 1st quarter Moon will be at 7:44am in Libra. The Moon on Wednesday 22nd will be 0.7° (close) south of the red supergiant star Antares.

The Full Moon will occur at 6:25pm in Eclipse in Capricorn and reflecting sunlight at magnitude -12.0. On Friday 31st in Pisces the Moon will be at Perigee (closest), 364,171 kilometres from Earth at 8:12pm. The Moon resides in Virgo on Saturday at 20% illumination and 29% on Sunday, Libra on 20th at 38% and 21st at 47%, Scorpius on 22nd at 57%, Ophiuchus on 23rd at 60%, Sagittarius on 24th at 75%, 25th at 83% and 26th at 91%, Capricornus on 27th at 96%, 28th at 99% (full moon), Aquarius on 29th at 100%, Pisces on 30th at 98% and 31st at 93%.

Planet **MERCURY** with a 99.3% disc low down in the evening sky sets in Leo at 5:51pm on Saturday but sets later each day. By Friday 31st Mercury will set at 6:53pm at magnitude -0.6 in the East.

VENUS at magnitude -4.0 rises at 6:13am in the constellation of Hydra (the water snake), which is the largest constellation of the 88 constellations in the night sky. On Friday 24th Venus rises in Leo at 5:38am and in Cancer on Sunday 26th at 5:26am. Venus on Friday 31st rises at 5:01am at magnitude -4.4.

MARS the red coloured planet in Taurus shines at

magnitude +0.4 rises on Saturday at 1:35am with a 85% disc. On Friday 31st Mars rises at 1:22am.

JUPITER the giant gas planet is high above in the constellation of Ophiuchus and shines at magnitude -2.4 sets at 1:58am on Sunday. On Wednesday 22nd Jupiter will be 6° North of the Moon, and sets at 1:43am. Jupiter on Friday 31st will be in the sky till after midnight.

The ringed planet **SATURN** will rise in the morning twilight at 6:10am on Friday 31st at magnitude +0.6 in Leo.

URANUS at magnitude +5.7 in the constellation of Aquarius rises at 7:19pm and is in the sky all night this fortnight. On Wednesday 29th, Uranus will be 2° (close) south of the Moon.

NEPTUNE at magnitude +7.8 in the constellation of Capricornus rises at 5:12pm on Saturday and is in the sky all night. Neptune will be 1.4° (close) north of the Moon on Monday 27th. On Friday 31st Neptune will rise at 4:19pm and set on Saturday 1st September at 5:40am.

METEORS at three per hour can be viewed in the constellation of Aquarius during Sunday 19th. Aquarius rises in the east on Sunday at 6:40pm, and can be recognizable by a lot of stars in lines running north and south.

Viewing the Moon is now the right time while it is in the afternoon and evening sky. The South pole is the most Asteroid hit part of the Moon and there are ridges, mountains, the smooth mares, sinus and oceanus views and also asteroid craters large and small plus those in a row.

Maurice Gilson Amateur Astronomer
16 Clarke Avenue Lake Grace.
Phone: 9865 1516 or
Email: mgi11687@bigpond.net.au

DATE	SUNRISE	SUNSET	MOONRISE	MOONSET	DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
18/8	6:41am	5:41pm	9:10am	10:42pm	25/8	6:33am	5:46pm	2:29pm	4:18am
19/8	6:39am	5:42pm	9:38am	11:38pm	26/8	6:32am	5:46pm	3:26pm	5:02am
20/8	6:38am	5:42pm	10:09am	D.N.S.	27/8	6:30am	5:47pm	4:34pm	5:41am
21/8	6:37am	5:43pm	10:46am	12:36am	28/8	6:29am	5:47pm	5:42pm	6:16am
22/8	6:36am	5:44pm	11:28am	1:35am	29/8	6:28am	5:48pm	6:50am	6:49am
23/8	6:35am	5:44pm	12:18pm	2:33am	30/8	6:27am	5:48pm	7:58pm	7:20am
24/8	6:34am	5:45pm	1:16pm	3:28am	31/8	26am	5:49pm	9:07pm	7:51am

The Shire of Lake Grace

is supporting




Keep Australia Beautiful Week

Monday 27 August – Sunday 2 September 2007

Get involved in this worthwhile project by:

1 Change a light for a brighter future



Replace two or more standard light globes with 2 compact fluorescent energy saver light globes. If every Australian household did so, this would save enough energy to power more than 100,000 Australian homes for an entire year.

2 Round 'em up and hand 'em in

Recycle your old mobile phone. Drop off your phone at a Mobile Muster point near you (see below). Over 90% of the plastic and metal in mobile phones can be recovered and recycled.



mobilemuster
Official recycling program of the mobile phone industry

3 Litter-free Challenge

Australia is one of the highest producers of waste in the world, yet up to 80% of what households throw away can be reused or recycled.



We challenge you to live one day **LITTER-FREE** by *Reducing, Re-using and Recycling.*

4 Refill & Save

About 1,500 tonnes of toner cartridges are sent to landfill in Australia each year, with some taking up to 450 years to decompose. Each empty printer cartridge can be refilled up to 6 times, saving you money and helping the environment.

Drop off your used cartridges for recycling at the sites listed below*.



* Lake Grace Post Office, Newdegate Telecentre, Lake King Agencies and Varley Store

A Shire of Lake Grace Waste - Wise Initiative
 supported by Lake Grace Post Office, Newdegate Telecentre,
 Lake King Agencies and Varley Store

For further information, Contact Michelle, Rysha or Skye
 Shire of Lake Grace on 9890 2500

Shire of Lake Grace gets behind Keep Australia Beautiful Week 2007

Keep Australia Beautiful Week launches nationally on Monday 27 August and the Shire of Lake Grace is getting behind the campaign to help spread the "Save the World. Start at Home" message to local residents.

Australian households produce an average of 15 tonnes of greenhouse gas emissions each year and throw away around 980 kg of waste – despite that up to 80% of this rubbish can be reused or recycled.

The Shire of Lake Grace is hoping local residents will commit to reducing their household's impact by participating in one or more of the official Keep Australia Beautiful Week (KAB Week) activities. To assist, the Shire is running a MobileMuster/Cartridge World reuse program and a local Litter-free Challenge, to help reduce the amount of waste unnecessarily being sent to the local landfill and help conserve Australia's natural resources at the same time.

With 15.5 million old and broken mobile phones stashed away in cupboards and drawers across Australia, spring is a great time for residents to clear them out and hand them in for recycling. Meanwhile, about 5000 tonnes of printer cartridges are sent to landfill in Australia every year, with each cartridge taking up to 450 years to decompose. Shire of Lake Grace residents can drop their empty cartridges and old mobile phones into special bins at Lake Grace Post Office, Newdegate

Telecentre, Lake King Agencies and the Varley Store for recycling.

The Shire of Lake Grace is also asking local residents to replace two or more standard light globes with energy saver light globes during KAB Week. If every Australian household replaced just two lights, it would be the same as taking over 200,000 cars off the road each year and saves enough energy to power at least 100,000 homes for an entire year.

Chris Jackson, Chief Executive Officer of the Shire of Lake Grace says, "Australia is one of the largest producers of waste in the world and highest per capita greenhouse gas polluters. It is up to all local communities to come together to reduce their ecological footprint if we are serious about becoming a more sustainable society. The Shire of Lake Grace is committed to improving the local environment and by getting involved in the Keep Australia Beautiful Week activities. We hope residents will join us in this fight. It can be as simple as reusing and recycling things we'd normally throw away, or undertaking a litter-free challenge to help keep rubbish off our streets."

To get involved in Keep Australia Beautiful Week or learn more about the simple changes you can make at home to help save the planet, visit www.startathome.com.au

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Lake Grace - Local History Awards

With an increase in the popularity of written memoirs and a need to consolidate Lake Grace's history, the Lake Grace Telecentre, in conjunction with Terry & Lenore Gladish and CBH, are introducing a local history award. There will be two categories, a researched topic and a life story. Prizes will include a youth award, years 8-12 (must be enrolled at Lake Grace District High School) and an Open Award (entrants must be a permanent resident of the Lake Grace Shire). The entry may be any topic relevant to the history of Lake Grace.

The following are examples.

- History of a family or business
- History of a building, house or street
- History of a sporting or social club
- Memories of a particular decade

Categories

1. Lake Grace Stories - researched topic
 - This should acknowledge sources used, including oral sources.
 - The entry may include photographs, drawings or maps.

OR

2. Lake Grace Life Stories
 - This may be autobiographical or based on an interview with another person.
 - The entry may include photographs, drawings or maps.

Prizes

Youth Awards

- \$75 for each category

Open Awards

- \$200 for each category

For further information, conditions of entry or an entry form please contact Suzanne Reeves at the Lake Grace Telecentre on 9865 1310 or lakelink@treko.net.au

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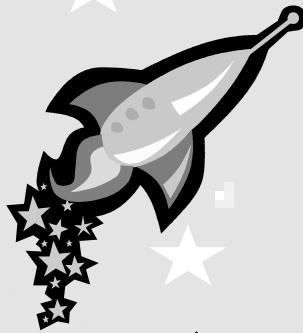
From July 2007 until July 2009, free HPV vaccine will
be available through the Lake Grace and Newdegate
General Practice for females aged 18 to 26 years:
however, the full course of 3 doses must be
completed before the end of June 2009 and before
the woman reaches the age of 27 years.

For an Appointment phone Heather or Debbie on
9865 1208 or 9871 1528 (Newdegate). For more
information go to www.australia.go.au/cervicalcancer

**We're having a
rocket**

Scholastic Book Fair

into



reading

Dates:

20th August—31st August

Times:

9am - 5pm

Mon - Friday

(closed Wednesday).

Place:

Lake Grace

community Library

Skadada

Youth Runaway Circus

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Aerial Extravaganza

Presented by:

The Great Southern, Central South Regional Gymnastics Clubs in association with
Gymnastics Western Australia

Coming to Newdegate

One Show Only

Sunday 7th October 2007

8.00pm to 9.30pm - Newdegate Community Recreation Centre

Early bird tickets on sale from Monday 20th August from Newdegate Gymnastics Club members or ph: Rachael on 9872 0083. Adults \$15, child \$5, child u/5 yrs free

September ticket prices will increase to: Adults \$20, children \$8

A FANTASTIC FAMILY EVENT Stunning displays of aerial dance magic using silks and trapeze

LAKE GRACE GOLF NOTES

Gary Frost and Helen Hunt win Championships.

Congratulations to Gary Frost on winning the Men's 2007 A Grade Championship. Gary defeated Craig Reeves in a very good competition of matchplay. Helen Hunt beat Jeanette Bennett in the ladies championship. Both ladies were very glad to see the finish, as both declared they couldn't have gone much further. Murray Stanton defeated Trevor Norman in the men's B Grade championship. This tussle went to the 34th hole. Derek Stanton won his C Grade championship over Greg Pinney in a walk over. Once again congratulations to all the winners this year.

This week end the Lakes District Carnival was held at the Pingaring Golf Club. Kingsley Strevett was the only Lake Grace traveller to play two consistent rounds, therefore he became the 2007 VETERAN Champion. Well done Strevy, good to see you can still do it in the stroke events, you don't always have to play a stableford.

Back to club golf this week with a stableford competition, sponsored by the new owners at CCL (Thifty Link) Allan and Rita Marshall. The following week is a two person ambrose sponsored by Farmers Centre Lake Grace.

Chad Stanton



*Happy but tired golf champions.
Murray Stanton, Helen Hunt and Gary Frost.*

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LAKE GRACE / PINGRUP NETBALL CLUB

Congratulations to both the A Grade and Junior teams who finished second and first, respectively, for the season. Both teams will travel to Kent for the second semi final this weekend.

The A Grade girls face old foes, Jerramungup who go into the finals undefeated, at 12.30pm, followed by the Junior team playing Gnowangerup at 2.15pm. The B Grade final is between Ongerup and Newdegate at 11.00pm.

Congratulations to Ash Brooks, who was Runner Up Association Fairest and Best for the season. Well done Ash!

Results for the first semi final, played at Jerramungup on the weekend:

B GRADE: Boxwood 37 def. Gnowangerup 34
A GRADE: Newdegate 39 def Gnowangerup 35
JUNIORS: Newdegate 32 def. Jerramungup 29

The Netball club will be holding its vote count for A and B Grade on Thursday night, 6.30pm at Rosies for pizza. Please BYO alcohol and let Kristie know before Thursday if you are attending.

Kristie Stanton

LAKE GRACE JUNIOR GOLF NOTES

This Sunday, 19th August, will be the start of the first round of championships. 9am start.

The second round of championships, followed by a windup, will be the following weekend, Sunday 26th August. This will also be a 9am start.

For further enquiries call Gary Frost on 9865 1094 or Steve Hunt on 9865 1516.

Gary Frost

LAKE GRACE / PINGRUP JUNIOR HOCKEY NOTES

The Junior Hockey notes have been missing the last few games - I apologise for this as time seems to be getting away from us of late. To keep you all posted we did very well this season and managed to finish 4th on the ladder. On Saturday the 11th August we travelled down to Jerramungup for the 1st Semi Final, to play against Borden.

Juanita O'Neill was our goalie, having proven to be one of our best over the season, thank you Juanita. We all played well after we overcame the "Finals Butterfly's". It was a very exciting game with Harry Slarke streaking into the goals to score mid way through the second half, to make the score an even one all. Time on was played with the 1st to score to be

the winner - but unfortunately we were unable to score, but we were able to stop Borden from scoring. At the end of time on the score was still even and Borden ran out winners on percentage (they were 3rd and we were 4th on the ladder) . Great game by all players with a special mention to Liam and John who played very well.

A big thank you to all the parents who travelled, catered and helped out all year - we couldn't have done it without you. A special thank you to Wendy O'Neill who is an expert at dressing our Goalie. We will be having a windup celebration - watch this space for further details.

*Thanks
Melissa and Penny*

ONGERUP HOCKEY ASSOCIATION RESULTS

4th August Results

Juniors

Borden 0 drew with Ongerup 0
Jerramungup 4 defeated Boxwood 0
Gnowangerup 4 defeated Newdegate 0
Pingrup 2 defeated Nyabing 1

Seniors

Ongerup 1	Def	Borden 0
Jerramungup 0	Drew	Boxwood 0
Gnowangerup 1	Def	Newdegate 0
Pingrup 1	Drew	Nyabing 1

First Semi Final - 11th August Played at Jerramungup

Juniors

Borden defeated Pingrup
At the end of this game it was a 1 all draw, so time on was played with no change to the result. Borden then wins as they finished in the higher position on the ladder.

Seniors

Gnowangerup 2 defeated Jerramungup 1

Footy Vote Count

The Lake Grace Golf Club played host to the Lake Grace / Pingrup Football Club when they held their Fairest and Best Vote Count on Sunday 12th August. Nine holes of golf and a BBQ supplied by the Lake Grace Golf Club were the order of the day before vote counting got underway.

Fairest and Best for the League was James Eaton with 133 points, Dennis Gittos was runner-up with 93 points. Karl Fleay was in third place with 67 points; this is the fourth year that Karl has been in the top four for the league division of the Lake Grace / Pingrup Football Club.

Reserves Fairest and Best was Matthew Brown with 70 points, runner-up was Matthew Trevenen with 64 points while Ian Kelm was in third place with 62 points.

Lake Grace / Pingrup's Reserve side have put in a phenomenal effort over the 2007 season, coming from last position on the ladder in 2006, to being second behind Jerramungup on the premiership table. The League side has also done well, coming from last on the ladder in 2006 (with only one win of the season) to being fifth on the ladder with six wins under their belt.

Club President, John O'Neill, has been pleased with Lake Grace / Pingrup's performance through the 2007 season. Although the League hasn't made it through to the finals, both the Reserves and the D-Grade have. The Reserves will be playing Jerramungup at Nyabing at 11am on Saturday 18th August; this game will be followed by Lake Grace / Pingrup's D-Grade team playing Boxwood Hills at 12:35pm. Both teams are hoping for plenty of home town support.



Above: Jon Pitts (Reserves Coach), Matthew Brown (Reserves Fairest & Best) and John O'Neill (Lake Grace / Pingrup Football Club President) at Sunday's Vote Count.

Reserves Vote Count

Matthew Brown	70
Matthew Trevenen	64
Ian Kelm	62
Stephen Chappell	54
Peter Brick	42
Ashton Gray	37
Aaron Carruthers	33
John Callope	23
Anton Kuchling	21
Quinten O'Neill	21
Justin Carruthers	20
Zane Connolly	19
Kasey Reeves	17
Kevin Naisbitt	15
James Trevenen, Reid Stubberfield	14
Travis Hawkins	12
Alex Duckworth, Benn Tompkins, Leon Morgan, Michael Trevenen	10
Brendon Bedson	8
Aaron Pontifex, Clinton Trevenen	6
Brendon Desmon	5
Christopher Trevenen, Jarred Desmond, Sam Stubberfield	4
Kael Gray, Matt McWhirter, Nathan Fyfe	3
Andrew Anders, Drew Marshall	2
Leon Clarke, Nick Smith, Rohan Bishop	1

League Vote Count

James Eaton	133
Dennis Gittos	93
Karl Fleay	67
Damon Pelham, Daniel Trevenen	52
Hayden Carruthers	31
Garry Leo	24
Tyson Prater, Marcus Trevenen	23
Grant O'Neill	20
Peter Roukens	18
Peter Burbridge, Jarred Desmond	17
Alex Duckworth, Robert Spurr	12
Chris Trevenen	9
Glynn Medlen	5
Damon Trevenen, Mathew Spurr	4
Andrew Lewis	3
Paul Fisher	1

Lake Grace / Pingrup Football Notes

Round 14 - 4th August 2007

League:

Lake Grace / Pingrup 12 goals 10 (82) defeated Kent 11 goals 9 (75).

Best: James Eaton, Hayden Carruthers, Peter Burbridge

Goal Scorers: James Eaton, 5; Karl Fleay, 3; Hayden Carruthers, 2.

Tight game all day, with both sides having their chances. Lake Grace / Pingrup holding on to win.

Boxwood Hills 8 goals 16 (64) defeated Jerramungup 4 goals 14 (38).

Ongerup 23 goals 20 (158) defeated Borden 11 goals 6 (72).

Newdegate 16 goals 10(106) defeated Gnowangerup 10 goals 12 (72).

Reserves:

Lake Grace / Pingrup defeated Kent by forfeit.

Jerramungup 7 goals 9 (51) defeated Boxwood Hills 4 goal 9 (33).

Ongerup 12 goals 9(81) defeated Borden 11 goals 9 (75).

Gnowangerup defeated Newdegate by forfeit.

Juniors:

Lake Grace / Pingrup 14 goals 13 (97) defeated Kent 2 goals 5 (17).

Boxwood Hills 5 goals 6 (36) defeated Jerramungup 3 goal 10 (28).

Borden 6 goals 10 (46) defeated Ongerup 1 goal 6(12).

Gnowangerup 13 goals 9 (87) defeated Newdegate 4 goals 3 (27).

First Semi Final - 11th August 2007

League:

Ongerup 16 goals 14 (110) defeated Newdegate 11 goals 14 (80).

Reserves:

Ongerup 27 goals 11 (173) defeated Boxwood Hills 3 goals 2 (20).

Juniors:

Jerramungup 4 goals 11 (58) defeated Gnowangerup 2 goals 4 (16).

LEAGUE

TEAM	PLAYED	WON	LOST	FOR	AGAINST	POINTS	%
Boxwood Hill	14	13	1	1442	730	52	197.53
Jerramungup	14	10	4	1205	963	40	125.13
Ongerup	14	9	5	1420	1090	36	130.28
Newdegate	14	8	6	1184	1086	32	109.02
L-Grace/Pin	14	6	8	1095	1298	24	84.36
Gnowangerup	14	5	9	1239	1272	20	97.41
Borden	14	3	11	981	1576	12	62.25
Kent	14	2	12	799	1459	8	54.76

RESERVES

TEAM	PLAYED	WON	LOST	POINTS
JERRAMUNGUP	14	11	3	44
L-GRACE/PINGRUP	14	11	3	44
ONGERUP	14	10	4	40
BOXWOOD HILLS	14	7	7	28
BORDEN	14	6	8	24
GNOWANGERUP	14	5	9	20
NEWDEGATE	14	4	10	16
KENT	14	2	12	8

JUNIORS

TEAM	PLAYED	WON	LOST	POINTS
L-GRACE/PINGRUP	14	13	1	52
BOXWOOD HILLS	14	12	2	48
JERRAMUNGUP	14	11	3	44
GNOWANGERUP	14	8	6	32
BORDEN	14	6	8	24
ONGERUP	14	3	11	12
NEWDEGATE	14	2	12	8
KENT	14	1	13	4

Good luck to Lake Grace's Reserves Football (11am), Junior Football (12:35pm), A Grade Netball (12:30pm) and Junior Netball (2:00pm). These four teams are playing in the Second Semi Final at Nyabing on Saturday 18th August and would love you to come and watch!

TROLL TALES



Results from Round 11 Lake Grace v Kondinin 4th August 2007

- Junior Boys: No game this week
- C Grade: Kondinin defeated Lake Grace 1-0 (in the last 2 seconds)
Coach's Award: Candice Smith
Shannon Smith
- B Grade: Lake Grace drew with Kondinin 1-1
Goal Scorer: Sheridan Fyfe
Coach's Awards: 2 Kristie Pinney
1 Lynda Trawinski
- A Grade: Lake Grace defeated Kondinin 4-0
Goal Scorers: Lyn Carruthers
Anna Taylor
Fleur O'Neill
Michelle Cameron
Coach's Awards: 2 Sheridan Fyfe
1 Fleur O'Neill

Results from Round 12 Lake Grace v Kulin 11th August 2007

- Junior Boys: Lake Grace defeated Kulin 3-2
Goal Scorers: Brody Cameron (1)
Two others to be advised
Coach's Award: Harley Pittard
- C Grade: Kulin defeated Lake Grace 1-0
Coach's Awards: Caitlyn Trawinski
Candice Smith
- B Grade: Kulin defeated Lake Grace 1-0
Coach's Awards: 2 Amber McPherson
1 Nikki Lewis
- A Grade: Lake Grace defeated Kulin 5-2
Goal Scorers: Jolene Hodges (2)
Anna Taylor
Michelle Cameron
Lyn Carruthers
Coach's Awards: 2 Jodi Pearce
1 Belinda Bowron

Finals series starts this weekend with A Grade finishing the season in third spot thus ensuring a chance at the Grand Final starting with the first semi final in Hyden this Saturday against Kukerin.

Our Junior Boys team is also placed in the finals with a first semi final game against Naremben this Saturday.

The committee and members of the LGHC would like to thank all our sponsors this season being the weekly sponsorship of the Lake Grace Sportsman's Club, Walkers Wines, Across the Lake Wines, Neu-Tech Auto Electrics and Consult Ag. Thanks also to our trophy donors, Jan Mason, Steve and Helen Hunt, Murray and Cobi Stanton, Alan and Hazel Thiel, Pauline Taylor and

LMD Contracting (Lois and Lawrie Dickins). Without your support it would make it much harder to continue running such a successful club.

Our wind up will be held on Sunday 9th September at the Sportsman's Club from 12 noon. Invitations are in the mail.

Congratulations to Narelle and Rob Hutter on the birth of our newest little troll, Hayley Brooke Hutter on Thursday 9th August.

On car washing this week (18th and 19th August), are Deb Wright and Courtney Withnell, and the following week (25th and 26th August) will be Jolene Hodges and Sheridan Fyfe. A reminder to all members, this is a non negotiable contract arrangement, arrange your own swaps if you can't do your turn, but please let me know and make sure there is someone there to do it. Contact me if you haven't got a roster.

Play Hard, Party Harder.
Robbo

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Superb Range, Realistic Prices

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LAKE GRACE DART NOTES

Men			Women		
Team	Pegs	Points	Team	Pegs	Points
Lake side	75	40	Comets	83	48
Dogs	73	36	BBN	64	26
Scrapers	51	20	Just Us	60	20
Shire Sharks	52	16	Bankers	46	18
31st July			1st August		
Highest Average			Highest Average		
Reid Stubberfield	43.00		Stephanie Davey	36.73	
Peter Stoffberg	42.60		Michelle Lay	35.06	
Highest Score			Highest Score		
Jono Rippey	158		Lorraine Seward	126	
Shane Giles	140		Stephanie Davey	110	
Highest Peg			Highest Peg		
Mark Burbridge	46		Christine Kimber	40	
Travis Seward	30		Lorraine Seward		
7th August			8th August		
Highest Average			Highest Average		
John Gambuti	41.97		Lorraine Seward	40.80	
Craig Hull	41.20		Christine Kimber	40.66	
Highest Score			Highest Score		
Craig Hull	140		Lynda Trawinski	160	
Dave Nayda	140		Kelly Stewart	140	
Highest Peg			Highest Peg		
Craig Hull	40		Christine Fyfe	72	
John Gambuti	36		Lorraine Seward	40	

**Dart Grand Final to be played on the 7th September.
Names on board at 6:45pm to start at 7pm sharp.**

Lake Grace Playgroup and Lake Grace Toy Library are planning a

Toy Auction of donated toys for August/September

Donations of toys and clothes for all ages (in good, clean condition please), would be greatly appreciated. Why not have that clean out? Help Playgroup and Toy Library raise funds to purchase new resources. Any unsuitable or unsold toys and clothes will be donated to charity. Toys and clothes can be left at Toy Library (RSL Building), 9:30-10:30am on Wednesdays 15th and 29th August or September 19th; or by arrangement with Emma Fisher (9865 1580) or Karina Jenks (9865 2067)

Now Taking Clothes

Gymnastics Set-Up Roster - Term 3

Helpers need to be at the Hall, from 12.30pm until approximately 1.30pm. If you are unable to attend, please arrange your own swap or find your own replacement.

<u>Date</u>	<u>Setup 12.30-1.30pm</u>	<u>Date</u>	<u>Setup 12.30-1.30pm</u>	<u>Date</u>	<u>Setup 12.30-1.30pm</u>
20th August	Julie King Theresa Naisbitt	3rd Sept.	Vynka Lay Emma Fisher	17th Sept.	Tania Spencer Linda Hunt
27th August	Nicole Argent Julie Hardy	10th Sept.	Naomi Duckworth Sarah Watkins	24th Sept.	Leah Ward Vanessa Seward

CLASSIFIEDS**PUBLIC NOTICES****Shire Council Meetings - 2007**

The next Council meeting is
Wednesday 22nd August 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
September 6th*

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

11th September - 1:30pm

LGDHS P&C Meeting

Monday August 20th

7:30pm

Seminar Room at the Telecentre

Margaret Cole

Will be available in Lake Grace from Monday
to Wednesday in the week beginning 27th
August 2007.

0427 441 459 colwheat@it.net.au

**Volunteer Fire & Rescue
Service Meeting**

Wednesday 12th September - 8:00pm
At the Fire Station

Writers Group

Meeting at the Telecentre
Monday 27th August
6pm—8pm

AGM

Lake Grace / Pingrup Junior Football Club.
Sunday 2nd September at Windup.
If you have any queries call Lyn Carruthers
on 9865 1158.

Any Old Stuff!!

Ron Pickens

Scrap metal, furniture, small motors,
household items (and anything else that can
be salvaged).

Only taking small items at present.

Phone 0429 368 594

For Sale**Bedroom Furniture
Dark Wood**

2 x Single Beds (one mattress)
2 x Side Tables – two drawers each
2 x Chest of Drawers – four drawers each
1 x Desk – two drawers
1 x wardrobe – two drawers at bottom

\$1200 ONO

Phone: Helen Bennett 98651026

Wanted**Cleaner**

For Bankwest.

Call Robyn from Great Southern Quality
Cleaners on 0418 936 008.

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 0429 654 011

ANGLICAN CHURCH OF LAKE GRACE

Sunday 19th August

Lake Grace 9am

Sunday 26th August

Lake Grace 9am

Enquiries: Terry Gladish 9865 1022

Lake Grace Uniting Church

Wednesday - 7pm

Home Fellowship. Please ring for venue.

Enquiries:

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

LAKE GRACE CATHOLIC CHURCH

Friday 17th August

Jerdacuttup 7pm

Saturday 18th August

Hopetoun 6pm
 Kukerin (c/s) 6:30pm

Sunday 19th August

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

Friday 24th August

Newdegate 5pm

Sunday 26th August

Kukerin 8am
 Lake Grace 10am

Queries to Fr Pierre Reputan on 9865 1248

*Please be aware that
 sprinkler restrictions
 are in place permanently.*

The only time you are allowed to use
 a sprinkler is

**between the hours of
 6:00pm and 9:00am**



WATER
CORPORATION

COMMUNITY CALENDAR

August

Fri 17 Fish & Chip Night - LGS Club

Sat 18 Steak Night - LGS Club
Hockey - Semi Finals at Hyden
Winter Sports— Second Semi Final

Sun 19 First Round of Junior Golf C/Ships
Golf - Stableford

Mon 20 Recycling Pickup
Gymnastics
Swimability
LGDHS P&C Meeting

Tues 21 Pingrup Potters
Physiotherapist
Speech Therapist
Weight Watchers (6-7pm)
Men's Darts

Wed 22 Hockey Training
Ladies Darts
Digital Camera Workshop
Shire Council Meeting

Thur 23 Pizza Night at Rosie's
HACC Transport Available
Playgroup
Badminton — 3:30pm—4:30pm
Food Handling Workshop
Beau Woods (Chiropractor)

Fri 24 Fish & Chip Night - LGS Club
Daffodil Day
LG/P Football Club Busy Bee, noon at Pavilion (setup for Preliminary Final)

Sat 25 Steak Night - LGS Club
Hockey - Preliminary Final at Kondinin
Winter Sport - Preliminary Final
Quilting & Craft at CWA—11am start

Sun 26 Second Round of Junior Golf C/Ships
Followed by Windup
Golf - Two person ambrose

Mon 27 LLN Deadline
Gymnastics
Art Group Governance Workshop
Margaret Cole available in Lake Grace
Writers Group (6-8pm at Telecentre)

Tue 28 Pingrup Potters
Occupational Therapist
Physiotherapist
Speech Therapist
Weight Watchers (6-7pm)
Men's Darts

Wed 29 Toy Library Open
Ladies Darts
Hockey Training

Thur 30 Lakes Link News
Playgroup

Pizza Night at Rosie's
HACC Transport Available
Badminton — 3:30pm—4:30pm
Free Skin Check

Coming Events

August 30—Free Skin Check
August 31—HACC Activity (Games & Trivia)
September 2 - LG/P Junior Football Club AGM and Windup
September 4—Foot Clinic
September 5— NO Toy Library
September 5—Newdegate Field Day
September 6—Newdegate Field Day
September 6—Immunisation Clinic
September 7—Holland Track Discovery Walk (Walking the Track)
September 7—Dart Grand Final
September 8— Winter sports windup at Hall
September 9—LG Visitor Centre Busy Bee
September 11—CWA Meeting
September 12—Fire & Rescue Meeting
September 17—Tourism Group Meeting
September 18—Bush Fire Advisory Meeting
September 19—Drum Muster
September 22—Speedshears
September 26—Rural Men's Health (Prostate & Testicular Cancer)
September 30—12th October—Bush Walking for Malleefowl
October 12—Community Art Exhibition 'Faces'
October 27—Lake Grace Market Day
November 17—Holland Track Discovery Walk (Wildflower Discovery Walk)
November 21—Rural Men's Health (Working Safely & Fatigue)
February 9 2008—Lake Grace Cricket Club Reunion (20 year anniversary of premiership)

Lake Grace Sportsman's Club would like to welcome Kevin Eggers as their new Manager.

The Committee and Members would also like to thank Geoff Sabourne for his three years of dedicated service.