

LAKE LINK NEWS

Produced at the
LAKE GRACE COMMUNITY RESOURCE CENTRE
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Trolls On Tour



At front are the SMK Puteri Malaysian team, the first team the Trolls played on their international tour. From l to r at back are Fleur O'Neill, Caryn Kirk, Fiona Chatfield, Di Desmond, Danielle Robertson, Mae Willcocks, Anna Taylor, Lisa Chapman and Melissa Clifford.

Players from the Lake Grace Hockey Club recently returned from competing in the Singapore Cricket Club's 2011 International Hockey 6's Tournament.

Nine players and seven 'support staff' left Perth for Singapore in the wee hours of Thursday 2nd March for two days of hockey and a bit of sightseeing.

The Hockey 6's is an International tournament that has been running for 17 years and attended by teams from all over the world. It is played on the Padang which is an open grassed playing field at the rear of the Singapore Cricket Club.

This year there were teams from Australia, Hong Kong, Malaysia, Germany, Indonesia, Thailand, England, Japan and of course the host nation Singapore. It is interesting to note that there were 22 teams from Australia with 17 of them from WA, mostly Perth but for us and another regional ladies team.

Teams may nominate up to nine players and play is six a side with six minute halves on a modified field (about 3/4 size). There is no half time break, you simply swap ends and start again. What doesn't sound fun about that?

Continued page 38

CONTENTS

Page 4	Exploration Diaries
Page 5	About Town
Page 6	Weather
Page 7	Night at the Pool
Page 8	Regional Funding
Page 9	Community Cropping
Page 10	Youth Care
Page 11	LGDHS Swimming Carnival
Page 12, 13	CWA International Day
Page 14	Celebrating International Women's Day
Page 16	Quips, Quote & Anecdotes
Page 18	Visitor's Centre Roster
Page 19	Health Page

Page 22-24	Shire Pages
Page 25	Child Restraints
Page 26, 27	Farmers Centre
Page 28, 29	Inaugural Lake Grace Show
Page 32	Tarin Rock Tennis Tournament
Page 35	Pool Gossip
Page 36, 37	ARC
Page 38, 39	Trolls on Tour
Page 40	Classifieds
Page 41	Town Information
Page 42	Calendar

CRC Opening Hours

Monday - Wednesday & Friday

8:30am - 5pm

Thursday (closed for lunch)

9am—12:30pm then 1:30 pm - 5:00 pm

Library Opening Hours

Monday & Thursday - 9am—12:30; 1pm—5pm

Tuesday - 9am—12; 12:30—5pm

CLOSED on Wednesday

Friday - 9am—5pm

Deadlines & Editions



All articles, news & advertisements should be submitted to the Lake Grace Community Resource Centre by 3pm on Monday of paper week.

Next Deadline

Monday 28th March

Next Edition

Thursday 31st March

LAKES LINK NEWS

2011 Advertising Rates

	Non Profit Org.	Business / Personal
Classified	FREE	\$1 per line
Public Notice	FREE	N/A
1/8 page	FREE	\$10.00
1/4 Page	\$10.00	\$15.00
1/2 Page	\$15.00	\$25.00
Full Page	\$25.00	\$45.00
Insert (d/s)	\$20.00	\$30.00
Thank You's	FREE	FREE
Editorial	FREE	FREE
Conditions do apply.		



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

Lorelle Houston
Val Whiting
Gwen Oliver
Elsie Bishop

Thank you also to our many contributors of articles.

345 copies printed and sold each fortnight

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

- What a fantastic response for our photo competition! Great to see a few different people putting some photos in, there are some very specy shots which has made it quite difficult for the voters...which is YOU. We would love you to come and have a look and cast your vote for which photo takes your eye. This competition we have had 22 entries, 5 more than last time. Voting will close at midday on Friday 1st April.
- If you want to look at more photos the Lake Grace Camera Club have a window display in the Art Space, there's some fantastic photos on display.
- Thank you to Farmers Centre for 'volunteering' to be our local business featured in this fortnights paper, if you would like your business featured in the next paper please give the Resource Centre a ring.
- Have just heard that Jayne and Kerrie are having a wonderful time in Albany with Kerrie's 'Paperartzi' (hope I spelled that right) exhibition, there has been plenty of enthusiasm displayed by the many school children that have come through and participated.
- Centrelink are thrilled with the amount of support that has been shown by the community for their

Financial Information Seminars that are being held today. This solid show of support means that we have a strong possibility of receiving more in the way of Centrelink out reach programmes.

- Well done to the CWA for their Moroccan Day, I'm no Braveheart when it comes to something 'different' being put on my plate but I have to say the food was excellent, however my work productivity dropped off markedly in the afternoon as all I wanted to do was have a nap.

- Still have a couple of places available for the Myer Briggs Workshop, please give a ring if you are interested.

Suzanne Reeves

Workshop Calendar...

Computing For Seniors - Computers are available for use and we look forward to YOU coming in. Availability will depend upon access to the seminar room, if you would like assistance or tuition then you will need to ring and make an appointment

MYOB - We have postponed this beginners course until we get more numbers. Cost is \$250 per person provided we have 8 in the class.

Downloading Photos - Getting them off your camera, storing and resizing. We will be holding another one of these workshops on Tuesday 3rd May \$10 per head, free for members. Please ring to register your interest.

Excel - Looking for any interest.

Myer Briggs - Saturday 2nd and Sunday 3rd April. Free for CRC volunteers, \$200 charge per head for corporate bodies. We have a few places available.

Forklift Workshop - TBA. Please register your interest. Anyone doing the course needs to have around 20 hours experience on the forklift already (you are able to use the forklift for training purposes provided you are supervised by someone with a valid forklift license).

Agrimaster - Have been approached regarding Agrimaster training. Would YOU be interested. Please call Suzanne at the CRC and have a chat if you are.

If you are interested in any of the above please phone the Lake Grace Community Resource Centre on 9865 1470.

Lake Grace Community Resource Centre Computer Access

Office 2010
Internet
Skype



\$2.20 per 15 minutes
Enquiries on 9865 1470.

Thanks

To the Collators of the Last Edition

Eileen Mather	Dorothy Reid
Sandra Richter	Allan Zweck
Val Whiting	Kevin Seaman
Jean Seaman	Christine Fyfe
Trish Medlen	

Lake Grace History Enthusiast Helps Bring Exploration Diaries to Press

Retired farmer and Lake Grace history buff Allan Zweck has played a part in producing the Western Australian Explorers' Diaries Project's latest book: *Western Australian Exploration 1836–1845: The Letters, Reports and Journals of Exploration and Discovery in Western Australia*

Well known to Lake Grace residents as an avid researcher of family, local and general history, Mr Zweck's work has often answered local enigmas and confirmed facts about the past. His researches have led to the publication of items of local interest, which have included a brief early history of Lake Grace and stories about our Lake Grace World War One veterans. But Allan's interest in the past is not confined to Lake Grace, he is also interested in Western Australia's history. He has been able to contribute his great local knowledge to Western Australian Explorers' Diaries Project. Allan has been a member of the project since it began in 2001, and has worked on a number of books as proof-reader.

Western Australian Exploration 1836–1845 is the latest in the Explorers' Diaries series published by Hesperian Press. The first volume in the series covered the period from 1826 to 1835, and was launched in 2005 by the Governor of Western Australia. The project's work in keeping and promoting Western Australia's cultural heritage was recently recognised by a Lottery West grant of \$13,314.00.

For this latest volume in the Explorers' Diaries series, Allan, along with other volunteers, had to transcribe and check 100 hand-written reports from the state archives and printed reports from 19th century newspapers.

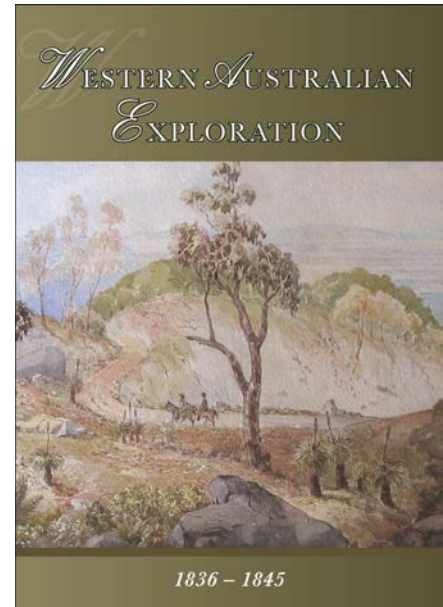
Western Australian Exploration 1836–1845 reproduces the reports, maps, letters and diaries of our explorers. The dust jacket of the book features a beautiful watercolour from the Wordsworth collection of colonial era art.

Many of the reports from the state archives have never been presented in such an accessible form, with summaries and explanatory notes. In addition, the book includes detailed biographical notes on the settlers, aborigines and surveyors who took part in expeditions of exploration. Experts in the fields of geography, botany, zoology, and aboriginal history, have prepared the introduction, plant and animal indexes and an essay to complement the explorers' writings. Each original exploration report includes a boxed summary of the expedition, the participants, departure and finish dates and places, route outline, map references and archival sources.

Because the volunteers can do most of their work electronically and communicate through the email, country dwellers can get involved. In addition, some country volunteers have organised field trips to historical sites on their properties.

Allan is currently working on a history of the Holland Rocks Tank and the Western Australian explorations of John Septimus Roe.

Western Australian Exploration 1836 – 1845: The Letters, Reports and Journals of Exploration and Discovery in Western Australia is published by Hesperian Press, with the Heritage Council of Western Australia.



Right: The cover of the book that Allan has been working on.

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ABOUT TOWN

- Congratulations to Jenna Taplin and Mark Melling on the arrival of their little girl, Quinn Louise, on Wednesday 9th March in Narrogin Regional Hospital. Quinn weighed 6lb 10oz and is the first grandchild for Robyn Taplin.

HAPPY BIRTHDAY



17th March	Genevieve Farrelly	26th March	Grant Marshall
18th March	George Battison (80)	27th March	Mark Newton
	Greg Pinney		Cameron Bushby (18)
	Tayah Medlen		Hayden McGlinn
19th March	Payton Callope		Kristie Pinney
20th March	Kevin Eggers		Peter Stoffberg
	Blair Hardy	28th March	Monique French
	Sarah Duckworth		Ken Fisher
	Annie Milton	29th March	Edd Duckworth
	Timothy Shalders		Michael O'Neill
21st March	Don Fleay		Ethan Wallace (18)
	Mia Gooch		Joshua Cameron
22nd March	Daniel Trevenen		Blake Palmer
23rd March	Caryn Kirk	30th March	Terry Gladish
	Courtney Withnell (18)	31st March	Kim Slarke
	Cody Earnshaw		Michelle Slarke
24th March	Sheryl Smith		June Jenks
25th March	Darren Boulton		Kay Holmes
	Theresa Naisbitt		Kelly Stewart



HAPPY ANNIVERSARY

17th March - Bevan & Maria Taylor
 19th March - Peter & Lyn Taylor
 19th March - Lindsay & Annie Slarke
 24th March - Allan & Rita Marshall
 25th March - Allan & Lynnette Zweck
 30th March - Marcus & Nadene Owen



In honour of St Patrick's Day here's a few Irish jokes...

A ventriloquist is telling Irish jokes in Davy Byrne's pub in Grafton Street, Dublin, when, O'Leary, an irate Irishman stands up shouting, 'You're making out we're all dumb and stupid. I oughtta punch you in the nose.'

'I'm sorry sir, I.....'

'Not you,' says O'Leary, 'I'm talking to that little fella on your knee.'

A young Irishman sat at a pub in the New World drinking beer and conversin' with the barkeep. Another comes in and sits besides him. He says how you do and hears the lilt and says you be Irish? Yes I am. The first man yells barkeep give us another round and one for my friend here he's from the mother country as well. The second man asks-so where in the old country ye from. Dublin responds the first. Dublin you say - so am I and the second man hollers barkeep bring us another round and a shot of your best Irish Whiskey for me and my friend here. Afterwards the first man asks from where in Dublin and the second man responds with the street and the first man says well I'll be - so am I and yells barkeep another pair of beers and Irish Whiskey for the pair of us. The phone behind the bar rings and the barkeep answers it. The owner of the pub asks - how is business. The barkeep responds - not too bad - The O'Malley twins are here getting drunk again.

Kieran O'Connor always slept with his gun under his pillow. Hearing a noise at the foot of the bed, he shot off his big toe.

'Thank the Lord I wasn't sleeping at the other end of the bed,' Kieran said to his friends in Donegal's pub. 'I would have blown my head off.'

Lake Grace Weather

- Terry Gladish



March Extremes

Highest Monthly Rainfall	152.3	1968
Lowest Monthly Rainfall	0	2001
Highest Number of Rain Days	14	1917
Lowest Number of Rain Days	0	2001
Highest Daily Rainfall	99.0	20/3/1993

Date	Min	Max	Rain
2/3	14.2	28.8	
3/3	13.8	30.4	
4/3	17.0	33.7	
5/3	20.4	32.6	
6/3	18.5	27.5	
7/3	13.0	27.5	
8/3	12.4	29.0	
9/3	14.1	32.6	
10/3	16.6	37.1	
11/3	16.6	28.5	
12/3	15.5	25.3	
13/3	10.7	27.3	
14/3	14.1	29.6	
15/3	13.7	29.4	
16/3	15.0		

Hyden Lions Club in association with the Shire of Kondinin
and the Depart of Agriculture & Food

PRESENTS

The Mucky Duck Bush Band

Free Concert

**SATURDAY 16TH
APRIL 2011**

1.00PM – 4.00PM

WAVE ROCK CARAVAN PARK UNDERCOVER AREA.

(Supported by Dry Seasons funding)

Please contact Mrs Sue Burrows on 9866 8038 or Ray Herring on 9880 5162
if you have any questions.

Night at the Pool

Sunday the 13th March was a very busy evening for a group of about 110 people who attended the 'I Swam in a Drought' at the Lake Grace Pool. The funding was received from the Department of Agriculture and Food as part of the Dry Seasons Process. It is part of a scheme involving no less than 30 Shires to hold an event or function at a pool.

The afternoon commenced with everyone participating in water aerobics, moving to the rhythm of Salsa music. There was fun and laughter all round, as everyone jumped, ran, swam and had a great time as the instructors Sharon Clunie, Melissa Clifford, Lisa Chapman and Anna Taylor showed those in the water how it is done. Exhausted but smiling, participants received a complimentary fruit box at the conclusion.

After a short break the disco started under the setting sun, Lisa, Melissa and Anna enjoyed spending time with the kids going through a range of dances such as the Macarena, Birdie Dance and many more.

The night was perfect, the Albany doctor was kept away from the pool by the fence and shed; it wasn't felt until you left the pool area (it was a surprise how windy it was outside). Robyn and Lew Franich, with the help of the awesome foursome (Lisa, Anna, Melissa and Sharon) and Bob from the Works Depot, succeeded in making it a perfect night under the stars.



Above: Sharon Clunie, Melissa Clifford, Lisa Chapman and Anna Taylor moving to the rhythm



Above: Katelyn Hutter, Abbey Trawinski and Shaunee Wessling ready for the movie



Above: Thomas the Tank Engine

Tea was available from Thomas the Tank Engine, owned by Maudie and Pete from Pingrup. The delicious fish & chips wrapped in paper were devoured after a few hours of non stop music and fun.

When the sun was down at 7pm the movie started "Avatar" on a big screen built by the pool and shire staff in the hope of more events like this in the future.

Right: Diedre Trevenen, Louise Trevenen, Fr Gayan Thamel, Genni Curtin, Steve Curtin and Libby Trevenen enjoying the fish and chips wrapped in paper.



Regional Development Australia Fund – Boost for regional Australia

The Federal Minister for Regional Development the Hon Simon Crean MP, announced the new Regional Development Australia Fund of \$1 billion at the Regional Development Australia (RDA) National Forum in Canberra.

The National RDA Forum was held at the Canberra Convention Centre from 3 - 4 March and was the first meeting of its kind this Parliamentary year. RDA Wheatbelt Chairman, David White and Executive Officer, Rebekah Burges attended the forum and were pleased with the renewed commitment from the Federal Government to empower local communities and support our regions.

The RDA Fund is intended to boost economic and community development in regional Australia and "is a new approach to unlocking the potential of Australia's regions by focusing on locally driven solutions to regional needs" Minister Crean said. "The Fund has a clear focus on local solutions, complete transparency and maximising long-term economic benefits and I look forward to receiving applications for projects that stack up."

Mr Crean told the forum that each RDA committee would receive an immediate grant of \$25,000 to strengthen their ability to represent their local areas.

RDA Chairman, David White, welcomed news of this additional funding and said that "RDA's are crucial to this Regional Development Australia Fund. The Federal Government has made it clear that only applications that are backed by local RDA's will be considered for funding approval, and this grant will assist us to better engage with our region to support the development of projects that apply to this fund".

Applications are now being accepted with the first funding allocation commencing on July 1 2011. Grants of between \$500 000 and \$25 million will be available to support projects. Grants of more than \$5 million must have matched funds from sources other than the Australian Government.

To ensure an immediate and positive impact, projects must be 'investment ready' and all planning, rezoning, environmental and native title approvals should be in place. For more detail about the fund please refer to the guidelines, which can be accessed via our website at www.rdawheatbelt.com.au

Contact details: RDA Wheatbelt Inc - Executive Officer
Rebekah Burges
Phone: 0428 372 178
Email: rebekah.burges@rdawheatbelt.com.au

CCL HARDWARE

LAKE GRACE - PHONE 9865 1104

We will be closed on Sunday and Monday 6 & 7 March due to the long weekend.

**WE STILL HAVE BBQ'S AND OUTDOOR SETTINGS FOR SALE
ASK FOR SALE PRICES**



Check out our full range of garden reticulation items which include lots of handy fittings for efficient watering.

We have big bales of pea and wheat straw available for garden mulching and moisture conservation-good value

Renovating? – Call in and see Mark for a quote and advice on your building materials and neetascreen color-bond fencing

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The nursery has also been restocked with plants and seedlings.

EASTER SALE COMMENCES APRIL 13th
Watch out for flyer

Please call in and talk to Mark, Mark Jnr, Allan, Rita or Robin for all of your requirements

Lake Grace Community Cropping Update

In 2007 the Lake Grace Development Association approached the Dept. of Agriculture and Food to consider leasing the Research Station to the community when it became obvious that attempts to retain the research station for agricultural research was falling on deaf ears. The intention was to secure the land so that it would be available to use for enterprises that would benefit the community such as an agriculture college, training camp or any other possibilities that may arise. A meeting was called with the Newdegate Development Association to work together through the Shire to lease what land was not being used by DAFWA. It was thought that the funds raised from the cropping could be the community contribution that is often required for such projects. A three year lease was drawn up between the Shire and DAFWA. It was decided that for ease of management the available land would be divided in half to be used by the Newdegate and the Lake Grace communities with each Development Association retaining and managing their own funds.

Unfortunately as we all know the last three seasons have not been the kindest, the profits have been a lot less than what was expected, and all of the land at the research station is now leased to the communities. The small but dedicated Lake Grace Community Cropping Committee has organised the seeding, spraying,

harvest and agistment and now working through selling the grain from last harvest gradually selling when necessary to meet financial commitments or when price targets are met. This dedicated group consist of Royce Taylor, Amanda Milton, Graham Milton, Debby Clarke, Doug Clarke & Phil Clarke. At this point in time neither the Lake Grace Development Association nor the Committee have been notified as to whether the research station will be available for another term. Should the lease be available new members will be required for the Committee, to assist with the decision making. The most important decision being does the community want the lease? What is the future for the research station and will the community benefit from it? If the community is going to lease land to raise funds is there better land available? With the majority of people being time poor is it easier to raise the funds through a rate rise?

We are calling for expressions of interest for anyone willing to be on the Committee, please contact Debby Clarke on 9865 4041 or email dclarke4@bigpond.com.

*Debby Clarke
Acting Chairman
Lake Grace Development Association*



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Lakes District Youth Care Council

The Lakes District Youth Care Council is an interdenominational Christian organization which aims to implement and develop the work of Christian Religious Education (CRE) Chaplaincy, and Youth Mentorship within our schools.

The Youth Care Council which includes Newdegate, Pingrup, Kukerin and Lake Grace comes under the umbrella of the Churches Commission on Education (INC) commonly known as Youth Care.

Although Christian Religious Education has been working in our schools over the years Youth Care was initially set up to oversee CRE in our schools and to plan for a future Chaplain within our district.

Our inaugural meeting commenced on the 10th January 2007 at what used to be the Uniting Church Manse with John and Lyn Whaley in residence.

We have successfully sponsored the Auslife program at LG District High School on a yearly basis with the aim of bringing awareness of life choices and values. New government funding for Chaplaincy is becoming available for schools without existing Chaplains so this is very encouraging for us.

Members Include: Rev Dave Russell, Fr. Gayan Thamel, Cathie Kelly, Terry Gladish, Bob Burbridge, Elsie Bishop, Alison Furphy, Peter Dines, Alison Dines,

Lilia Nolan, Amanda Nenke, Jasmine Mycock, Nick Kelly, Diana Gosling and Genni Curtin.

We meet regularly once a term. If you are interested to find out more go to www.youthcare.org.au and our next meeting will be:

Date: Saturday 28th May 2011

Place: Peter and Alison Dines

Time: 9:30am



L to R: Elsie Bishop, Alison Furphy, Bob Burbridge, Peter & Stella Dines, Alison Dines & Mabel Dines, Terry Gladish, Fr. Gayan Thamel and Cathie Kelly.



A free special offer to help you save water

The dry season in 2010 has impacted many water supply schemes in the Great Southern Region, including Lake Grace. It is now more important than ever to use our precious resource wisely.

As an owner of a property in Lake Grace, the Water Corporation would like you to join with us in reducing our water consumption to minimise the stress on our local water source.

We are offering all residential customers in Lake Grace connected to scheme water, an opportunity to participate in a residential retrofit program, free of charge, in an effort to reduce the amount of water used inside homes.

The retrofit includes free provision and installation of:

- **A water efficient showerhead**
Replacement of up to two old inefficient showerheads with WELS 3 star-rated water efficient showerheads or fitting of up to two flow restrictors into existing showerheads

- **Tap aerators**

Installation of up to four tap aerators with compatible taps where aerators may be missing or damaged

- **A dual flush toilet**

Replacement of one single flush toilet with a dual flush toilet

- **Minor leak detection and repair**

Repair to any visible minor leaks such as dripping taps or toilet

With all the above water efficient devices this is an estimated reduction of up to 49kL per year in water use which is a saving of up to 15% for the average Lake Grace household.

To take advantage of this retrofit offer please contact Letisha Newman (see details below) before Friday 1 April 2011. Please quote your Water Corporation account number when registering. But be quick to register as places are limited.

Contact Letisha Newman, Water Efficiency Project Officer, Albany, on 9842 4228 or 0400 203 314.

water for all, forever



LGDHS Faction Swimming Carnival Results 2011

Boys 9 years

Champion - Walker Zweck
 Runner-up - Fletcher Taylor

Girls 9 years

Champion - Michaela Stoffberg
 Runner-up - Tayah Medlen

Boys 10 years

Champion - Cooper Earnshaw
 Runner-up - Jack Downey

Girls 10 years

Champion - Mia Gooch
 Runner-up - Charlee Earnshaw

Boys 11 years

Champion - Brock Bowron
 Runner-up - Mitchell Shalders

Girls 11 years

Champion - Imogen Taylor
 Runner-up - Bianca Zweck

Boys 12 years

Champion - Nash Kirk
 Runner-up - Ben Watson

Girls 12 years

Champion - Marcia Trevenen
 Runner-up - Emma Naisbitt

Boys 13 years

Champion - Cody Earnshaw
 Runner-up - Luke Trawinski

Girls 13 years

Champion - Chloe Robertson
 Runner-up - Beth Curtin

Boys 14 years

Champion - Charlie Marchetti
 Runner-up - Ryan Carruthers

Girls 14 years

Champion - Elle Trevenen
 Runner-up - Phoebe Robertson

Boys 15 years

Champion - Cayson Earnshaw

Girls 15 years

Champion - Maddy Walker
 Runner-up - Caitlyn Trawinski

Faction Results:

1st	BLUE	662 POINTS
2nd	RED	514 POINTS
3rd	GOLD	343 POINTS

100m Open Freestyle Events:

Girls 12 years & under	Imogen Taylor
Boys 12 years & under	Nash Kirk
Girls 13 years & over	Elle Trevenen
Boys 13 years & over	Cayson Earnshaw

P&C Sportsmanship Winners:

Adam Hunt—Blue
 Emily Parker—Gold
 Tayla Chesson—Red



Above: The victorious Blue team Captains Cayson Earnshaw and Caitlyn Trawinski.

Below: Sportsmanship winner for Gold faction, Emily Parker, with Acting Deputy Principal Felicity Sinclair



Lunch in Morocco

Initially Morocco conjures up images of markets, heat, Humphrey Bogart and spicy food; however there is much more to this tiny country that nestles at the top of the African continent.

Lake Grace's branch of CWA celebrated their annual International Day on Wednesday 9th March, with Morocco being the country of choice; this was also CWA's centenary celebration. The CWA ladies brought Morocco into everyone's lives with the assistance of their guest speakers Helen Bennett and Alex and Lauren Duckworth complemented by a fabulous menu. The Duckworths and the Bennetts displayed souvenirs that they had accumulated on their travels; these souvenirs included some very well-travelled tagines, weaving (blankets & scarf), fossils and a vast collection of photographs.

Morocco is home to one of the world's most diverse cuisines. The harmony of flavours, a perfect balance of sweet and savoury, fused with elaborate spices, create a rich complexity unique to Moroccan food.

To experience true Moroccan food is to connect with its rich history. Morocco's culinary traditions are a reflection of the indigenous Berber culture and Arab, Middle Eastern and Andalusian influences that have reigned at various stages of its past, which has created



Lauren and Alex Duckworth talk about their travels in Morocco.

the magical and exciting fusion of flavours that is Moroccan food.

Food is seen as much more than just sustenance in Morocco. There are few places where food is more lovingly or artistically prepared and presented, and more thoroughly enjoyed. Moroccan hospitality is legendary – when entering a Moroccan home you are offered food and tea within a heartbeat. A Moroccan *diffa* or banquet is an abundance of riches, generously shared, that honours friends, family and visitors, and is a great source of pride to the host. Moroccans, in the tradition of Arabs, eat with the first three fingers of the right hand. Before dining they go through an elaborate hand washing process. A young servant or family member brings a bowl of water and hand towel to the table.

The main meal is usually eaten at midday, beginning with hot and cold salads, followed by a succession of tagines and platters of couscous. Bread called *kisra* or *khboz*, is very important to the Moroccan cuisine and is eaten with every meal, it is round heavy textured and spicy and ideal for mopping up sauces of the tagines and acts as a scoop to pick up other foods. Meals are traditionally finished with a glass of soothing mint tea.

CWA President Esme Lane and International Officer Annie Slarke welcomed everyone; inviting the diners to band together to sing Grace. Now that was a new experience. Entrees of hummus and *zaalouk* (eggplant and tomato dip); served with sweet Moroccan rolls and flat bread were ready to be eaten. CWA veteran Shirley Duckworth morphed back into her teaching days and gave us all an education on the location of Morocco and its physical and cultural characteristics.

Morocco is bordered by two oceans, the Atlantic and the Mediterranean Sea; its southern border is with Western Sahara while on the east it borders with

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Lunch in Morocco (cont.)

Algeria. Its area is 446,550 sq km (however only 19% of this is arable) but it has a population of 34.33 million. The influence of 'neighbouring' countries is obvious with the languages being spoken; Darija (Moroccan Arabic), French, Berber and Spanish. The local currency is Dirham and the predominant religion is Muslim.

Kitchen staff were on a roll, with the main course of lamb kefta and Moroccan chicken being delivered to the tables. Side dishes of cous cous, carrot raisin, mint salad and spicy fried potatoes were also part of the culinary experience.

Alex and Lauren talked about back packing in Morocco. How a trip that coincided with a religious festival meant the availability of transport was a bit hit and miss so they were unable to get to all of the places they had planned; however they had the opportunity of living with a family for a few days and get a true cultural experience. Trains were packed, markets were immense and the food although tasty wasn't as spicy as what CWA was serving up. The vibrancy of colour and sound and the abattoir butting onto the beach were memories that have stayed with Lauren and Alex.

Helen, along with Clem and Joe and June McEncroe had taken a guided tour of Morocco; they were a small group so experienced a great deal of Morocco's culture...this included the consumption of copious amounts of orange juice. Their tour took in the coastal plains, the mountains of Fes and also the desert. Morocco hadn't been high on Helen's list of places she wanted to travel but she now says she would go back in a heartbeat.

Dessert of hazelnut and date tart was served with sesame cream; this was followed by a cup of minted green tea. Helen had also brought along a dessert of sliced oranges, topped with cinnamon. The CWA ladies were worn out by the end of the day but they had provided everyone else with a fantastic dining experience.



CWA President Esme Lane with International Officer Annie Slarke welcome everyone to the Moroccan Day.



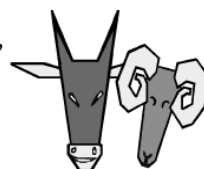
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Celebrating International Women's' Day

In the early 1900's there was great unrest and critical debate occurring amongst women. Women's oppression and inequality was spurring women to become more vocal and active in campaigning for change.

Following the decision agreed at Copenhagen in 1911, International Women's Day (IWD) was honoured the first time in Austria, Denmark, Germany and Switzerland on 19 March. More than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination.



Enjoying the morning tea are Michelle Williams, Alysha Hardy and Julie Hardy.

These progressive women paved the way for women of today. Tuesday 8th March was a day for all women to take time to consider the opportunities that are now available to them. Staff at Lake Grace's Westpac Bank elected to host a morning tea for the women of Lake Grace.

While Westpac Lake Grace's token male employee, Rohan Bishop, laboured away behind the counter; the women of the branch encouraged two dozen of Lake Grace's local ladies to enjoy their hospitality. And enjoy we did! Who wouldn't make the most of yummy scones, hot

cross buns, sandwiches and a hot cuppa.

However less than a week later on 25 March, the tragic 'Triangle Fire' in New York City took the lives of more than 140 working women, most of them Italian and Jewish immigrants. This disastrous event drew significant attention to working conditions and labour legislation in the United States that became a focus of subsequent International Women's Day events.

On offer for a door prize was the book 'The Power of 100, 100 women who have shaped Australia'. Apparently a very good read, Michelle Williams was the lucky one to take home the book.

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Quips, Quotes & Anecdotes

Good day,

If you are like the average person you are not so fond of a visit to the doctors visiting room. Not because he might find something dreadful wrong with you and that the only way to cure you is to load you up with another batch of pills to take. No. It is because of the time it takes waiting for your appointment to come around. But sometimes it can be a fruitful wait. Especially if you can find an interesting magazine in the pile of usually out of date publications stacked on the side table.

On a recent visit to our local GP's visiting rooms things had changed. I not only did not have to wait long, after a blood test found nothing untoward, I came across an interesting magazine; though slightly out of date, known as the Discovery Channel Magazine.

This was the one time I wished the Doctor had allowed me to wait a bit longer as some of the articles in the magazine were of great interest and solved some of the questions I have often thought about.

Have you ever wondered how music reproduces on a CD disc?

Musical Bumps

Under the glossy acrylic coating of every disc we pop into our CD players lie millions of tiny bumps, impressed in a single spiral track onto the polycarbonate body of the disc. Each bump is no more than 150 nanometres high, and a maximum of 3,054 nanometres long (a nanometre is a billionth of a metre), but together they form a code. A CD player reads the code by firing a laser at the line of bumps and reading the changes in reflectivity as it bounces back and converts the information into sound.

Have you ever wondered why they chose dogs and not cats or rabbits as drug sniffers at the airport?

A Nose for Danger

When it comes to detecting the odour of drugs and explosives, the canine nose is top dog. But canines are expensive to train, so the US Defense Advanced Research Projects Agency has recently sponsored the RealNose project, which it's hoped will result in a working artificial nose. Towards that end, a team at Penn State University has developed a computational fluid dynamics model of the canine olfactory system, using high-resolution MRIs of a real golden Labrador's airway.

The model revealed that the geometry of the dog's snout ensures that a smooth flow of air is delivered to an intricate network of mucous-coated tubes, each less than a millimetre in diameter.

These tubes contain millions of receptors that bind to scent molecules in the air. The sheer number and variety of receptors enables keen-scented dogs to detect odours at concentrations as low as just a few parts per trillion.

"We're just at the front of the nose, looking at how to get the odour to the sensors," says Eric Peterson, a fluid dynamicist who is part of the Penn State team. It's hoped the research will result in marketable technology that can be used to sniff out drugs and explosives—

leaving our faithful pooch with a more 'scentsible' way to earn a living.

Living in a country prone to summer bush fires causing untold damage and heartache, this article took my attention.

Hazy Daze

Fighting fires in Indonesia has always been a dangerous battle. According to Robert Field, a PhD student in Atmospheric Physics at the university of Toronto, Canada, the fires that raged in Kalimantan, Borneo, in 1997 were "one of the worst air pollution episodes ever observed."

But he may have found the cause: deforestation. "By opening up the tree canopy, more sunlight reaches the surface, drying out the fuel litter on the forest floor where fires can start more easily," he says.

Forests in Indonesia are routinely cleared to make way for agriculture or timber production. When trees are removed, it is the earth itself that burns. "Peatlands drained for agriculture have reduced water-retention capacity, and can dry out to the point where they'll burn. Once surface fires get underground, they're nearly impossible for fire-fighters to extinguish," Field says. To prevent future 'haze disasters,' he believes better burning-management programmes must be put in place.

I know we have controlled burning in Australia, maybe we just need more of it.

Finally one for all of you who love to play the pokies and think you can beat them.

The Monte Carlo Fallacy

Cherry! Cherry! Aw...lemon. Even though you didn't hit the jackpot, the near-miss keeps you gambling. At least that's what a study conducted by Dr Luke Clark at the university of Cambridge, England, suggests. Using functional magnetic resonance imaging (MRI), Clark and his team scanned the brains of 15 players. They discovered that when a spin of the slot machine delivers two out of three matching symbols, the striatum and insula cortex (the parts of the brain that process rewards) are activated and received a dose of the feel-good chemical dopamine. A similar reaction to a win. According to Clark: "We found that volunteers who showed a greater brain response to near-misses in the insula cortex tended to score higher on a questionnaire measure of gambling behaviour."

It seems that Clark isn't the only one aware of this phenomenon. Slot-machine makers design their one-armed bandits to deliver near-misses about 30 percent of the time, keeping people on a winner's high and reinforcing the Monte Carlo Fallacy: the belief that after so many losses, a win must be round the corner.

There you go. I hope you have learnt something, I did. It is sometimes beneficial to sit and peruse the old out-dated magazines in a doctors waiting room. My Dad always told me that if you learn something new every day you are not only a day older but also a day wiser.

You be nice to each other.

KBS

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& Variable Rate seeding

2) TRIMBLE FM750/FM**1000** RTK or C.O.R.S **2cm**

Steering: Spraying and Spreading
& Variable Rate Seeding

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Scout Auto Steer RIDE and DRIVE

DEMO TOPCON X20 PS4 STEER AES 25

Steering wheel SGR1 receiver with C.O.R.S. 2cm

WHERE: Lake Grace Sportsman's Club

WHEN: Thursday 24th March

TIME: 3:30pm

If you require more information please call Kevin Newman 0448 211 102

Katanning
PO BOX 731
Ph: 08 9821 1111
Fax: 08 9821 2384

Dumbleyung
PO BOX 12
Ph: 08 9863 4004
Fax: 08 98634140

Albany
Lot 17 Anthony Rd
Ph: 08 9842 2676
Fax: 08 9842 2670

Lake Grace
PO BOX 191
Ph: 08 9865 1134
Fax: 08 9865 1327



Visitor Centre

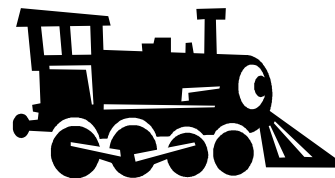
(Stationmaster's House)

Saturday, 16 April 2011, is a date for your diaries!! It is the date for our next Market Day, here at the Visitor Centre and we would love you to come along and be part of the fun.

Whether it be as a stall holder or simply to have a look at what is on offer, it will be a great morning out for everyone. Stalls are \$15 each,

and you will need to bring along your own trestle table. For more information on booking a stall or general April Market Day information, please contact Trish Medlen—9865 1120 or Mary Naisbitt — 9865 1321.

Thank you to our Volunteers who are a fabulous support and asset to our Centre. Without you, we wouldn't be able to operate as we do!!



MARCH/APRIL 2011

Mon 14th	Tue 15th	Wed 16th	Thur 17th	Fri 18th	Sat 19th	Sun
* Mary Naisbitt * Bill Jenks	* Trish Medlen * Trish Medlen	* Val Whiting * Lorrelle Houston	* Henk Doelman * Elsie Bishop	* Cheryl Chappell * Annie Slarke	*	
Mon 21st	Tue 22nd	Wed 23rd	Thur 24th	Fri 25th	Sat 26th	Sun
* Trish Medlen * Bill Jenks	* Jayne Argent * Mary Naisbitt	* Val Whiting * Lorrelle Houston	* Henk Doelman *	* Cheryl Chappell * Annie Slarke	*	
Mon 28th	Tue 29th	Wed 30th	Thur 31st	Fri 1st	Sat 2nd	Sun
* Trish Medlen * Bill Jenks	* Jayne Argent * Mary Naisbitt	* Val Whiting * Lorrelle Houston	* Henk Doelman * Elsie Bishop	* Cheryl Chappell * Annie Slarke	*	

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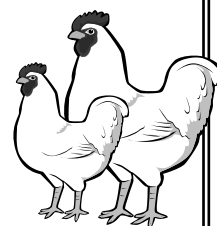
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FAX: **9890 2202**

Any Volunteers?

We are hoping there may be community members with some time available to help us out with some volunteer duties.

We are needing people who can help with providing transport (eg to appointments out of town) and assisting our staff with clients with activities and on outings.



Please note that there are certain registration requirements (as per WACHS Volunteer Policy) which need to be completed prior to commencing as a hospital volunteer.

For more information contact the Hospital on 9890 2222.



SwimAbility

Fortnightly trips to Narrogin have resumed for this hydrotherapy exercise program.

Next trips: 28th March & 11th April

For more information or to register for this program call the Hospital 9890 2222



Private Practitioners

Available at the Lake Grace Medical Centre (by appointment with them as per these contact numbers):

Podiatrist—Craig Cheney ph: 9881 3799

Dietitian—Amanda Lee ph: 9821 6274

Chiropractor—Melanie Sounness ph: 9821 7999

Sports Masseuse—Di Gray ph: 0427 646 065

Well Womens Clinic

Tuesday March 22nd

Lake Grace Medical Centre.



Contact Anna Taylor to make your next appointment.

Ph: 9865 1507 Mobile: 0428 652 507

HACC HAPPENINGS:

Chair Aerobics

Every Tuesday morning at 10.45am
Lakes Village Hall
(as part of the Stay-On-Your-Feet program)

4th Friday Activity Day

Friday 25th March

Games / activities / trivia

Also Practice and preparation for 2011 Seniors Games (in Corrigin early April)

10.00 am ~ 1.30pm

Cost: \$6.00 for light lunch

RSVP 22nd March



Visiting Allied Health Staff:

Physiotherapist—every Tuesday
Occupational Therapist & Speech Therapist—fortnightly

Call 9881 0385 to make an appointment



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When you come to the hospital for any treatment, please remember to bring your Medicare Card.

Our staff need these details for your medical record.

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What is Kinesiology?

Kinesiology is used to remove 'blockages' of energy within the Chinese meridians.

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Postural- muscles, reactivity, posture analysis..

Structural- Pelvis, frozen shoulder, scoliosis...

Hormonal- thyroid, adrenals, reproductive areas..

Neurological- areas of brain for specific issues....

Nutritional- digestive system, liver, pancreas....

Emotional- stress release, emotional content....

Immune- allergies, viruses, strengthening of....

Contact : Melissa Hawkins

0400 861 640

Gnowangerup



Lake Grace Community Men's Shed Information Evening

Come and join us for an information evening on the progress of the Shed

**Tuesday 22nd March 2011
7.00pm at the Lesser Hall**

Phil Harrington from Darkan Men's Shed will be joining us for the evening, and a sausage sizzle, and soft drinks will be provided.

For more information, please contact

Alan Duckworth - 98 651235

or Phil Clarke - 0427 651155

We hope to see you there!

Market Day

Lake Grace Visitor Centre

Saturday 16th April

Fantastic Fundraising opportunity for community groups or individuals.

Only \$15 per stall

For queries or bookings contact Stephanie at the Visitor Centre on 98652140

lgvisitorscentre@westnet.com.au

or Trish - 9865 1120 ghpjmedlen@bigpond.com

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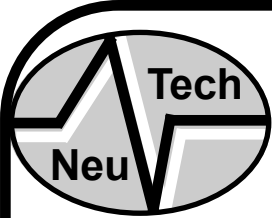
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**John Thurn
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Firstly before I even start talking about the light demo last Thursday, I must apologise for the late notice in the mail. Long weekends and a mine trip threw some pressure on my time management.

A big thank you to Ed Naisbitt for supplying the paddock, tractor and boom spray for us to experiment with. Thanks Ed. Also a big thank you to those guys who made the effort to come along and have a look at the latest light emitting diode (LED) Technology.

Originally headlights, work lights etc. were made from glass with a tungsten filament. Later on a Quartz (not glass) bulb was made with Halogen gas inside (QH). The Quartz halogen globe was brighter but the colour of the light was yellow/white. Some time ago high intensity discharge (HID) lights were introduced to the market. They produced an intense white/blue light with relatively small power consumption. HID lights use a high voltage arc surrounded by xenon gas to produce the light and as such there are issues with safety, globe longevity and electrical interference LED lights have been around for a fair while but Phillips have been pioneering development of the high light output LEDS recently. Gary (the Rep for Phillips) showed us some of the lights from the Speaker (brand Name) range which use Phillips LEDS. They were nothing short of amazing. LED work lights have always had good coverage, but this latest generation have got real penetration. We were all too embarrassed to turn on our work lights after seeing the first couple.

Chris also showed us LED strip lighting which can be used for interior lighting, they certainly put my fluoro's in the canopy to shame. Chris also showed us some LED torches and even reverse lights that went further than our spotlights.

Over the next few weeks I will endeavour to get stocks of all the LED range in as they become available. I would have liked to have some pricing details but at the time this was needed for print it wasn't at hand,

The Speaker worklights we looked at had the following features:

- ✓ 4 year warranty
- ✓ 4000 hour globe life
- ✓ Compact and robust
- ✓ Thermal efficient - no drop off due to cold/heat
- ✓ Waterproof electrical connector
- ✓ Dedicated voltage - no electrical interference due to oscillating or transformed voltages

For any further queries (or a demo)
Give Ross a call on 9865 1164





Shire of Lake Grace NEWS & NOTES

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

From the CEO's Desk

Quondong Crt Residential Subdivision

During the last two weeks, Jemena Contracting has been very busy installing underground power to the first 10 residential lots within the 48 residential lot subdivision at the eastern end of Lake Grace. The underground power works include the installation of a transformer that will service the remaining blocks in future.

Works to come at the Quondong Crt site include the installation of the phone cables, water pipes and sewerage. The last works to be done will include forming and sealing of the road surface for Quondong Crt.

Expressions of interest for the Quondong Crt blocks can be made with the Shire on 9890 2500.

Newdegate Medical Centre

Unfortunately, the analysis of the concrete core samples taken from the Newdegate Medical Centre concrete pad recently is taking longer than anticipated. The first part of the analysis involves a chemical profile of the concrete samples by the only laboratory in WA that can do this type of work. Once the engineer has the chemical analysis results he can then make a determination regarding the integrity of the concrete pad.

Revised Strategic Plan

During last week both councillors and key staff had the opportunity to review the Shire's strategic plan. This process identified that there will be a number of projects carried forward into 2011/12 including construction of the second house on Franks Street and works on the Lake King Hall. These two projects are subject to the vagaries of the revised funding requirements under the Country Local Government Fund.

New projects identified for 2011/12 include planning for an alternative energy pilot scheme that can be flowed on to each community within the district. For instance the pilot project could involve a trial alternative power site whether this is solar or wind based in Newdegate.

The revised strategic plan forms part of the process to do a review under the Plan for the Future requirements of the Local Government Act. It is anticipated that the revised strategic plan will be issued for comment during June 2011.

Sean Fletcher

Council Meeting Dates - 23rd March 2011 Varley, 27th April 2011 Lake Grace

The WA Youth Parliament program gives young people a voice by giving them the opportunity to be in Parliament, talking directly to the WA government. In 2011, the program will be held from the 10th - 15th of July. For more info, visit:

www.youthparlwa.com



Shire of Lake Grace NEWS & NOTES



Government of Western Australia
Department of Transport

Licensing of vehicles that require an inspection first, please contact the Shire before heading into the office to confirm what paperwork is required to complete the licencing procedure.

SNAKE TRAP

A snake trap is available for loan from the Shire—a \$50 deposit will be required



Guess The Shire Worker?



Drawn by Max Ratana

Last Issue : Bill McKenna

STAFF PROFILE

Name: Rebecca Roper
Job Title: Trainee Gardener



Best part about job: Working with different types of plants and learning their uses

Funniest person at the Shire: Keith Hubbert

Where were you 5 years ago? Still in school at Lake Grace District High School

Favourite Football team? None

Favourite holiday destination: New Zealand - North Island

Best thing about living in the Shire of Lake Grace? Living in the bush

Driving Assessor



The Driving Assessor will be at Lake Grace Shire Office on **15 April 2011** to conduct Practical Driving Tests.

Please call Heather or Nicola on 9890 2500 to make an appointment.

Building Surveyor:

Attendance at the Lake Grace Shire Office

- Tuesday 22nd of March
- Tuesday 29th of March

Environmental Health Officer:

Attendance at the Lake Grace Shire Office

- Tuesday 22nd of March
- Wednesday 23rd of March

Shire Building Surveyor Darryle Baxter and Environmental Health Inspector Maurice Walsh will be available at the Shire Office on the above dates. Should you wish to meet with either Darryle or Maurice we recommend you contact our office to make an appointment—9890 2500.



Shire of Lake Grace NEWS & NOTES



EXTENSION OF RESTRICTED BURNING PERIOD (Permits Required)

The Shire of Lake Grace advises that due to the dryness of the season the Restricted Burning Period is extended.

**Restricted Burning Period
16 March 2011
to
30 April 2011 inclusive.**



Works Update



- The Works team is currently carrying out intersection alterations at black spots on Fourteen Mile and Pelham Roads.
- Karlgarin Road has been culvert widened by 10 metres and is in the process of being bitumised.
- Work on the underground power at the Quondong Crt Residential Subdivision is well under way.

Cat Trap

A cat trap is available for hire from the Shire office—A bond of \$50 will be required



Registering Your Dog

Registering your dog is compulsory and the following rules set out in the Dog Act must be followed:

- Register your dog with Shire after it is 3 months old and keep it registered.
- Attach the registration tag and a name tag with your name, address and phone number to your dog's collar.
- **When outside your own property, keep your dog on a leash at all times.**
- Pick up after your dog if it defecates on the footpath or verge.

Dogs may be registered at the Shire Office: 1 Bishop St, Lake Grace.

For further information please contact the Shire 9890 2500



Lake Grace Tip Opening Hours:

9am to 3pm

Monday, Wednesday, Saturday



Newdegate Tip Opening Hours:

9am to 3pm

Thursday and Sunday

2011 Lake Grace Library & Community Resource Centre Management Committee Meetings

Date	Time	Place
Thursday, 31 March 2011	11am	Lake Grace Library
Thursday, 28th July 2011	11am	Lake Grace Library
Thursday, 27th October 2011	11am	Lake Grace Library

Seatbelt and Child Car Restraints

There are still quite a few people that have not fully understood what the changes to the Seatbelt and Child Car Restraint mean for everyone in the community.

On the 1st of October 2010 the changes of the Seatbelt and Child Car Restraints came into effect. This means that no one is allowed to ride in a motor vehicle without wearing a seatbelt; if there are only five seatbelts in a vehicle, then that means only five people can ride in that vehicle. A child, no matter what age, is a person. So a child car restraint will occupy the place and seatbelt of that vehicle.

This means that there will be **no unrestrained** children or adults riding in any motor vehicle.

The children must be in an approved child restraint, for their age/weight as below.

- **From birth to age 6 months (birth to 9-12kg)** children must be in a rear facing restraint.
- **From 6 months to 4 years (9 - 12kg to 18kg)** children must be restrained in either a rearward or forward facing child restraint with an in-built, 5-point harness.
- **From 4 to 7 years (18-26kg)** children must be in a booster seat restrained by a correctly adjusted and fastened lap sash seatbelt or a child safety harness.
- **Child safety harnesses (used without a booster seat) are available for use by children between 26-32kg.**
- **Children outside weight / size guidelines for existing restraints will be able to use restraints suitable for younger or older children.**
- **Children under 4 years** are not allowed to travel in the front seat of a vehicle with two or more rows of seats.
- **Children between 4 years up to their 7th birthday** are also **not allowed** to travel in the front seat of a vehicle with two or more rows of seats, unless all other back seats are already occupied by children under seven years of age.

If you have any questions call the Child Car Restraint Information Line on 1300 780 71

Fines and Demerit point loss for not wearing a seatbelt or not using the correct child restraint for children.

Offence	Fines	Demerit Points
Double Demerit point for holidays and long weekends		8
Unrestrained Driver	\$500	4
With one unrestrained passenger	\$600	4
With two unrestrained passengers	\$700	4
with three unrestrained passengers	\$800	4
With four or more unrestrained passengers	\$900	4
Restrained Driver		
With one unrestrained passenger	\$500	4
With two unrestrained passengers	\$600	4
With three unrestrained passengers	\$700	4
With four or more unrestrained passengers	\$800	4

Demerit points are doubled on long weekends and other prescribed holiday periods*

The Child restraint and seat belt laws are not a revenue making project. It is all about protecting children and the occupants of a motor vehicle. It has been found in crash investigations that the unrestrained occupants have actually killed other occupants of a vehicle involved in a serious crash.

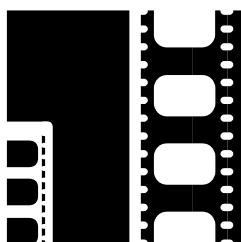
Want your negatives scanned & saved?

How about your slides?

The Lake Grace Community Resource Centre are able to scan your negatives, slides or photographs.

They can then be saved to disc for future use or printed.

Enquiries to the Lake Grace CRC on 9865 1470.



Need a Rubber Stamp?



To place an order or obtain a quote contact the Lake Grace Community Resource Centre. Self inking, range of sizes and some colours available.

Farmers Centre

There's been plenty of new faces at Farmers Centre over the years, but some faces just stay the same. Manager Gary Frost, along with his wife Nola, have become familiar faces on Lake Grace's landscape since they first came to town thirty plus years ago.

Dealer Principal Barry Wells and Gary Frost came to Lake Grace in early 1978 to look for a suitable site to start up Farmers Centre. Graham Lean, CEO of Lake Grace Shire, showed us a vacant block, it was the old Mobil Fuel Depot, and it was very bare. Lynn Parker later took it up.

Cyril Rich was watching out his office window and by the time we made it back to Dumbleyung he was on the phone selling us CF Rich and Co's building for \$30,000. We moved in shortly after, assembling cultivator bars out on the gravel on the east side where we now have a workshop. John Miles was the mechanic, Lloyd Miles parts and Gary Frost sales.

Farmers Centre Lake Grace started in 1978 and gradually built up the premises to what they are today, currently they employ 8 staff. To date they have employed 15 apprentices over the years. They service the area north to Karlgarin Hyden, east to Lake King, south to Ongerup and west to Kukerin; roughly within an hour's drive for servicemen.

Over 33 years Gary has seen a lot of changes, land that once sold for \$100 - \$150 per acre, would today sell for \$450 - \$600. Machinery has got bigger, both in dimensions and capacity and chemicals were a thing of the future. However costs have also increased in

dimension; the cost of tractors in 1978 was around \$50,000 - \$60,000 compared to today's price tag of around \$430,000. Combine harvesters back then about the same, today top of the range close to \$800,000. Seeders back then... for a plant maybe around \$40,000 - \$50,000, today around \$400,000. Seeders would hold approximately 1 ½ - 2 Ton of product while today they hold up to 20T plus.

Sizes of farms have increased immensely, with 10,000 plus acreages not being unusual, with some farmers cropping the bulk of this acreage as they have gone out of sheep.

Crops in the late 70's were mainly oats, barley and wheat, some hay for feeding sheep and cattle. Today peas, lupins, canola, soy beans, faba beans have all been added to the program. Yields have varied over the years with droughts and floods affecting this, but generally the rain has been the biggest factor on yields.

Communications in the late 1970's were by HF radios, similar to bush fire 2ways, there was a short foray into satellite communications but this was short lived as mobile phones came into effect in the 1990's. Mobile phones made a huge difference to Farmers Centre's call outs at harvest as clients could ring while on their headers rather than wait until they came in at night.

The biggest change has been the advent of computers. Computers virtually run the tractor, air seeders and harvester. Hydraulics are controlled by computers as is the steering. Boom sprays especially started this innovation, no longer do you need a blob dobber as an



Back L to R:
Anton Kuchling,
Laurence Bourne,
Dean Giles,
Ashley Mahoney,
Jason Willcocks and
Stephen Chappell.

Kneeling at front are:
Sian Chesson,
Gary Newton and
Gary Frost.

Farmers Centre

on board guidance screen, the computer now shows you where to go and when to turn off the sprayer, all beamed down from above via satellite. A tractor that steers itself around a paddock or up and down the rows without an operator inside is not far away.

Machinery today is much of a muchness; some manufacturers have amalgamated with others as with our Case IH brand. When Gary started, Farmers Centre sold International only, they were taken over by Case in 1984 and became Case IH. International disappeared and it was all Case gear. In the late 1980's Case acquired the popular Steiger brand and the whole product line was painted red and has been ever since. We are now under the Case New Holland brand.

Farmers Centre's focus hasn't changed in the 40 years since Barry Wells bought Farmers Centre in Dumbleyung in 1969. They are still very much sales and service orientated and always will be.

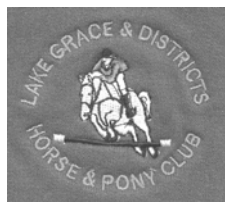
Gary remembers a bloke telling him once if SP headers ever got to \$100,000, no one would buy them. That has well and truly been surpassed several times.

Because of the drier years and grain prices being down, people have held onto their existing machinery whereas

normally, they might well have turned that machine over every 4 years. By doing this the trade-in gap has become quite significantly wider because of the greater hours put on that machine.

Farmers Centre have attended Newdegate Field Days every year since its inception, although Allan Hall ran it from Newdegate in the earlier days, as Hall and Co. They would take trucks out there, 8 tonnes with 180 bag bins on, sleep in the back of them after usually a heavy night around the camp fire. Today the trucks that go out to the Newdegate Field Days are road trains with 100T plus capacity. Gary hasn't missed one in 34 years.

Farmers Centre are pleased to announce the appointment of Jason Willcocks as our new workshop administrator. Jason being the former proprietor of SBM tyres joined us on the 14th February and brings with him a wealth of experience and expertise. We would like to take this opportunity to welcome Jason to our company, he can be contacted on the Farmers Centre phone number 9865 1134 or 0427 651 134.



Lake Grace Pony Club

Lake Grace Centenary celebrations for the Pony Club will be held on Thursday 28th April 2011 at the Lake Grace Riding School / Pony Club grounds.

All past and current participants invited. BBQ packs, salad and sweets for sale. Story telling around the campfire.

Limited powered sites available or accommodation in Lake Grace. Come and watch lessons Thursday afternoon and Gymkhana Friday.

To RSVP and to book a site and BBQ packs contact Christine Fyfe.

Ph: 9865 1038 or email: fyfe@westnet.com.au



Grandparent's Answering Machine

Good morning....at present we are not at home but, please leave your message after you hear the beep. Beeeppppp.....

If you are one of our children, dial 1 and then select the option from 1 to 5 in order of 'arrival' so we know who it is.

If you need us to stay with the children, press 2.

If you want to borrow the car, press 3.

If you want us to wash your clothes and do the ironing, press 4.

If you want the grandchildren to sleep here tonight, press 5.

If you want us to pick the kids up from school press 6.

If you want us to prepare a meal for Sunday or have it delivered to your home, press 7.

If you want to come to eat here, press 8.

If you need money, dial 9.

If you are going to invite us to dinner, or take us to a restaurant, start talking. We are listening!!!

The Inaugural Lake Grace Show

The first day of October 1920, was a memorable day for Lake Grace, as it was the day of their first Agricultural Show. Held in a paddock, (still called the Show Paddock,) of the "Lowtherfield" farm near the town, of Mr Robert Carruthers Senior, it was a day the Premier, Mr James Mitchell was also in attendance, on the lands he threw open in 1911. In a delightful poetic manner, "Politicus," the pen-name of the scribe from the West Australian gives us picturesque glimpses of the occasion.

IMMIGRANT SETTLERS MAKE GOOD

By "Politicus"

When the heavy sand is yielding backward from your blistered feet,
And across the distant timber you can see the flowing heat:

When your head is hot and aching, and the shade less plain is wide,

And it's fifteen miles to water in the scrub the other side

—

Don't give up, don't be down hearted, to a man's strong heart be true!

Take the air in through your nostrils, set your lips and let it through —

For it can't go on forever, and — I'll have my day! "Says you."

The little band of Scottish and English immigrants that turned their faces to the rising sun at Dumbleyung nine years ago, and their backs forever upon an old life shaped by immemorial custom, directed by tradition, and supported in every changing event by usages rigid in the framework of a hoary civilization, did not know their Lawson in those days. They have lived him since.

Paddy McMahon, the first settler at Lake Grace must have known him; for Paddy hails from one of those little reminders of soil fertility, mid-nineteenth century immigrants from the green isle selected at Trentham, Bungaree, or Lancefield, in Victoria: and the quizzical lines at the corner of his eyes, and the kindly, good humoured curves of his mouth, have lost nothing of their broad and easy tolerance of men and things, after long days among the mulga of the goldfields, and later years spent in pushing our wheat belt further east.

Paddy we take for granted, with a thousand other Paddys, and Jacks, and Andys, the men of a million acres, the native born:

"Supple as their bullock-whips,
Tough as twisted wires."

But the immigrant! Man and woman, strangers in a strange land, men and women whose earthly possessions are usually few and easily accommodated in the spring cart that is their transport from the "head of the line" to the wilderness which it is theirs to subdue.

There was heavy sand to cross, and ironstone ridges; there were miles of low and hungry-looking scrub, and in the distance the heat waves shimmered and danced

on the further edge of the salt lake, where deep translucences of blue, mocked with the semblance of water. And at the journey's end was the forest — the thick woodland of salmon gum and yate, and boree, with here and there a lean and crooked clump of gimlet interspersed; the forest grateful with shade after the desolate miles of sand plain; the forest pleasant with its undergrowth of blue-grey saltbush whose saline succulence and nutrient enticed the weary horses to forget the aches of steaming flanks; but the forest — that must be felled!

A quiet, earnest settler told us — the Premier; the member for the district, Mr Stubbs; the Commissioner for the Wheat Belt, Mr Sutton; and the writer — this story. His manner suggested reserves of power; not in "braid" Scots, but nevertheless, with something of the homely Northern tang, and much of the Scotsman's humour, the words came. We were standing in the corner of a cleared field of 250 acres. Yesterday, more than 120 head of mixed cattle were grazing on it as, for more than three months since July they had grazed, and as of tomorrow, for another three months they would continue to graze. North, westward, and to the south of the paddock the rich verdancy of growing wheat contrasted with the dark background of forest in the distance. Today, (October 1, this present year of grace), [1920], the grazing paddock was given over to the settlers of Lake Grace and district as the site of their first Agricultural Show. A special train had brought visitors from Wagin, and every siding along the Wagin-Lake Grace line; and Mr Mitchell, [the Premier], accepting the invitation of Mr Stubbs to be present, an invitation which found a hearty response in the Premier's inclinations, as he is never so happy as when in the country of wheat, cows, or sheep, with a small party, was among them.

"Over there we made our first camp." Mr Carruthers pointed to a spot westward and beyond the paddock. "Nine years ago I sat down, and looked at the timber, and said to my eldest boy Jack — he was sixteen then — 'I never thought before that I was an idiot; I am sure I am one now.'" He chuckled softly. Well, he might. The family has 2,300 acres under wheat this year — will it net £6,000 or £8,000? On land which, in the worst season — and the early years were bad — has never shown an absolute failure; land some of which is being cropped for the eighth time in succession, and on which, a little backward owing to the season, the crops are standing up with a sturdy promise of, perhaps, a fifteen bushel average. The keen Scotch brain of the settler was right in its original judgment. The reason can work only upon experience, and by all the experiences of Mr Carruthers's previous life, and the experience of contemporary immigrant settlers, Mr Bishop, Mr Franks, and others, a more hopeless proposition than that which confronted them after their fifty miles trek from Dumbleyung, never faced any body of men. The land had to be cleared ere a crop could be sown; stores had to be carted from the head of the railway at Dumbleyung; water was a question of ever present

The Inaugural Lake Grace Show (cont.)

moment only to be satisfied by wearisome and long distance journeys.

But stout hearts **refused to be overborne** by the cold logic of the brain, and the things which were impossible became manifold possible in the short space of nine years. The axe ate its way into the forest – had any one of these immigrant settlers fallen a tree ere fortunate destiny brought him east of the Great Southern? – more and more the ground was broken by the plough, fences ran their rectangular course about fields yellow with ripening corn, or animate with increasing herds; in narrow depressions the scoops made water catchments; and – **the crown of labour – the railway came**. Easy, is it not, in the retrospect? Nevertheless, hats off to the immigrants who looked at the prospect through darkling glasses of inexperience – and were not, except for a moment, perhaps, cast down.

The **story of Lake Grace** is a story of what can be accomplished by courage and endurance upon our virgin wheat lands. The area thrown open by Mr Mitchell in 1911. His foresight it was that made the land available, although the vicissitudes of politics have prevented him from having, until lately, much administrative interest in, but with the further opportunities afforded by his renewed term of office the Premier is allotting to the district some share of that deep attention he is paying to the agricultural industry as a whole.

The unselected lands were reserved for returned soldiers, and to date about thirty of these have been settled, the majority on a belt of forest land some four to eight miles east of the township. Under the guidance of local settlers, including Messrs Carruthers, McMahon, Bishop, Lawson, and Franks, the Premier's party traversed the forest lands of Lake Grace during a couple of days. One feature of the visit may be accepted as significant of the solidarity of the district – the settlers had no requests to submit to the head of the Government, except a natural one, that a piece of land should be dedicated to them from the town site reserve as a sports and show ground.

The confidence of the people is unbounded, and, after nine years, it is the confidence of experience. With pride they tell of more than 20,000 bags of wheat brought to Lake Grace station last season by eighteen settlers; of some 40,000 bags which will be the fruit of this year's labours; of cream being sent to Narrogin; of the day to come when – the price of wire being reasonable – sheep will add another to the farmer's varied sources of income.

And with the talk of more good land to the eastward and northward, the Premier hearkens, his eyes taking in the thousand acres that were "put in" by one man, his pleasure mounting at the sight of Mr Ern Bennett's magnificent crop – 30 bushels, surely – which, nearly five feet high, stretches as level as the proverbial billiard table, over 600 acres. These lands were to the north - south of Lake Grace the holdings of Messrs Griffiths and Green are the outposts of settlement which, in the district, is still in its infancy, but of which success is assured.

(Continuing story next Issue.)

Researched by Allan Zweck

Photo ID's

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



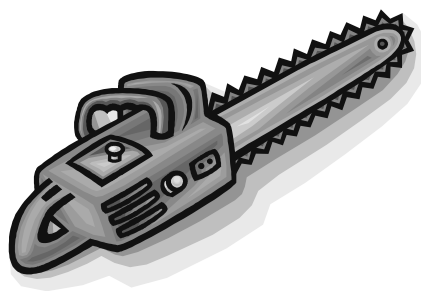
The Lake Grace CRC is able to take and print your photos.

\$12 for a set of four (4)

Get your chainsaw serviced and ready for this coming winter.

- Chain sharpening
- Bar planing
- Starting problems
- Engine tuning

Using only quality Stihl products.



**Contact Lomas on
0458 729 738**

[illegible]

Call For Expression of interest To Join Advisory Group

LAKE GRACE SPORTING PRECINCT WORKING GROUP (LGSPWG)

Are calling for two new members who are:

- interested in the sport and recreation within the community
- have good communication, problem solving and decision making skills
- the ability to consider a wide range of views from individuals and community groups.

The LGSPWG meets every second Monday to consult, plan and prepare for upgrades to the Lake Grace Pavilion facilities. Currently the groups main focus is now on Stage Two of the project.

LGSPWG **Advisory Group** to oversee Stage Two planning that will form a Department of Sport and Recreation CSRFF funding submission.

People interested contact: Stephen Chappell 0427 180 502 or Danielle Robertson 0427 676 025

All users will have input to the project through the Advisory Group.

The next meeting is Monday 11th April

Proud Mums Help Wanted!

I am still chasing either a photo taken of the D Grade 2000 Premiership from a different angle or at least the identity of the two obscured boys. All the other photos and pennants have been framed or are in the process, so I need some help.

I have a copy of the photo at Neutech if you want a clearer look at it.

Possible candidates: Daniel Trevenen, Marcus Trevenen, Matthew Rundle (Pingrup)

Thank you Ross Bowron

Below is a list of the boys. Mums still residing locally, so can anyone help by searching through their photo albums (or interrogating said son). I've targeted the mums because they are normally the only ones who remember to take a photo! My offer of a box of Cadburys finest for my helper still stands.

Karen Bairstow	Linda Hunt
Paula Carruthers	Kathy Humphrys
Debbie Clarke	Letty Leo
Michelle Clifton	Helen Prater
Christine Fyfe	Michelle Slarke
Cheryl Hudson	Rosie Smith
	Diedre Trevenen



Back row L to R: Trent Reid, (obscured), Leon Clarke, (obscured), Casey Reeves, Greg Carruthers (manager)
 Third row: Liam Fyfe, Peter Burbridge, Keiran Humphries, Clinton Trevenen, Read, Justin Carruthers, Garry Leo, Cale Morton
 Second Row: Aaron Smith, Brett Hudson, Ben Tomkins, Corey Clifton, Alistair Hunt, Reece Connolly, Marcel Fano, Jamie Slarke
 Front row: Jarryd Morton, Noel Morton (coach), Luke Bairstow, Tyson Prater

Tarin Rock Junior Tennis Tournament

On Saturday, February 26th, just under 40 players braved the warm conditions to play in the annual Tarin Rock Junior Tennis tournament.

Young people from Dumbleyung, Kukerin, Kulin, Lake Grace, Tarin Rock, and Newdegate took part displaying some great tennis despite the heat. The format changed this year to a round-robin mixed doubles and a knock-out singles giving everyone plenty of tennis.

As usual, the club members banded together to make the day run very smoothly. There was plenty of food and the slushy machine was a huge success. To keep things cool, some members were busy setting up misters under the shade which was great for players coming on and off the court.

Many of the younger kids kept nice and cool in the paddle pools and there was plenty of ice and water in supply. Many thanks to the club members who made this tournament a success whether it was helping in the kitchen, with umpiring or generally doing as they were told at the last minute!! The day couldn't run without your help. Also, a big thank-you must go to the many sponsors who donated to our tournament.

Results for the day are as follows:

9 Years and Under

Runners-up: Kaitlyn O'Neill and Jack Downey
Trophy donated by: Cambinata Yabbies and C & J Bray
Champions: Seaton Willcocks and Mia Gooch
Trophy donated by: Bird Silos and Kukerin Rural Services

11 Years and Under

Mixed Doubles Runners-up: Jack Pearce and Brooke Carew-Reid
Trophy donated by: Great Southern Fuel Supplies and

Lake Grace Roadhouse

Mixed Doubles Champions: Brad O'Neill and Emma Naisbitt

Trophy donated by: Kukerin General Store and Neutech auto Electrics

Girls Singles Runner-up: Anna Hunt

Trophy donated by: Kukerin Hotel and Pelham Enterprises

Girls singles Champion: Emma Naisbitt

Trophy donated by: Henderson's Grading and Mary Williams

Boys Singles Runner-up: Brad O'Neill

Trophy donated by: J.W. Naisbitt & Co. and A.L. Naisbitt

Boys Singles Champion: Cody Ditchburn

Trophy donated by: J & W O'Neill and High Valley Merino Stud

13 Years and Under

Mixed Doubles Runners-up: Blake Watkins and Jordan Dowdell

Trophy donated by: Fyfe Transport and CCL Hardware

Mixed Doubles Champions: Peter Downey and Juanita O'Neill

Trophy donated by: Tom O'Neill spraying and Lake Grace Plaza

Girls Singles Runner-up: Juanita O'Neill

Trophy donated by M & L Pearce and F & G DeVree

Girls Singles Champion: Tina Willock

Trophy donated by: Lake Grace Sportsman's Club and M & A Naisbitt

Boys Singles Runner-up: Peter Downey

Trophy donated by: P & M Cameron, R & S Robinson, R & C Willock

Boys Singles Champion: Khristian Randall

Trophy donated by: East Mundalla Merino Stud and Lake Grace Tyre Power

Some of the trophy winners from the competition.

Back L to R: Tina Willock, Cody Ditchburn, Peter Downey, Khristian Randall.

Front L to R: Juanita O'Neill, Anna Hunt, Kaitlyn O'Neill, Brad O'Neill, Emma Naisbitt and Brooke Carew-Reid.



Hon Mia Davies MLC *Member for the Agricultural Region*

The latest news from your local Member of the Legislative Council | February 2011

From my desk...

With Western Australia's population set to double in size by 2050, a responsible Government needs to be thinking about how this population will be distributed. The predicted increase of 2 million people in the next 40 years will put further pressure on resources in metropolitan areas – infrastructure, housing, water, and services such as health care and education. A couple of weeks ago, Hon Brendon Grylls started a conversation about how we could begin to plan for our regions to accommodate some of this growth. In locations where there are significant existing economic opportunities, there is a role for Government to plan and align investment into core services and infrastructure. This policy is called Super Towns. It might mean more doctors, it might be ensuring there is enough land available for new housing developments, establishing a new child care, or investing in the local school. In Queensland, Victoria and New South Wales we have towns like Mackay, Ballarat and Wagga Wagga. There is no reason why we shouldn't have a plan for growth in regional Western Australia. We know it's our regions that are driving the State and National economy. The Nationals are determined to take the next step in sustainable regional development. Super Towns will help the towns that want to grow and have strong economic drivers to underpin employment to plan for this growth. Royalties for Regions underpins our commitment to support all regional communities. Now it's time to build on this and start the next level of planning.



Dandaragan community awards: I attended the 2010 Dandaragan Citizen of the Year Awards ceremony on 8 February 2011. I was very impressed by all the nominees and winners. The Citizen of the Year Honour was awarded to Laura Hooton, nominated by the Jurien Bay District High School and P&C Association, and the Young Citizen of the Year Award went to Carrie Millar for her efforts with the Dandaragan Hockey Club. Guests at the award ceremony heard from the Rural Industries Development Corporation Rural Women of the Year, Sue Middleton, about maintaining strong regional communities.



York Guest speaker RIRDC Rural Women of the Year, Sue Middleton; Dandaragan Citizen of the Year, Laura Hooton; Hon Mia Davies MLC; and Dandaragan Shire President, Shane Love.

Grain freight on agenda in Central Wheatbelt: Hon Brendon Grylls MLA, Hon Philip Gardiner MLC and I visited Bruce Rock and Narembeen on Friday 11 February. We met with grain growers in Narembeen to discuss grain freight and drought issues.

40,000th Country Age Pension Fuel Card:

During February, Hon Brendon Grylls MLA presented the 40,000th Country Age Pension Fuel Card. The fuel card is part of the Royalties for Regions program to assist pensioners with travel costs, by providing eligible recipients with a \$500 fuel card each year. I would encourage all country pensioners to check if you are eligible. For more information visit www.royaltiesforregions.wa.gov.au or call 1300 666 609.



Above: The inaugural meeting of the McCarthy Belles CWA branch in York

New CWA group in York: I attended the inaugural meeting of the McCarthy Belles, a new branch of the York CWA on Wednesday 16 February. The McCarthy Belles' branch was created for younger women who want to learn new skills and contribute to the community, while honouring the traditions and history of the CWA. Fifteen new members were welcomed into the CWA organisation by State President, Maggie Donaldson. For more information check out my Adjournment Debate in Parliament on my website at www.miadavies.com.au.

Agriculture Minister in Central Wheatbelt: I accompanied the Minister for Agriculture and Food, Terry Redman to Kalannie, Cadoux and Wongan Hills on 2 February 2011 to meet with farmers and Local Governments and discuss issues related to the agriculture portfolio.

What's on March

- 1 & 2 - Geraldton
- 3 - Wyalkatchem
- 4 - Koorda Medical Centre and CRC Opening
- 8 - International Women's Day
- 9 - Gnowangerup
- 10 - Ongerup, Jerramungup and Narrogin
- 11 & 12 - Wagin Woolarama
- 15-17 - Parliament sitting
- 18 - Official Dedication of the Wyalkatchem Medical Centre
- 19 - Opening of the Platform Theatre, Beverley
- 22-24 - Parliament sitting
- 24 - Meeting of the Great Eastern Country Zone of WALGA, Merredin
- 25 - WA Farmers Conference

Things That Cause Distress

As we are all aware certain problems we face cause significant distress in our lives. At the top of the list is the loss of a loved one in unexpected or tragic circumstances.

Other significant things on the list include relationship breakdowns, moving house, loss of employment, being diagnosed with a serious illness and one we often overlook, struggling with financial problems.

We often overlook how significant financial issues can impact on our overall wellbeing. Research tells us that when we are having difficulties financially it can lead to some of the other issues that are on the list.

Financial stress is in many ways similar to the impact of the dry season; it is more insidious than a significant dramatic event like the earthquake or the flood. Those events have immediate consequences that are highly visible as a reason for our distress or grief.

The gradual insidious creep of financial distress, like a drought, slowly erodes our passion for our work and eats away at our confidence. This can lure us into a sense of hopelessness that with time erodes our get up and have another go attitude so necessary in farming.

Given these problems it is important to be realistic about your budget, be optimistic but keep within the realms of reality, maybe give thought to other options because if your enterprise isn't projecting reasonable returns, given an average season, it could be your chance to consider change.

We know that if these matters are not addressed our wellbeing is impacted in so many ways. Our physical health and our relationships with our partners and children suffer.

Remember it is the insidious things that often have greatest long term effects on our health. They are also often the things we ignore and hope they will dissipate by themselves, most times they don't they just fester and get worse.

Look after every aspect of your wellbeing, it's the things we ignore or neglect that give us the most grief.

Regards

Julian Krieg

Wheatbelt Men's Health

Ph: 9690 2277

E: menshealth@agric.wa.gov.au

Safeguard Mouthguards

Mouthguard Clinic in

Lake Grace

Thursday 31st March 2011

4:00pm - 6:30pm

Lake Grace Sports Ground.

Your choice of Mouthguards

Single coloured - \$98.00*

Multicoloured - \$110.00* (AFL colours)

* Plus postage and handling

Private Health Fund Rebates apply.

Cash - Cheque - Credit card on the day of impression.

Want to know more? Contact Stephen Millar on (08) 9370 3797 or
0438 703 797 or email stephenmillar@y7mail.com

Lake Grace Bowls Notes

At our last Pennant match against Kukerin we were defeated 7 to 1.

This Saturday we host Karlgarin in our last Pennant match for the season before the finals.

We are currently in third position and a win is a must to hold onto that place.

The game will commence 1 hour earlier to start at 12.45pm.

Can everyone be at the Club by 11.45am as we need to discuss our Notice of Motions for the upcoming Association AGM.

This weeks team is as follows:

C Carruthers, S Hunt, M Smith and W Henry
R Pelham, M Carruthers, R Carruthers and W Trawinski
A Chesson, K Strevett, G Sabourne and M Reynolds
M Downey, R Williams, M O'Neill and K Eggers

Last weekend the Mixed Fours Championships was held and the combination of Adrian Chesson, Rachel Pelham, Anna Strevett and John Griffin were successful in winning 2 games and drawing 1.

Congratulations to Chris Carruthers who won the Association Singles title for the second time.

A big thank you to the Bowling Club members for their efforts in providing the meals over the 2 days.

Pool Goss

Sundays "I Swam in a Drought" day at the Lake Grace Memorial Swimming Pool was well received by approximately 110 adults and children.

Thomas the Tank Engine was on hand to provide the most delicious beer battered fish and chips with home-made tartare sauce, which was absolutely beautiful. Maudie and Pete are great ambassadors for their little town, Pingrup.

The day was a great success, starting with Lisa, Anna, Missy and Sharon, working in sync, putting the crowd through their paces. There was a real carnival-like atmosphere, created by the Fab Four, who strutted their stuff on the deck, pumping up the participants in the water. At the conclusion of the aqua-aerobics, all participants received a welcome fruit juice.

The fun continued when Lisa and Anna set the pace with some very slick and groovy moves with the kids disco. A Spitfire Fizz was given to all participants for their fantastic dancing.

Then it was lights off and the movie, Avatar, began. The kids sat at the front, feeling the effects of the sound as Avatar took them on their fantasy journey. The evening finally finished at about 9.40pm.

Many thanks to everyone who came along, participated and had a fantastic time, enjoying everything the day and evening had to offer.

Thanks must also go to the Department of Agriculture and Food and the Shire of Lake Grace who subsidised the costs of the day.



Local Telephone Book

NEW phone book (yellow cover) is available from the Lake Grace Post Office and the Lake Grace Telecentre. If you want a receipt / invoice then you must pick your copies up from the Telecentre.
Cash only at the Post Office.



Aquatics plus Recreation in the Community **NEWS & NOTES**

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

DAY	AM	PM
Mon	6.00 - 7.00 FORCE 9.20 ZUMBATOMIC 3 - 4 YEARS	5.45 - 7.00 SUPER SESS
Tues	6.15 - 7.00 MTT BOOTCAMP	
Wed	6.00 - 6.45 MTT BOOTCAMP 9.20 - 10.20 ZUMBA	5.45 - 5.55 ZUMBA STEPS 4 BEGINNERS 6.00 - 7.00 ZUMBA
Thurs	6.15 - 7.00 BOOTCAMP 9.30 - 10.10 FOREVER FIT	3.30 - 4.20 TEENFIT 5.45 - 6.35 AQUA FIT (Weather permitting)
Fri	6.00 - 7.00 FORCE	From 3.20 ZUMBATOMIC 5 - 12 YEARS
Sat	9.30 - 10.30 ZUMBA	

NOW IN LAKE GRACE



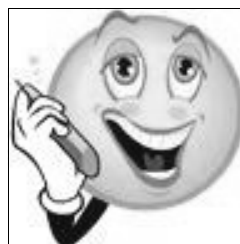
EXPIRED MEMBERSHIPS

Most ARC memberships have ended or will be shortly. Currently ARC is unable to offer any form of membership.

If you are no longer a member you are welcome to purchase books of 10 tickets for \$50 purchased from the Shire office or you can opt to pay as you go \$5 per adult class.

If you are not sure if your membership is still valid or for further information check with your ARC instructor or contact Letisha at the Shire 9890 2500.

We appreciate your understanding and cooperation.



If you would like to be kept up to date with ARC by SMS messaging contact the Shire office today.

REGISTRATION FORMS NOW AVAILABLE FOR;

ZUMBATOMIC **TEENFIT**

See your ARC instructor for more information or contact the Shire on 9890 2500 for a form.



Aquatics and Recreation in the Community NEWS & NOTES

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

TRAINING AT HOME WITH ARC 'A Dice With Your Abs'

Six exercises in a set of 12 minutes.
Each exercise represents a number on a dice. Roll the dice and undertake the exercise attributed to the number rolled.

1. 1 min sit ups
2. 1 min push up plank combo
3. 1 min boxing crunch
4. 1 min plank with alternating arm extensions and leg raises
5. 1 min side toe taps
6. 1 min side plank (change sides every 30 secs)

Complete as many rounds as required

If you have any health concerns or do not participate in physical activity on a regular basis, please check with your doctor before participating in any physical activity

ARC PARTICIPANTS PLEASE NOTE

**AT THE BEGINNING OF THE CLASS PLEASE
INFORM YOUR INSTRUCTOR OF ANY
HEALTH ISSUES YOU MAY HAVE**

- Classes are designed to cater for all levels of fitness unless otherwise informed
- Please bring water bottles, a towel and correct footwear to all classes
- Please bring a hat, sunglasses and sunscreen to outdoor classes.
- Due to participant safety, please arrive at classes on time. Participants will not be permitted to join class if more than 5 minutes late.
- For the comfort of all ARC participants please bring a towel to all classes
- Classes may be cancelled due to unforeseen circumstances, where possible notice will be given.

ARC PRESENTS

ZUMBA

*The Latin-inspired,
easy-to-follow,
calorie-burning,
dance fitness-party.
Feel the music and let
loose.*

**Where; Lake Grace Hall
Day; Wednesdays
Time; 9.20am & 6.00pm
Cost; \$5 per class**

**You don't have to be a dancer,
Coordinated or even have rhythm,
you just have to want to have fun!!**

**PARTY YOURSELF
INTO SHAPE**

Trolls On Tour (cont.)

The nine players who attended had been training for about a month on the old tennis courts, all of us of the opinion that what was coming up was going to hurt a fair bit. Not just the humidity and heat of Singapore but the flat out pace the games have to be played at. That and the fact that most of us are considered to be veterans of the game and it usually takes three days to a week to recover from just one game!

After a hectic couple of days squeezing in all there is to see in Singapore, shopping up a storm and making new friends in the local restaurants and bars we took to the field early on Saturday morning for our first game.

Now I have mentioned that the majority of us are veterans of the game, so you can imagine the dismay when our first opposition turned out to be "SMK Puteri" a Malaysian girls school team. Fifteen and sixteen year olds, and about a foot shorter than the shortest of us. Made Fee feel tall if nothing else! What was worse, as we were standing there with sweat dripping off us like there was no tomorrow (before we even started running around) was these girls are decked out in full Muslim dress with long sleeves, pants and head covering. Expecting complete and utter annihilation and humiliation, and the probable loss of our support team to the bar area, we took to the field. Experience (and long arms) paid off and after a very energetic game we walked off, heads held fairly high with a 1-0 loss. This team went on to win the Bowl Competition.

They do give you a decent break between games so we wandered around a bit, dunked our heads in the pool and checked out some other games before we had to play again. Second game was against another Western Australian team, the "Hockey Tragics" who are a part of the UWA Women's Associates Hockey Club. Lets just say they don't play like we do in Roe. So after a very AFL-like game where we were slightly surprised to have the upper hand in the hockey at least, we came away with a 2-0 win and a few bruises to show for our efforts, goals from Anna and Fleur.

The heat is getting worse but the humidity hasn't changed yet. Swapping fields for our next game saw us facing the "Hong Kong Island Queens". Their name sounded fun at least. Again expectations were dashed when stereotypically we were thinking Chinese Hong Kong and our long arms would again be an advantage, but no it was ex-pat Hong Kong mostly made up of English players. At least we knew what they were on about! Pretty sure they took one look at us and thought that it would be a walk over. Don't know if it was the 'smile lines' or the red faces and the sweat. Tricked them! A couple of scoring opportunities came to nought and we finished with a 0-0 draw and one player politely asked to have a little rest by the umpire. This team finished runners up in the Cup Competition.

Back to field three grandstand for our final two matches for the day. Fourth game was against Singapore team,

the Tornados. Personally I don't even remember this team, which may be a good thing. I know Lisa played very well in goals and the score at the end was 0-0. You'll have to ask around for more details but I'm pretty sure this game was the 'heat has got me, just get it over with' game.

Sitting around watching whilst waiting for our final game for the day the clouds that had been threatening for a few hours finally let go and it thundered down. Didn't think the humidity could get any worse but there you go, amazing what a few bucketfuls of water can do when the sun comes back out! It certainly slowed the pitch down anyway. The final game for the day was against another Singaporean team, Singapore Recreation Club. Younger than us, fitter than us and obviously used to playing in the conditions we tried our best but lost 2-0. Mind you the second goal was from a penalty stroke right on the end game whistle, so we aren't counting it.

It is interesting to note that not once did we see an umpire blow for obstruction. That's not to say it wasn't occurring, it just never ever got pulled up. This is not just in our games we played but in every game we watched too. Consistent for sure, but made players have to try a lot harder to win the ball and to keep it. Like it wasn't hard enough.

Back to the hotel for a swim in the pool then prettied up for the dinner/dance back at the Cricket Club grounds. When I say 'prettied up' I mean that in a theatrical sense, not literally. It was a fancy dress dinner. Something our club excels at, if I do say so myself.

The theme was Back to School, which could be very boring with the white shirt, tie and checked skirts / grey shorts, and for most teams, this is what they came dressed as. Not us. Thinking outside the box as far as fancy dress goes is what we do! Our team went dressed as the Lake Grace High School Swim Squad—what big school doesn't have a swimming team? With a banner and all. Everyone got into the spirit of it and naturally we won the prize for the best dressed team. Unfortunately the prize was a bottle of champagne. So we had to drink it, as we couldn't bring it home.

An evening of limbering up stiff joints and muscles (dancing) followed and I'm pretty sure Anna and Lisa got the crowd Zumba-ing at one point, but we were mostly well behaved and ready for our knockout game Sunday morning.

The Tournament is split into a Cup, Plate and Bowl Competition following Saturday's games and is knockout from then on. Finishing fourth in our pool saw us playing in the Plate Competition against Modernians Hockey Club from Perth. With Caz taking up the goalie position (we are still trying to talk her into a season of it!) and the rest of us trying to stretch out seized joints and muscles we took to the field for what turned out to be our last game. Opportunities presented but you'd think they'd put glad wrap on the goals, on ours

Trolls On Tour (cont.)

anyway. Mods only scored one goal, but one is enough in a knockout comp. Not quite sure if it was disappointment or relief when the final whistle blew. Back to the pool.

Finishing so early on Sunday did give us another opportunity to check out around Singapore and one of the best places to do this was at the Marina Bay Sands Resort. It looks like a ship balanced on top of three sticks. We'd been eyeing it off the whole time we were playing hockey. There is an observation deck on the 56th storey which gives fantastic views of Singapore as far as you can see. There is also a 150m swimming pool, restaurants, bars, shops and spas on top. Pretty fancy, well worth a look.

Other places we'd recommend are breakfast with the Orang-utans at the Zoo, Little India, Bugis Village and Junction (not Markets—that's where you buy fish according to our taxi driver), The Raffles Hotel complex (Singapore Slings are nice enough but you'd only want to have to buy one), Clarke Quay (great restaurants), Chijmes (and old church and convent now restaurants and bars, conveniently across the road from our hotel), Sentosa Island was apparently good, Orchard Road for shopping and a fantastic way to get around is on an open top bus tour, you can get on and off whenever you see something you want to check out. Just don't do it in the afternoon when the thunderstorms start!

All in all, the sixteen of us had a fantastic time, represented our club, town and country well and I'm pretty sure they'll let us back in the country next year to defend our title.



Above: Well deserved refreshments after their last game!

Back: Darren Clifford, Gus Elliott, Melissa Clifford and Mae Willcocks.

Middle: Fiona Chatfield, Lisa Chapman, Fleur O'Neill, Danielle Robertson and Di Desmond.

Front: Caryn Kirk (mmm this drink looks good) and Anna Taylor.



The Trolls and their support crew after winning the most important event on tour...the fancy dress competition.



NEED A RUBBER STAMP??

TO PLACE AN ORDER OR OBTAIN A QUOTE CONTACT THE
LAKE GRACE COMMUNITY RESOURCE CENTRE

CLASSIFIEDS

PUBLIC NOTICES

Workforce Development Centre Visits

Vicki Webb visits Lake Grace regularly to provide free career guidance, help with employability skills and training information. For an appointment contact Vicki on 0438 506 577 or vwebb@directionswa.com.au or leave your contact details at the Community Resource Centre.

Golf Club

Are looking for a babysitter for the 2011 season. If you are interested please ring Craig Reeves on 9865 1310 a/h.

AGM

Lake Grace development Association are holding their AGM at 7:30pm on Monday 4th April at the Visitor's Centre.

AVAILABLE

Short Term Accommodation in Perth

Located in the City of Melville close to Fremantle and Garden City
3 Bedroom, 1 Bathroom, self contained unit in a quiet location.
\$100 per night per couple and \$10 extra per person per night. Minimum 2 night stay.
To enquire for a booking email Alison on fremantleaccommodation@hotmail.com

House to Rent

3 bedroom 1 bathroom.
Easy maintenance.
Call 0428 280 885.

Two Farm Houses For Rent

One is 16km out of Lake Grace
The other is 22km out of Lake Grace
Ring Royce on 0427 652 507

Margaret Cole

Clinical psychologist / counsellor for Southern AgCare comes to Lake Grace on a regular basis. A free and confidential service.
Contact direct: 0427 441 459 or margaretmcole@iinet.net.au

Senior Citizens Luncheon

The next one will be held on Thursday 7th April at the CWA Rooms. Meal will be catered for by Pre-primary P&C.

WANTED

Fire Surrounds

Lake Grace Pony Club is in urgent need of a fire surround for a log fire.
Please call Diedre on 9865 1115.

Tractor Driver Operator

Wanted for Seeding. Drivers license required. Phone Andrew King on 9871 9052 or 0427 719 052.

FOR SALE

Booster Seats

3x Pegasus Safe-n-Sound Booster Seat
14-26kg. Seat belt locator
High Back. Contoured side wings
\$50 each
Ph Tash Strevett 9871 9058

Drifter 2 Kayak

Can seat 2 or be operated by a single person. \$600.
Contact Craig or Suzanne on 9865 1310.

Fuel Tank

RPM Auxillary belly tank, petrol.
To fit under a GQ patrol. 70L. \$350.
Contact Craig on 9865 1310.

Lake Grace Shire Councillors

Councillor	Telephone	Fax
Andrew Walker (<i>President</i>)	9865 1241	9865 1921
Ian Chamberlain (<i>Vice President</i>)	9871 6001	9871 6035
Amanda Milton	9865 1960 0429 654 011	
Ollie Farrelly	9865 1180 0427 651 180	9865 1188
Len Armstrong	9871 1334	9871 1317
Jeanette de Landgraft	9838 9062	9838 9041
Ross Chappell	9865 4058	9865 4051
Wally Newman	9871 1582	9871 1587
Dean Sinclair	9874 7045	9874 7005

Justices of the Peace

Neil Bishop - 9865 1632
 Colin Connolly - 9865 1010
 Ron Dewson - 9865 1224
 Geoff Sabourne - 9865 1171
 Amanda Milton - 0429 654 011



Anglican Church of Lake Grace

Sunday 20th March

Newdegate 8am
 Lake Grace 10am

Sunday 27th March

Lake Grace 9am

Enquiries: Father Dave 0427 545 560
 Terry Gladish 9865 1022

Lake Grace Catholic Church

Sunday 20th March

Ravensthorpe 8:30am
 Varley 11am
 Lake Grace 6pm

Sunday 27th March

Kukerin 8am
 Lake Grace 10am

For inquiries and request for home visitation, please contact Fr Gayan Thamel on 9865 1248.

CRISIS CARE NUMBERS

Doctor's Surgery - 9865 1208	Electricity Faults - 13 13 51
Hospital - 9890 2222	Water Faults - 13 13 75
Ambulance/Fire/Police - 000	Directory Assistance - 1223
Crisis Care WA - 9223 1111 / 1800 199 008 www.community.wa.gov.au	Kids Helpline - 1800 55 1800 www.kidshelp.com.au
Margaret Cole - 0427 441 459 Southern AgCare Counselling	Family Helpline - 1800 643 000 / 9223 1111
Relationships Australia - Fair Programme 9336 2144 www.wa.relationships.com.au	Ngala - 9368 9368 www.ngala.com.au
55 Central Men's Refuge - 9272 1333	Poisons Information - 13 11 26
Lifeline Australia - 13 11 14 www.lifeline.org.au	Family Court of WA - 9224 8222 / 1800 199 228 www.familycourt.wa.gov.au
Seniors Information Services - 9321 2133 www.cotawa.asn.au/	Citizens Advice Bureau - 9221 5711 www.cab.wa.com.au
Beyond Blue - 1300 22 4636 www.beyondblue.org.au	Youth Legal Service - 9202 1688 / 1800 199 006 www.youthlegalservice.inc.com.au

COMMUNITY CALENDAR

March

Fri 18	Fish & Chips at Sportsman's Club Newdegate Comm Day & Markets Driving Assessor in Lake Grace Cambinata Yabbies 20th Birthday	Tue 29	SOYF Seniors Program-10am at Shire Hall LG Netball training Building Surveyor in Lake Grace
Sat 19	Pennant Bowls—LG v Karlgarin Rubbish tip open Cricket - Grand Final	Wed 30	Rubbish tip open
Sun 20		Thur 31	Pizza night at Rosies Lakes Link News Playgroup LG/P Hockey Training LG Library & CRC Mgmt Meeting Safeguard Mouthguards in Lake Grace
Mon 21	Rubbish Collection & rubbish tip open LGDHS P&C Meeting		
Tue 22	Chair Aerobics 10:45 at Village Hall Physiotherapist SOYF Seniors Program-10am @ Shire Hall Football Training LG Community Men's Shed Info Meeting Well Women's Clinic Building Surveyor in Lake Grace Environmental Health Officer in Lake Grace		
Wed 23	Rubbish tip open Environmental Health Officer in Lake Grace LG Hockey Club Training Shire Council Meeting (Varley) Bowls—Karlgarin Men's Classic		
Thur 24	Pizza night at Rosies Playgroup Football Training & Sausage Sizzle LG/P Hockey Training Interschool Swimming Carnival Boyup Brk		
Fri 25	Fish & Chips at Sportsman's Club HACC Activity Day Book Launch (Fiona Palmer) at LG Library		
Sat 26	Rubbish tip open Bowls—Men's Captains Day		
Sun 27			
Mon 28	Rubbish Collection & rubbish tip open Recycling Collection Deadline for Lakes Link News - 3:30pm Swimability at Narrogin		
Tue 29	Chair Aerobics 10:45 at Lakes Village Hall Physiotherapist		

Coming Events

April 1st - Judging of photo competition
 April 2nd & 3rd - Myer Briggs Workshop
 April 4th - LG Development Assoc AGM
 April 7th - Senior Citizens Luncheon (Pre-primary)
 April 11th - Swimability in Narrogin
 April 12th - CWA Meeting 1:30pm
 April 15th - Driving Assessor in Lake Grace
 April 16th - Visitor's Centre Market Day
 April 16th - Mucky Duck Bush Band at Hyden
 April 18th - LGDHS P&C Meeting
 April 19th - Lake Grace DHS ANZAC Service
 April 27th - Shire Council Meeting (Lake Grace)
 April 28th - Pony Club Centenary Celebrations
 April 30th - Winter Sports Fixtures start
 May 28th - Youth Care Council Meeting 9:30am
 July 28th - LG Library & CRC Management Meeting
 September 17th - Culmination of Centenary celebrations
 October 27th - LG Library & CRC Management Meeting

			4			2		7
			1		3		4	
6						5		1
		8	2		7	1		6
2		5	3		9	7		
8		4						2
	2		7		4			
7		3			5			

Sudoku

- ☐ The Sudoku grid of rows and columns is divided into individual 3x3 boxes.
- ☐ The aim of the game is to fill each row, column and 3x3 box with the numbers 1 to 9.
- ☐ You can't repeat numbers in a row, column or 3x3 box and you can't change the numbers already in squares.

5		2	3	6		1		
9				8			2	6
	3							
		8	6				7	
		5	8		7	4		
	7				1	9		
							3	
7	2			3				4
		6		1	8	2		9