

From the President Cr Charlie Wroth

The Shire of Toodyay's application to the Regional and Local Community Infrastructure Program has been approved. The \$100,000 has been allocated to install new play and recreation equipment in Duidgee Park, and detailed designs and costings are now being prepared.

On Friday 3 April 2009 I had the pleasure of opening the Museum of Australia's Ned Kelly exhibition at the Newcastle Gaol Museum. Toodyay is indeed fortunate to be able to present this detailed exhibition over a six week period. There are many similarities between this infamous bushranger and Toodyay's notorious Moondyne Joe and the exhibition coincides with improvements to the Moondyne exhibition in the museum.

Despite the doom and gloom in the economy, Toodyay is still proving to be a popular destination for visitors. Visitor numbers, particularly during the past week with Easter and school holidays, appear to be high. It is pleasing to note that many return visitors are commenting on the improvements to the streetscape.

Council staff who have been undertaken the restoration works at the front of the Freemason's Hotel and Ellery Arcade buildings and on the new access to the Library are to be congratulated on their superb workmanship.

Further to the Government's request for Councils to consider voluntary amalgamations, the Shire of Toodyay has had meetings with neighbouring Shires. Chittering has been in the public eye with a Community Benefit Analysis currently underway.

A meeting with the Shire of Victoria Plains was very fruitful. Although they have had approaches from both the north and the east, it seems that they would much prefer to look to the south. The Shire of Goomalling has also indicated that it would rather come west, and Toodyay is also planning to make contact with the Shire of Northam.

Council Dates

16 May 2009 Community Information Session, Memorial Hall, 10am

21 May 2009 Ordinary Meeting of Council, Council Chambers, 7pm

Graffiti Vandal Prosecuted

The Shire of Toodyay has recently been advised of the successful court prosecution of a graffiti offender. The offence, which occurred in October 2008, caused over \$600.00 worth of damage to structures within Newcastle Park and other public buildings in Toodyay.

Mediation between the offender and the Shire of Toodyay was attempted in early February 2009, providing an opportunity for the culprit to make amends through a work exchange program with the Shire. However this was not successful due to the offender's lack of compliance.

Consequently, the Northam Magistrates Court handed down a sentence on the charge of Unlawful Damage and fined the offender \$600.00. In addition a Compensation Order in favour of the Shire for the amount of \$683.47 was issued.

Under the terms of the Compensation Order, the offender has twenty eight days to make full repayment to the Court. Should this not occur, the Shire of Toodyay has the option to apply to the court to have the offender arrested and imprisoned for up to thirteen days.

Chief Executive Officer Mr Graham Merrick indicated that this option will be seriously considered as a course of action should payment not be made.

"We were willing to work with this young offender and to allow him the opportunity to make recompense for the damage he caused. However, this offer was rejected and to date no compensation has been paid. Graffiti within our town will not be tolerated and to prove our commitment to this, the possibility of further criminal or civil action in this case has not been ruled out."

It should also be noted that although the offender can be imprisoned for non-compliance with Court instruction, this does not negate the obligation to pay the Compensation Order.

Vandalism and graffiti ultimately costs the Shire of Toodyay thousands of dollars in clean-ups each year and detracts from our townscape. Any residents who see evidence of graffiti vandalism or anti-social behaviour are urged to contact the Police on 131 444.

Mobile Phone Base Station Proposed for Julimar

A decision regarding a planning application for a mobile phone base station to be built in Julimar has been deferred following the Shire of Toodyay's April Council meeting.

The application, lodged by Daly International Pty Ltd, on behalf of Optus Mobile Pty Ltd,

requested permission to locate a sixty metre telecommunications tower on private land south of Julimar Rd.

Although the proposal complies with all relevant national standards regarding emission levels and environmental impacts, it met with objection from local residents, who cited a variety of concerns, including adverse health implications due to exposure to electromagnetic energy (EME), decreases in land values, visual impact on the surrounding area and the possibility of negative effects on TV and radio reception and emergency services communications.

The proposed sixty metre tower would facilitate improved telecommunications services for residents. It is intended that the tower will eventually be linked to similar structures proposed for Chittering and the Shire of Victoria Plains.

Toodyay residents and councillors however have called for further investigation into possible long-term health implications, as well as the possibility of an alternative location for the tower at a greater distance from existing residences. The Council resolved to lay the proposal on the table until further information is made available by the applicant.

For residents wishing to learn more, a list of further information regarding phone towers, EME and associated topics is available on the Shire website at www.toodyay.wa.gov.au

Tourist Information Now Available 24/7

Visitors to Toodyay can now access information, including tourist attractions and accommodation options, 24 hours a day, seven days a week by using the new touchscreen located at the Toodyay Visitors Centre.



The touchscreen on the window is linked back to the information kiosk inside the Centre, allowing after hours visitors to use the interactive screens from outside.

The kiosk provides information regarding accommodation, dining, attractions and places of interest in and around Toodyay and surrounding areas such as Chittering and York.

Toodyay Autumn Club

Thanks to a Lotterywest grant, members of the Toodyay Autumn Club are now able to enjoy three new sets of carpet bowls.

The grant enabled the club to purchase three sets of the bright yellow bowls for the thirty six members to use during their monthly meetings. Autumn Club President Wes Smith said the club was grateful for the assistance of the Shire of Toodyay's Be Active Co-ordinator, Michelle Duffield during the application process. "Michelle helped us sort through the paperwork and made the whole process much easier, and we are very happy with the result."

The bright yellow colour makes the bowls more visible indoors against the carpet 'green'. Club member Freda Richardson said that members enjoyed the regular indoor tournaments and it didn't matter how good or bad the playing – it was all about getting out and having fun.

Toodyay Library News

Morangup Library Service – the next library days will be Tuesday 12 and 26 May 2009 from 3pm – 6pm.

Sharing a Good Read will be held on Tuesday 5 and 19 May 2009.

The theme for May 5 will be 'convicts' and a tour of Newcastle Gaol has been organised for the group after the meeting.

Community Aid Abroad - the Library is still happy to collect donations of books to be passed onto Community Aid Abroad. The next container should be shipped in August.

Waste Collection Guidelines

Residents within the Shire of Toodyay are asked to take note of the waste collection guidelines regarding household 'wheelie' bins.

Any bins containing items from following list of prohibited wastes will not be collected:

- * Night soil
- * Sewerage
- * Toxic chemicals
- * Any waste liquid, including used motor oils
- * Building/construction waste or rubble.

Please note that any bins weighing in excess of seventy (70) kilograms will be deemed to be overweight and will not be emptied.

Should your household 'wheelie' bin not be emptied for any of the above reasons, an explanatory note will be left by the collection contractor advising of the reasons for non-collection. In this event the householder will be responsible for the lawful disposal of the bin's contents.

In order to minimise landfill, residents are also encouraged to utilise the recycling facilities at the Toodyay Waste Transfer Station. Plastics (types 1 and 2), aluminium and tin cans, glass and newspapers are all accepted for recycling. There is no entry pass needed to deposit recyclables. For further information regarding household waste collection, please contact the Shire of Toodyay on 9574 2258.

Public Comment

PROPOSED DEVELOPMENT FOR PUBLIC COMMENT

Proposed Olive Oil Processing Plant Lot 513 Timberden Drive, Julimar

The Shire of Toodyay has received a development application for a proposed olive oil processing plant at Lot 513 Timberden Drive, Julimar.

The proposed olive oil processing plant is to be located inside the existing metal shed on the property.

Your views on the proposal are encouraged and welcomed. Submissions on the proposed development should be addressed in writing and lodged with the Chief Executive Officer by 4.00pm on Wednesday 13 May 2009.

PROPOSED ROAD CLOSURES

Quit Targa West 2009

An application has been received for the following temporary road closures:

22 August - 1.00pm - 5.00pm & 23 August 11.00am to 3.00pm (max 4 hrs)
Timberden Rd & Nerramine Drv

22 August - 2.15pm - 7.15pm (max 4 hrs)
Stirlingia Drv, Drummondi Drv, Harvester Drv & Fargo Way

23 August - 11.45am - 5.15pm (max 4hrs)
Racecourse Drv, Stirlingia Drv, Sandplain Rd, Drummondi Drv, Harvester Drv, Fargo Way

22 August - 1.15pm - 5.15pm (max 4hrs) & 23 August 11.15am - 4.15pm (max 4 hrs)
Conostylus Rd, Caladenia Drv, Scaevola Rd, Laterite Way, Darwinia Cres, Whitegum Rdg & Redgum Circle.

22 August - 12.00pm - 6.00pm & 23 August - 12pm to 6.45pm
Piesse St & Charcoal Lane (between Piesse & Duke St North)

Comments close: 4pm Monday 8 June 2009.

Written comments should be addressed to the Chief Executive Officer.

Further information on any of these issues may be obtained from the Shire of Toodyay website - www.toodyay.wa.gov.au, from the Shire Administration Centre at 15 Fiennes Street, Toodyay or by phoning 08 9574 2258.

Graham Merrick
CHIEF EXECUTIVE OFFICER

Public Notices

NOTICE OF ADOPTION OF LOCAL PLANNING POLICIES

Local Planning Policy No 5 – Foggarthorpe Design Guidelines

Notice is hereby given pursuant to Clause 2.4.3 of Local Planning Scheme No 4 that Council resolved on 19 March 2009 to adopt the following Local Planning Policy:

* LPP.5 – Foggarthorpe Design Guidelines.

Local Planning Policy No 7 - Extractive Industries - Road Maintenance Contribution

Notice is hereby given pursuant to Clause 2.4.3 of Local Planning Scheme No 4 that Council resolved on 16 April 2009 to adopt the following Local Planning Policy:

*LPP.7-Extractive Industries-Road Maintenance Contribution

Copies of the Local Planning Policy are available for inspection at the Shire of Toodyay's Administration Centre, 15 Fiennes Street, Toodyay and are also available for viewing on Council's website www.toodyay.wa.gov.au.

APPOINTMENTS TO THE POSITION OF FIRE CONTROL OFFICER

The Shire of Toodyay wishes to advise that the following people have been appointed to the position of FIRE CONTROL OFFICER within the Shire of Toodyay.

Mr John Flower	Morangup
Mr Craig Stewart	Central/Morangup
Mr Kevin Hugg	Central
Mr Garry Forsythe	Coondle/Bejoording
Mr Barry Grey	Bejoording

For further information, please contact the Shire Administration Centre on 9574 2258 or Ranger Services on 9574 4555.

Positions Vacant

TRAINEE PLANNING OFFICER

An opportunity exists for an enthusiastic person to develop a career in Town Planning. A two year traineeship at the Shire of Toodyay will include completing the Certificate IV in Local Government Planning.

A negotiated salary or between \$28,000 - \$38,000 (depending on experience) will be offered, as well as assistance with study expenses.

The application package is available on our website www.toodyay.wa.gov.au or by phoning Kerry Wandless on 9574 2258 or emailing records@toodyay.wa.gov.au

Applications close Friday 5 June 2009

Healing in the Hills

WHO'S listening?

At Washington DC Metro Station on a cold January morning in 2007, there's a man playing his violin. He played six Bach pieces for about 45 minutes. During this time, approx 2 thousand people will pass by, most of them on their way to work.

Three Minutes

A middle aged man noticed there was a musician playing. He slowed his pace for a few seconds and then hurried on but failed to recognise what he was listening to.

Four Minutes

The violinist receives his first dollar; a woman threw the money into the hat without stopping. She continued on with her busy day.

Six Minutes

A young man leaned against the wall to listen to him and then looked at his watch and walked away. His date was waiting for him.

Ten Minutes

A three-year-old boy stopped fascinated by the violin but his mother tugged at him. Finally the mother pushed hard and the child continued to walk, turning his head to see the violin. Something had struck a cord within the child; whether the beauty of the instrument or the sweetness of the melody, who knows?

This action was repeated by several other children. Every parent, without exception, forced the children to move on.

For 45 minutes, the music played. Only six people stopped and stayed for a while. About 20 gave him money but did not stop. He collected \$32 and some small change.

In one hour, he had set up, played and packed up; he had finished playing and the silence took over. No one applauded and few acknowledged him. No one recognised him; the violinist was Joshua Bell, one of the world's best musicians. He had played one of the most intricate violin pieces ever written, on a violin worth 3.5 million dollars.

Two days before busking in the metro Joshua Bell had performed in a theatre in Boston where the seats averaged \$100 each; they where sold out.

This is a real story about a real person. Joshua Bell had played incognito in the metro station.

This was a social experiment conducted by the Washington Post. The question: how do we perceive beauty? Do we take the time to appreciate it? Do we recognise extraordinary people?

One possible conclusion reached from this experiment could be: if we do not take the time to stop and listen to a beautiful piece of music played by one of the worlds finest musicians on a magnificent instrument, how many other things are we missing?

Jesus is indisputably the most amazing person ever to walk this earth and offers help, healing, and happiness.

Why not stop, listen and enjoy what Jesus has to say, this might just change you life.

(This story was based on an article posted on www.washingtonpost.com on 4th April, 2007.)

Bob Adair

For the Toodyay Christian Fellowship

Quo Vadis

HELLO Freedom! Goodbye prudence, probity and Fidelity; the future is an oyster of my choice – What I do with it is my business, my privacy and my right! Is it not the most famous of constitutions which says 'The inalienable right to life, liberty and the pursuit of happiness?'

Does not the right to life connote access to a fair share of the fruits of nature? Does not the right to happiness imply unfettered, unrestricted pursuit of my desires? Are there not such dictums as the rights of man, the universal declaration, the Law, Civil Liberties and others alike? Indeed they are and yet, somehow before my time, been advocated, fought for, implemented, established and inculcated as the cornerstone of many present societies.

It was a long march for humanity to advance from nomadic to civilization much of which has been achieved through the convergence of self interest and self sacrifice; such a blending is the essential essence of communalism; it is the key to the relationship of the self to self, and the self to the other self; finally the path to the transcendental.

In reality there is no other way to an adequate understanding of the universe; unless the means can be found to harmonize and synthesize the knowledge of the external world with an understanding of the inward experience; for too long, the estrangement between the visible/invisible side of humankind's nature has been, either ignored or misconceived! The renaissance confronted humanity with the dualism of mind/matter via Galileo and Newton; the contest between mechanistic determinism of the physical sciences and that freedom and responsibility of the individual that resides in the realm of moral philosophy; all of which has led to the profound misconception/understanding of the role and place of humanity in the universe; it was, as Kant foresaw, that unless that issue was resolved, morality and religio(n) must lose their function and purpose.

Failure to make sense of our private experience and the world in which we live is the prime cause of both individual and social conflict, between rights and obligations; mention has been made of constitutions, charters, organizations, law, roles, indicating that people are confronted by a series of rights, and as a consequence obligations, giving rise to prioritize choices for the individual and society; as a generality since 1870, but especially since 1950's we have been bewitched by the easy ways to happiness held out by the material progress promise; to many, it is becoming evident, that materialism is causing less, not more happiness; more importantly it is having an intolerable effect upon the ecology, and the environments of all kinds, which, in conjunction with an ever increasing populace, will lead to an even faster ecological deterioration, or a need for much less material consumption overall, either by choice, or, by compulsion. Is that a formula for less real happiness, or does happiness have other more realistic ingredients, that have little to do with things more to do with "being"; the epoch in which we now live has attached an exaggerated importance to people and person, to their power and place

in the scheme of things universal, resulting in placing of rights and demands before obligations and duties giving and deceptive notion of self sufficiency that has encouraged an abrogation of fundamental values, allowing the negatives of indifference, apathy and confusion, to generate conditions of Nihilism and Hubris: An obligation is something one must do, either by choice (preferably) or by compulsion is required when a fundamental is either ignored, breached, unknown, or not accepted in good grace; it then becomes an ethical, not a moral obedience, the Categorical Imperative is not present; an obligation thus chosen is an embraced and valued duty; a grateful and gracious acknowledgement for all that is the Creation:

To simplify the priorities of life, there are amongst others, and closely related, fundamentals of great importance, to the liberty and happiness of the self, others, community and society; the 1st is the responsibility to oneself to make the best of your life; 2nd that of the I/thou relationships with family, friends, community and societal environment; the ecology, is on the basis of sanctity and reverence; the adage of "as you sow, so shall you reap" generally applies, though it is often more rewarding not to reap at all, for talents are not just a gift for self-serving; the 3rd responsibility is the above acceptance of "stewardship", even if such does not immediately impact on personal needs and interests; it is not only the concern with the temporal, but the eternal essence and verities, and their "nurture" role in the wholeness, the welfare and wellbeing of every life, of all life! This inward bonding spreads only as long as there is a community of values (of fundamentals) an epoch is characterized by a grand concept, a master idea, inseminating the whole life of humankind for a new phase of temporal activity; the master idea of our present epoch is the value of the individual, that has decayed and degenerated into the "me" selfishness only, disregarding "eternal" values, resulting in inability to discriminate between the real/illusory; the need is to take Eternity seriously; its values are not subject to any temporal process; the sanction and meaning of life, is in the weaving of the Eternal purpose and temporal endeavour, to create a pattern of no beginning and no end, giving each moment of time a rich significance; a purpose without "because" the vision is the active force, the individual is an instrument in the relationship between the eternal pattern of values and their temporal expression, through a stewardship in harmonious accord: Does it not behove us to return to the active creation and nurture of universal values as the next epochal idea? (be needful of/right for)

Ida's Hideaway

BY the time that you read this, Emily Sherwood will have had another birthday. We hope that you, 'Emily', had a lovely birthday.

I see in the paper, the other day, that the Annual General Meeting of the Clairvoyants' Society has had to be postponed due to unforeseen circumstances!

Our thanks to Graham of Toodyay Bakery for his ongoing support.

Good luck,

Greasy Sleeve

News from Bolgart and Surrounding Areas

FIRSTLY, may we extend our sympathy to the family of the late John McDermott on their sad loss.

John, who was originally a Toodyay lad and went to school in Toodyay, was a very quiet and well respected man. At one time he was farming on a property along the Bindoon/Dewars Pool road.

May we also extend our sympathy to Mr Leo Camerer and his wife Val of Toodyay (formerly of Bolgart) and their family on the sad loss of Leo's sister Gwen.

For many years I questioned the findings of Morgan Gallup Polls and announced to anyone who cared to listen that I didn't know who they questioned, but I had never seen or heard of anyone in connection with them. I am now about to eat my words on the issue as, a few days before Easter, I found my husband Ray sitting on a chair at a table on the front verandah happily answering questionnaires of any description. I was totally non-plussed. The happy officer then left my spouse with two booklets for homework!! One to be filled in of happenings during the week – about five minutes a day he informed us, and the other to be filled in by a certain date which should take about 45 minutes. 45 days more like it if one were to ask my opinion!!

I can assure one and all that never again will I question the existence of their findings and, according to my husband, never again will he take part in such a cause. He had no idea as to the extent of the scrutiny involved. Don't get me wrong, they possibly provide very useful information when it comes to statistics etc., for whoever needs it, but I think the concentration needed to fill out one of these surveys would be much more in line with somebody half our ages. Besides, for someone who seldom watches advertising on TV or bothers to read any form of advertising material that comes through our mailbox, probably buys about one Lotto ticket in two years, scarcely drinks alcohol except around Christmas, doesn't smoke and has only bought a packet of harlequin condoms in the last three years to give to a young bloke (not family member), who was turning 21. I'm not sure how much value Ray's opinion will be.

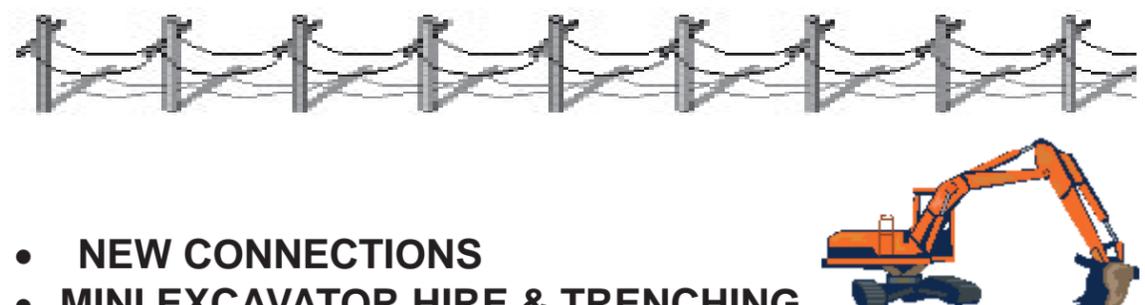
I was invited by two of our Latest Bolgart residents, John and June Higginson, (who are residing in Smith Street and whose house has a sign on the front wall bearing their names and words 'Bolgart Battlers'), to come and view a tape of one of their musical performances when they lived in the metropolitan area.

It appears that they are looking for a female songbird (of the human variety), to sing with John whilst his wife June accompanies them on piano. I was pleasantly surprised to discover that the style of entertainment they provided was very much to my liking, and the songs very much from the ears when I was a young girl. On the video tape June's sister 'Doris' (good name that), sang with John and did a sterling job of it too. She was an absolute natural in the song, 'There's a hole in the bucket, Dear Liza'. June also did a couple of solo performances on piano and John did a stint or two on the mouth organ.

I'm quite sure that the type of entertainment they provide would make a good money spinner for groups needing to build up their coffers. John and June aren't out to make a fortune from this and have sung and played at aged homes and the like in the past. They informed me that as long as their fuel costs were covered, that they don't mind travelling to nearby towns. Now what they need of course is a second singer. Doris remains in

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the metro' area (more's the pity), and so what is needed is somebody with a flair for both singing and adding a touch of humour where needed. Are you that person?? Let's hope the Higginsons don't have to battle too long to find themselves a songbird.

On Friday, 24th April, a karaoke night was held at the Old Bolgart Hotel or OBH (for short). Mike Elverd (a relative of June Higginson I believe), presented his 'SENSATIONAL SOUNDS'. It made for great entertainment for the evening. From all reports it also turned out some hidden talents and Sue Watson (senior) of Bolgart won a bottle of wine for his singing performance and Mark Travers of Bolgart also won a bottle of wine for his singing performance. There were also young folk from Toodyay who were celebrating a special occasion and I believe that group also showed quite a lot of talent. Another karaoke night with 'DJ' Mike and his 'Sensational Sounds' has also been booked for the evening of 22nd May, starting at 8pm at the OBH.

A big thanks to the Toodyay Shire for finally fixing that rotten pothole on Bejoording Road. It has irked me for quite a long time, being right on the crest of a hill. One usually had to risk somebody coming from the other direction and drive towards the centre of the road or right off to the side and risk hitting anybody coming out of the driveway of a house. At least after a couple of phone calls to the Shire they found the right spot that I had been telling them about. It was quite funny, as going to Northam that day, the hole wasn't fixed and I was seething; Coming home that afternoon, about two kms from the offending pothole, I announced to my husband that, if the hole was still there, I would phone the Shire again the minute I got home. Lo and behold, it was fixed, so well done, and my blood pressure no doubt returned to normal.

Now, just one more little problem for you to watch out for, is in the Toodyay main street. We folk who have lived in the vicinity of Toodyay and surrounding towns know from many years of experience about the heavy pea-soup fogs that can exist in the town and sometimes not lift until almost lunch-time. The school bus and train crash in 1933 is a testament enough to what can happen. I honestly believe that there are at least three sections now in the main street of Toodyay where on a thick foggy morning, or when there is an extremely heavy downpour of rain or simply having the sun in one's eyes at the wrong time of day could cause a serious accident. I am talking about firstly the entry and exit drive was to the Toodyay Telecentre and Medical centre at the Northam end. I can't understand why it has been built the way it has been. When one is exiting the area and turning to one's left, one has to practically drive to the opposite side of Stirling Terrace to turn and so risks hitting an on-coming vehicle. Another blind spot is near the Toodyay Library on that bend, and the next danger spot I believe is the corner near the Bendigo Bank.

I ask in all seriousness that, should an accident (no matter how minor) occur in these areas that steps be taken to widen these areas and make them safer.

It was with much sadness that I learned of the death of Mary Bouwhuis (nee Waters) late of Queens Park who was formerly a Toodyay girl, she was the daughter of the late John (Jack) Waters and the late Elizabeth Mary (Eliza) Waters (nee Buckley) who had eleven children. Sympathy is extended to Herman and their son Eugene and family. Sympathy is also extended to Mary's brother Leo Waters of Toodyay and his family and all other relatives.

Finally, Elite Tours brought a bus load of tourists to Bolgart on Monday, 20th April and what a happy crowd they were too. They were folk who lived at an aged settlement village at Murdock. Amazingly I turned up a

relative in that bus load also; one lady came to me and asked me if our lot of 'Martins' were related to the old 'Issac Doust' family who had lived at Toodyay. When I responded that indeed we were and that Issac's daughter Emily had been married to the original old Simon Martin of Toodyay and that Issac Doust would have been my husband's great, great grandfather through one of his sons. I have now arranged to send her a photo of Emily Martin (nee Doust), and she in return will send me some family photos. Small world out there.

That's about it this time.

(Mrs.) Doris M. Martin.

Toodyay Historical Society Inc

ON Sunday 26th April, the Society held its 29th AGM. With my 4-year term as President expiring on the day, we were very pleased to welcome Len Leeder as our new President.

Len has strong family connections to Toodyay's history. In May 1887 his ancestor W G Leeder became the town's first Mayor. The Leeder name can be seen on a number of plaques along Stirling Terrace.

Following the AGM we enjoyed a fascinating and often highly amusing talk by member Jenny Edgecombe on Toodyay's home-front participation during the Second World War. Jenny has been undertaking considerable research into this part of Toodyay's history and has come up with some surprising finds. After lunch Jenny led a guided excursion to see the remnants of the trenches/tunnels on the slopes of Mt Pelham and the early water reservoirs. It was a very enjoyable day.

At the Moondyne Festival on 3rd May we will be launching our *The Long Toodyay Chronology: Events in Toodyay's History* that has been meticulously compiled and referenced by member Beth Frayne. The Chronology will be in three parts. Part 1 (1829-1900) of the Chronology will be available for sale. Parts 2 and 3 are in process. The Chronology will be an invaluable reference source on events, happenings and personalities who have contributed to the history of this very historic town and Shire.

Wood raffle: this fund-raiser will be held on the Friday and Saturday 22nd - 23rd May. We will need more members for the roster.

Excursion: Sunday 24th May. We will be going to East Perth Cemeteries to participate in the Pioneer Memorial Service. This year the service will honour Pensioner Guards, of which Toodyay had many in relation to its convict history. The service starts at 2.30pm. Meet at the Visitors Centre at 10am for car pool. We will be having a picnic lunch and wander around Claisebrook before the service, so come prepared.

Our next meeting will be on Wednesday 20th May, 7pm at Donegan's Cottage. For information about any matter to do with the Toodyay Historical Society, or how we may assist you or your group, please contact our Secretary Beth Frayne - 9574 5971, President Len Leeder - 9574 4343, or Vice President Robyn Taylor 9574 2578.

Our headquarters are at Donegan's Cottage, which is open to the public every Thursday

Graham Boston
Northam Jewellery and Repairs
102 Fitzgerald Street Northam
(Opp Red Rooster)
Phone: 9622 8037
Mob: 0438 919 932

from 1pm to 3pm. You will find us on Toodyay Street in the Toodyay Showgrounds. Membership is \$10.

Robyn Taylor
Vice President

Toodyay Kindergym

WE look forward to seeing everyone at Kindergym again after holidays, with our first class for Term 2 being on Friday, 1st May at the usual time of 9.30am. This will also be the day of our first committee meeting with our new committee members (immediately after class.)

Kindergym is a movement-based program for children five years and under, and their parent/carer. It is designed to develop the whole child, socially, emotionally, cognitively and physically, in a safe, structured, multisensory environment. Each week focuses on one of the six dominant movement patterns; static, landings, springs, locomotion, rotation or swing and the finer skill developments within that dominant pattern, e.g. handstands, logrolls or safe landings from various heights. Not that the children know that, they just think they are going to have fun with their friends!

Kindergym programs within the sport of Gymnastics have been formally recognized on both the International and National level since the early 1970s. Toodyay Kindergym was established approximately 15 years ago. If anyone has any information about how or when the club was initially established, or who was involved, please contact Nyaree Lawler on 9574 4772.

Toodyay Kindergym has classes every Friday, during school term, in the Pavilion at the Showgrounds at 9.30 am. Remember, your first class is free. For more information, please contact our Head Coach, Rene on 9574 4708.

Toodyay Playgroup

WE have had a few new families join Playgroup; we hope they enjoy their time with us and join in all the activities we have going. Last month we had an Easter Egg Hunt and the kids made their own baskets to collect their eggs. They all had a great time.

Thursday May 7th please join us for our Mother's Day at Duidgee Park at 9.30am. We will be having a bbq and the trains will be running from 10am to 12pm for all the little members to enjoy.

End of term excursion will be the Fun Station at Midland.

please see notice board for information.

Birthday wishes for the month of May are for three of our little members: Jasmaree Pike, Olivia Eyres and Jasmine Duckworth.

Toodyay Playgroup would like to say goodbye to Natalie, Colin, Mae and Aela who are leaving Toodyay to start a new life

in Harvey. We wish them well on their move.

Just a reminder that Playgroup is a NUT FREE centre due to Jamie Galloway's life threatening nut allergy. For any information please see Jean.

Any new members who would like to join the Toy Library please see Tracey on our session times. It has a great selection of toys and puzzles that are available to borrow over a three week term.

All monies for the Cadbury chocolate orders and the bulb fundraiser are now due. Please see Jean.

Playgroup is held at the Community Centre every Tuesday and Thursday, 9.30-11.30am. For all enquiries please call Amanda 95744869 or Cassandra 95742850.

Avon Woodturners

IT was decided to have our second Sunday meeting on the first week of April due to Easter. This was well attended and a great time was had by all there but our second meeting was a highlight for the month.

We decide to have our workshop and meeting on the fourth Sunday instead of having the meeting on the Monday night, as this was also a long weekend.

As we were having two of the State's top wood-turners from the Swan group up to demonstrate to us, we decided to have a lunch get together as well and about 22 people attended this function. The meeting was fairly short and a barbecue lunch followed.

Don Clarke was our first demonstrator and showed us what is called Inside out turning around so that the outside is now on the inside and turned again to give a hollow vessel with interesting design flowing through the piece. The four pieces can then be sanded and finished off and then glued together to make an interesting article. These articles can then be made into all sorts of items.

Jim Hanney then took over the lathe and showed us what is called Lattice Turning where a piece of wood about 1 centimetre thick has groves turned into it and then it is turned over and hot melt glued off centre on a special home-made chuck and tuned again to make a very interesting effect as groves cut are just over half the thickness of the piece of wood, giving a turned lattice effect.

Both Turners had finished items with them so we could see how the principles could be applied. All in all we had a great day with our partners with us to share our day.

Max Heath - Convener
Phone - 95742069

Toodyay Spinners

EVERYTHING for our 30th anniversary Spin-in which will take place on Saturday 23rd May has been organised, and we are looking forward to the day.

On the share table in April we had: Margaret Grassick had spun and knitted a waistcoat from blue merino and silk. Carol Worrell had

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spun 3 skeins, 2 from pink merino tops and 1 from white alpaca. Valerie Richard had spun 1 skein from alpaca, felted 2 scarves from merino and machine knitted 1 scarf from commercially spun mohair. Lois Leeder had knitted a scarf from hand spun white merino.

The Handweavers and Spinners Guild of Victoria started a bushfire relief appeal and asked if spinners, weavers and felters would like to contribute by making 2 small items of hand spun wool, one to give and one to be sold at 3 markets. All donated goods and monies, will be distributed to all the affected communities. Toodyay Spinners will be sending 10 scarves, 20 beanies/headgear, 4 pairs of wrist warmers and 1 pair of mittens. Well done spinners!

If you are interested in joining the Spinners or wish to learn to spin, we meet every Wednesday from 9am to about midday at Parkers Cottage in the Toodyay Showgrounds, or for those who can't make Wednesday; there is also a group who meet on the second Saturday of the month at the same times.

President: Gretta Sauta 9574 2868
Secretary: Rita Morald 0428 956 909

Online Education Programme Benefits Communities

PARKINSON'S Australia has today launched the revolutionary Parkinson's Rural and Remote Online GPs Education Program www.primed.com.au/parkinsons.

The online educational and support resource programme will provide medical practitioners and health professionals in rural and remote Australia with information, resources and best practice guidelines on Parkinson's Disease.

"The smarter use of information technology will address the urgent need to increase access to health services in rural and remote areas of Australia," says Norman Marshall, CEO of Parkinson's Australia.

"The programme will allow rural and remote GPs to easily access information on Parkinson's Disease, risk factors, protective factors, tools for diagnosis, best practice guidelines, information for treatment decision-making, information on treatment of psychosocial factors including depression and anxiety, information for patients, and information on referral and community resources such as support groups and allied health professionals."

Senator Jan McLucas, Parliamentary Secretary to the Minister for Health and Ageing, launched the program on 17th March 2009 at Parliament House in Canberra.

"The Rural and Remote Online GPs Education Program enables GPs in rural and remote areas to access free, quality information on Parkinson's Disease, creating a knowledgeable environment and preventing patients from spending time and money on travelling to metropolitan areas for advice."

"The programme is innovative in its use of IT and in its focus on both medical knowledge as well as information on the psychosocial factors associated with Parkinson's Disease. This includes links to the community for people living with

Parkinson's Disease, their partners, carers and families."

Old Phones, New Fence Posts Helps Bush Fire Recovery

MOBILEMUSTER, the official recycling programme of the mobile phone industry, today launched the 2009 'Old Phones, New Fence Posts' Schools Recycling Challenge at Labertouche Primary School.

The 'Old Phones, New Fence Posts' Schools Recycling Challenge, is a month long challenge where for every 5 kg of old mobile phones handed in for recycling by schools during May, MobileMuster and Australian Composite Technology (ACT) will donate 1 Plasmar fence post to communities affected by the Victorian bush fires.

Labertouche Primary School was affected by the Victorian bush fires and as a result, now requires new fence posts for the school grounds. MobileMuster and Australian Composite Technology (ACT) have chosen the school and surrounding areas in the Baw Baw Shire, to be the official recipients of the Plasmar fence posts.

Rose Read, Manager of Australian Mobile Telecommunications Association's (AMTA) official recycling program, MobileMuster, says, "The schools recycling challenge is a great way for students to learn the importance of recycling old mobile phones, do something positive for the planet this World Environment Day and assist communities recovering from the Victorian bush fires, all at the same time."

Over 90% of the materials found in mobile phones can be recovered and used to make new products. The plastics from handsets and chargers are shredded and combined with other plastics to make Plasmar fence posts, made locally in Melbourne by Australian Composite Technology (ACT). This includes the plastic fence posts that will be donated to the Baw Baw Shire.

"This not only saves energy and reduces waste going to landfill, but also avoids future greenhouse gases and conserves our natural resources.

"We are aiming to collect 3,600 kg of mobile phones and donate 720 fence posts by World Environment Day," said Ms Read.

Roger Sweeney, Director of Australian Composite Technology, says the "Old Phones, New Fence Posts" Schools Recycling Challenge is a fantastic opportunity for schools to help the environment and Victorian communities on their road to recovery from the bush fires.

"As of 23 March, just over 8,250 km of boundary fencing, including 2,948 km of private boundaries, 3,080km of roadside boundaries and 2,234 km of crown land boundaries, were destroyed by the bush fires. It is estimated a further 5,000 km of internal fencing was also destroyed and 20% or less of this fencing is insured.

"The Baw Baw Shire is one of a number of areas that require this assistance and will be the first site to receive the Plasmar fence posts," said Mr Sweeney.

Every school that participates in the recycling challenge will receive a free

MobileMuster pack including a collection box, posters, MobileMuster Student Honour Roll and educational DVD explaining what happens to mobile phones once they are handed in for recycling.

Students and schools will also be rewarded for their efforts where each student who collects the most mobile phones at their school receiving a School Champion certificate. The student who collects the most mobile phones in their state will receive a Milton Book Pack to the value of \$100.

The student who collects the most mobile phones for recycling nationally, will receive a Milton Family Experience Pack to the value of \$250.

Every school that hands in 8kgs or more for recycling will receive a Milton Mobile Reward Pack, which includes backpacks, stationary packs and slap band wrist watches. The school who collects the highest weight nationally will win an electronic prize pack to the value of \$1,500.

Queanbeyan West Public School in ACT were the 2008 MobileMuster National Schools Recycling Challenge winners, handing in a mammoth 136kg of mobile phones, batteries, chargers and accessories for recycling.

"I encourage all schools to register for the challenge as their contribution to World Environment Day, while also helping Victorian families, schools and businesses in need," concluded Ms Read.

Schools can register for the "Old Phones, New Fence Posts" Schools Recycling Challenge, by visiting www.mobilemuster.com.au or contacting the MobileMuster Schools Challenge Coordinator, via email schools@amta.org.au or by calling 1300 306 162

School registrations for the Schools Recycling Challenge close on 1st May and the challenge runs throughout May, till World Environment Day - 5th June.

ACCC Warns of Bushfire Scams

PEOPLE wanting to contribute to the Victorian bushfire appeals have been put on alert to ensure they are not taken in by scammers.

"In the past, such as during the 2003 Canberra bushfires and the December 26 2004 Asian tsunami, scammers took advantage of people's generosity and kindness," Australian Competition and Consumer Commission Chairman, Mr Graeme Samuel, said today.

"These involved a scammer collecting money by pretending to be a real charity. Not only do these scams cost people money, they also divert much needed donations away from legitimate charities and causes.

"The scammers can approach people in the street, by knocking on the door, telephoning, sending spam emails or creating false charity sites on the internet. Always ask for identification, though be aware id may be forged or meaningless."

The warning signs include:

- the charity is not known or is well-known but the scam is operating via a fake website, letters or emails;
- the collector tries to use pressure to elicit a 'donation';
- the collector cannot or will not give you details about the charity, such as its full name, address or phone number;
- the collector becomes defensive over questions about what the charity does and how much of the donation gets taken up by costs;
- the collector asks for cash, won't accept a cheque or asks for any cheque to be made out to them; online collectors will insist on cash money transfers;

- the collector doesn't want to provide a receipt or the receipt does not have the charity's details on it.

In recent years, scammers have hit the internet to solicit funds. During the Canberra bushfire recovery, a hoax email was circulated in which it was claimed a British man living in Dubai had a dying wish to give \$15 million to the victims of the Canberra bushfires. In this case, there was a claim that if the email recipient helped him distribute it, they could keep five per cent, or \$750,000, plus expenses.

Don't open suspicious or unsolicited emails (spam): delete them.

"In the past, websites have been created that replicate all the details of reputable charities - with the exception of where the money is sent. Scammers usually insist on cash money transfers."

Mr Samuel said people should use common sense and never send money, or give credit card or online account details to anyone who is not known and trusted.

"If you are unsure, remember legitimate charities are registered at the state or territory level and their details can be checked through the local fair trading agency. If the charity is genuine, contact details are available from the phone book or a trusted web site.

"Don't rely on any phone number or website address given by the person who first called, visited or emailed you because they could be impersonating a legitimate charity. When you contact the charity, check to see if they have any fundraising campaigns taking place in your area. Also, warn your friends, family, colleagues and neighbours about the scammer."

People who believe they have been approached by someone impersonating a legitimate charity or by a fake charity, can report a scam

- through the SCAMwatch website, www.scamwatch.gov.au;
- to the ACCC Infocentre on 1300 302 502;
- or contact their local fair trading office.

Toodyay Garden Club

THE first visit for 2009 was to Edith Mile's garden at Ellery Place on 5th April. It was a lovely sunny day which showed off Edith's plants beautifully. They all looked so healthy and it is clear that she enjoys her garden. There are so many different species and Edith explained that many of them are self seeding and she offered seeds to anyone interested. The garden is planned well, displaying various 'rooms' featuring succulents, natives and cottage plants. At the rear there is a gravelled area with seating, and wide steps lead down to the front section featuring many types of cactus. A variety of plants also flourish alongside the path at the front of the house.

As a special treat, Lyn Tanham from Midland travelled up with plants for sale and gave a brief explanation of some of the most suitable plants for the area.

The weather is starting to cool down, although we still need more rain. I've planted three Olive trees and a Native Hibiscus in my garden and they need lots of water to get established. I hope my Hibiscus will look as stunning as the one at "Kitten Cottage".

Don't forget the next visit is to Waylen Farms, 120 Bindoon/Dewars Pool Road on 7th May. The owners will give a talk and demo on processing olives. You can go straight there or meet at Charcoal Lane at 9.30am.

Wendy Lewer 9574 4172
Sheena Hesse 9574 5272

Autumn Club

IT has been a quiet April, what with Easter and Anzac. I hope you all had a good Easter.

We did have a visit from Goomalling Seniors Club on the 22nd for carpet bowls and bingo with lunch and afternoon tea. Thanks to all the ladies (and men) who helped, especially Glenyce and Freda. A good time was had by all.

The only birthdays this month is Joan Cook on the 29th, so have a very happy birthday Joan.

This month we are off to Perth by bus to the Tivoli Club to see *Show business is our business*. We went there last year and we know it will be a good show

We had a grant from the WA Lotteries, which enabled us to purchase some new yellow carpet bowls, so why not come along and try them out.

Mark on your calendar the 3rd June, as it is our Birthday, so come and enjoy.

Autumn Leaf.

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Toodyay Olive Growers

HARVEST time has arrived at last and new season's oils will soon be available in Toodyay. It's always exciting to taste the new oil, the culmination of 12 months' work. This year, as well as hand picking, shaking harvesters will be used in some groves.

Recently, a few visitors to our grove have asked whether Extra Virgin olive oil can be used for frying and roasting or whether it is only for use in dips and salads. Regular readers of this column will know, from published recipes, that Extra Virgin olive oil can be used in any recipe that has fat as an ingredient. It is a myth that olive oil should not be used for frying. In fact, olive oil, because of its composition and high concentrations of anti-oxidants, is ideal for frying. Research has shown that olive oil undergoes no structural change when heated and retains its nutritional value better than other oils. Another advantage of using olive oil for frying is that it helps to form a crust on the surface of the food being fried so that little oil is actually absorbed but the food still has a great taste. As a result, food fried in olive oil may have a low fat content making olive oil more suitable than other fats for controlling weight. So, fry with olive oil with abandon!

Try flat bread fried in olive oil, it's a great accompaniment for soup, or our special 'baked' potatoes: peel, cut and boil potatoes for about 10 to 15 minutes, then fry in olive oil in a shallow frying pan until crisp and brown.

Margaret McKeown

Toodyay Theatre Group

CONGRATULATIONS to Jess Shillcock who directed yet another successful murder mystery last month. Owing to the success of this murder mystery 'Chicago' we were able to make a donation to the Victorian Bush Fire Appeal. This is the third occasion in recent times that we have been able to make such donations, the last two being The Toodyay St. John's Ambulance and the Royal Flying Doctor Service, both whom received \$1,000.00.

It is only public support that allows us to continue being a success and I suggest if you don't want to miss out, you pencil in the 7th, 8th, and the 14th, 15th August, these are the dates for the next play. A musical comedy 'The Umpire Fights Back', directed by V. Haggerty. Auditions for this play are Wednesday 6th May, and rehearsals will commence soon after. For further details ring 9574 5230.

Congratulations also go out to two of our valuable members G. Boston and L. Shillcock, who tied the knot in March. This ceremony was at the Toodyay Memorial Hall, and guests were entertained by a re-run of the murder mystery 'Chicago'. Best wishes go out to two of our members who are on the winged list at present, Sally Hudson is recovering at Shenton Park Hospital after sustaining severe pelvis and arm injuries when she slipped from a 3 metre verandah at her home. Rod Cook is also recovering at home after a total knee reconstruction. We wish them both a speedy recovery

Bulldust Country Utes Charity Muster

THE Bulldust Country Utes Charity Muster is raising money for the Royal Flying Doctor Service and Avon Youth Community & Family Services.

This Ain't Bulldust!!!!!!!!!!!!!!

MARRIAGE CELEBRANT

JOHN MITCHINSON

9574 4664

fax 9574 5734

Avon Youth Community and Family Services' vision is to create a Positive, Participatory and Sustainable Community for Youth in the Wheatbelt Region of W.A. This is created by demonstrating initiative, utilising wisdom, creativity, and innovative ideas in providing youth centred activities and learning approaches. Our strength is our case-management approach.

This Ain't Bulldust!!!!!!!!!!!!!!
Avon Youth Community and Family Services works towards raising awareness of youth suicide, depression and isolation in the Wheatbelt areas of W.A.

Unlike bulldust, suicide and depression aren't dirty words. Let's talk about them.

This Ain't Bulldust!!!!!!!!!!!!!!
Avon Youth Community and Family Services works in conjunction with all major W.A. based health/education and youth based organisations in the Wheatbelt.

This Definitely Ain't Bulldust!!!!
We want to round up as many utes and drivers as we can to do a run from Beverley to Darwin to Beverley departing on Sunday 12th July and returning 2nd August 2009. Registration fee: \$350 for driver and \$150 for your co-driver.

To Darwin and return to Beverley collect \$5000 in sponsorship or donations; travel from Beverley to Darwin or Darwin to Beverley collect \$3000 in sponsorship or donations; travel part of the way and collect donations of \$1.50 per km you wish to travel.

We will be visiting Mullewa, Gascoyne Junction, Nanutarra, Pardoo, Roebuck, Halls Creek, Kununurra, Katherine, Adelaide River, Cooina, Darwin, Daly Waters, Tennant Creek, Alice Springs, Uluru, Warakurna, Tjukayirla, Coolgardie, Beverley.

Entrance fees will cover some camping fees and some breakfasts and dinners. Fuel cost will be your responsibly. Extra fund-raising can be done to fuel costs. Lots of fun and prizes to be had by all - prizes for the top fund raiser in each category.

If you are interested and would like an information pack please send your name and contact details to Sharyn on 0407 424 654 or (08)96 416 114 or email Bulldustutecharitymuster2009@hotmail.com. So come on country towns and get behind a ute and send them on the run to be an ambassador and advertise your town. Let's all say, "Suicide and Depression are not Dirty words. Let's talk about it."

Come and join us on the Bulldust Country Utes Charity Muster, have a great holiday and raise funds for the Royal Flying Doctor Service, Avon Youth Community & Family Services and spread the word about your town.

I know times are tough and money needs to be used wisely but it is because of the trouble the communities are having we need to raise funds for the support of this problem. So, if each country town supported a ute and drivers, then we can get the word out there where to get help and support and advertise your town as great place to live or just visit.

So, businesses think long and hard and then get behind someone in your town to spread the word you or someone you know will need the help of one of these service at some stage in their lives.

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Grain Rail Campaign to Assist Road Safety

PREVENTING more than a quarter of a million trucks from being added to traffic on our roads is the focus of an industry campaign launched today.

The campaign to upgrade the State's grain freight rail network was launched today by WestNet Rail with the support of Cooperative Bulk Handling, Australian Railroad Group and the Western Australian Local Government Association.

WALGA President, Cr Bill Mitchell, said that, without immediate action to upgrade the grain freight rail network, an additional 300,000 trucks per year would be added to the road network with a devastating effect on roads both in regional areas and those feeding into ports, as well as local communities.

"A single 600m train is the equivalent to 50 trucks on the road," Cr Mitchell said. "If the thousands of kilometres of rail lines currently in use are forced to close, local communities will bear the burden with grain laden trucks streaming through rural, regional and metropolitan towns.

"The increased traffic will have a marked effect on the condition of local roads, and ultimately impact upon road safety and the amenity of local communities.

"When you consider there is already a shortfall of \$112m per annum to preserve local roads in their current condition, additional traffic of this size without additional funding will be almost impossible for Local Governments to manage."

Cr Mitchell said that the same level of funds would need to be spent investing in road infrastructure to accommodate grain freight as would be spent upgrading the rail system.

"Given that an investment of \$400m is required to accommodate grain freight on either rail or road, and the additional costs to road safety, greenhouse gas emissions and community amenity in pursuing freight on the road network, a failure to invest in rail will be incredibly short-sighted," Cr Mitchell said. Industry is ready to commit \$133m towards investment in maintaining the rail network, now it is up to both State and Federal Governments to step up and demonstrate their commitment to nation building infrastructure projects, as well as the safety and amenity of local communities."

To find out more on the campaign, visit www.grainonrail.com.au

Unemployment Rises in WA

THE number of people out of work in Western Australia has risen for the sixth month in a row.

Figures released by the Australian Bureau of Statistics this morning put WA's jobless rate in March at 4.9%, a 0.8 of a percentage point rise on the February figure of 4.1%. Nationally, unemployment rose from 5.2% to 5.7%. In Western Australia, youth unemployment rose sharply from 10.5% to 18.3%. All figures quoted are seasonally adjusted.

The number of people out of work in Western Australia has been rising since September 2008.

In March, there were 1,166,800 people in work in Western Australia, seasonally adjusted.

Toodyay Ratepayers and Residents Association

THE Toodyay Ratepayers & Residents Association (Inc) monthly meetings continue on the THIRD TUESDAY of each month. This is your opportunity to meet new people and to discuss the many interests of locals and to enjoy a cuppa and a chat at the end of the meeting.

Many residents of Toodyay are concerned about amalgamation with other Shires. Have your say on this and other happenings around the Shire. The invitation is open to ALL TOODYAY RESIDENTS to attend our meetings. Some Councillors regularly take this opportunity to engage with the TRRA in an informative and positive manner.

We look forward to previous members renewing their interest and new members coming on board. See you on the third Tuesday of each month at the CWA Hall, Stirling Terrace at 7 p.m.

Bejoording Residents. Ratepayers

DO you enjoy our beautiful countryside?

Do you care about your environment? Are you sick of seeing rubbish along our roadsides?

How about being in the great outdoors with your family?

If you answered YES to any of those questions, then join your community on SUNDAY 17th MAY at 10.00am Bejoording Fire Brigade/community for our Annual roadside Clean-up Day!

We will supply the bags, a great bunch of people, lots of laughs, and a free sausage sizzle for all you awesome volunteers.

Please ring Fi for anything else you'd like to know. 9574 2623

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Safe Use of All-Terrain Vehicles

WORKSAFE has issued a reminder on the safe use of all-terrain vehicles (ATVs) following an investigation into the death of a farm worker who was thrown from an ATV in November.

WorkSafe WA Commissioner Nina Lyhne said today that, in addition to the death in November, several other incidents had taken place in WA, prompting the reminder.

"The worker who was tragically killed in November was thrown from the ATV he was riding after colliding with a wire gate across a road," Ms Lyhne said.

"Unfortunately he was not wearing a helmet at the time, and the wire gate he struck would have been very difficult to see.

"The man was also working alone at the time, and was not found until co-workers came across him the morning after the collision took place.

"Employers have a responsibility to provide a safe work environment, and the circumstances of this incident suggest that reminders are due in several areas."

ATVs should always be maintained and operated in accordance with the manufacturer's instructions, particularly in regard to safety aspects.

Employers should ensure that these vehicles are safely maintained and used and that employees operating them are adequately trained and provided with appropriate protective gear.

Employers and workers should read and understand the vehicle's manual, know the meaning of all the warning labels and be familiar with the capabilities of the ATV.

"This is also a good time to remind farmers of the necessity of increasing the visibility of wire fences and gates, even if that means simply attaching something to the wires to ensure the gate or fence can be seen more readily," Ms Lyhne said.

"It's also absolutely essential that an approved motorcycle helmet be worn at all times when operating an ATV, and eye protection is also advisable.

"WorkSafe has had many discussions with suppliers of ATVs over recent years, and we believe this communication has had a beneficial effect.

"Suppliers have been very co-operative, with many now providing operator training at the time of purchasing an ATV, some supplying helmets as part of the purchase price and excellent information being provided on the suppliers' websites.

"The operation of ATVs requires instruction, supervision, training and the use of protective gear, and it is essential that employers provide these things and that

employees make use of them."

Further information on ATVs – including a recent Safety and Health Alert – can be obtained by telephoning WorkSafe on 9327 8777 or on the website at www.worksafe.wa.gov.au.

Students' Chance to Travel to ANZAC

TWELVE Western Australian school students have the chance to travel to Gallipoli next year to learn more about the origins of the ANZAC legend.

On the eve of ANZAC Day, Education Minister Liz Constable today encouraged secondary school students in Years eight to eleven to apply for a place on the 2010 Premier's ANZAC Student Tour.

"The selected students will play an important role in helping to keep the ANZAC spirit alive," Dr Constable said.

"Applications have opened to secondary students across the State, and I would urge all those with a keen interest in Australian history, and the ANZAC story in particular, to apply before Friday, August 14."

Applicants needed to write a 1,000 word essay on the impact of war on the Western Australian community.

"Students might want to explore the impact of war on a particular Western Australian family, for example, or examine the contribution of those serving on the home front," she said.

Short-listed students would proceed to the next phase when they would have to present a speech and attend an interview. Successful applicants would be announced on Remembrance Day, November 11.

"These 12 students will travel to Gallipoli in April next year to represent young Western Australians and to honour those in the defence forces who have given service to our nation both in the past and present," the Minister said.

Application forms are available at <http://www.det.wa.edu.au/anzac> and at schools early in Term Two.

\$400,000 Lotterywest Funding for People Who Care

COMMUNITY Services Minister Robyn McSweeney today announced a Lotterywest grant of \$400,000 to People Who Care.

The grant would help fund a new, high-tech building in Guildford.

"This funding, together with the \$210,000 in Home and Community Care funding already provided through the Department of Health, will enable People Who Care to make a real difference to so many people in the Guildford area," Mrs McSweeney said.

The new building was intended to provide an active, vibrant community hub for a host of community groups, from indigenous church groups to schools, day care and organisations such as the Cancer Council.

The Minister said by helping the frail aged and people with a disability to maintain their independence, the volunteers and staff at People Who Care were making an important contribution to helping build a strong, vibrant community.

Through Lotterywest, Western Australia is

the only State in Australia where profits from lottery games are returned directly back to community groups in the form of grants.

In 2007-08, Lotterywest gave nearly \$206million to the WA community. This included:

- \$95million to WA's public hospitals
- \$12million to arts organisations
- \$12million to sports organisations
- \$86.8million to more than 1,000 different community groups and local government authorities.

Margaret River Waste Water Offer for Community Benefit

WATER Minister Graham Jacobs has supported the Water Corporation's claim that the 12 cents a kilolitre it has proposed the Augusta-Margaret River council pay for treated wastewater to irrigate parks, gardens and its golf course, reflects only the cost to deliver the water to the shire.

Dr Jacobs said comments that the corporation was proposing an excessive amount for delivery of the wastewater were wrong and that the corporation would only break even for a service that would greatly benefit the Margaret River community and the golf course.

"I discussed this issue at length with a council representative when I was in Margaret River earlier this year," he said.

"Following those discussions, I asked the Water Corporation to review its initial proposal to charge 20 cents a kilolitre for the water to ensure that all the council would be paying for this water was the delivery cost incurred by the corporation.

"The corporation subsequently provided me with detailed information that demonstrated conclusively that it would cost 12 cents a kilolitre to deliver the water to the council and I made this fact known."

The Minister said the corporation's policy relating to the supply of treated wastewater - that the price paid must reflect the additional cost of providing the recycled wastewater to a customer - was fair to everyone.

Dr Jacobs said recycling schemes were priced on a case-by-case basis.

New \$23 Million Facility for WA Police

THE Liberal-National Government today officially opened a new multi-million dollar facility for Western Australian Police in Midland.

The \$23million WA Police State Traffic Operations Facility is the third building to be constructed at the Midland Police Operations Support Facility site, joining the Police Communications Centre and the Forensic Facility.

Police Minister Rob Johnson said the new building met all of the needs of modern policing.

"This new facility will go a long way in providing the resources our police need to carry out traffic enforcement in this State," Mr Johnson said.

"There are about 350 State Traffic Operations and Corporate Programs and Development Portfolio staff located here, including the Traffic Enforcement Group, Breath and Drug Operations, Major Crash

Investigation Unit and Traffic Coordination Unit.

"The work of our State Traffic Operations police is very important, with their recent focus on WA drivers producing positive results.

"Last year, 1.4 per cent of drivers (or one in 71 drivers) tested by the Breath and Drug Bus, Booze Bus and Traffic Enforcement Group were charged with a drink driving offence and 5.3 per cent (or one in 20 drivers) were found to be positive for one or more illicit drugs at their initial screening.

"Several large seizures of drugs have resulted from these targeted operations, which is great news in helping to get drugs off our streets."

The Minister said the recent introduction of TADIS and TADISLite, or the Tasking and Dispatch Information Systems, had revolutionised how police operated in patrol cars and on the beat by giving them instant access to a significant amount of information.

"TADIS is cutting-edge technology that has significant benefits for police in both metropolitan and country Western Australia," he said.

"The systems have inbuilt GPS which shows the location of police and this adds a safety benefit which was previously unavailable to police officers.

"Currently, more than 300,000 voice enquiries are made by police each month through TADIS, which is 10 times the number of enquiries that were made before its introduction.

"All of these initiatives, together with the new facility at Midland, will help our police carry out their duties and make WA a safer community in which to live."

Diagnosis Rates Too Low

COELIAC disease is the most common hereditary autoimmune disease in the world today, affecting one in one hundred people. Untreated, it can lead to life threatening illnesses such as liver disease and cancer. It can also result in severe osteoporosis and infertility especially among men.

Unfortunately, diagnosis is rare, even though the condition is nearly twice as common as Type 1 Diabetes and breast cancer and on a par with stroke rates. In fact in Australia, 75 per cent of sufferers are not diagnosed and don't even know they have it.

To improve awareness and diagnosis rates, a cheeky new campaign called: 'Is your MOJO Missing?' is being launched during Coeliac Awareness Week from 13-20 March by The Coeliac Society and the Coeliac Research Fund.

The campaign urges anyone with typical symptoms of coeliac disease – unexplained tiredness, bloating, diarrhoea and/or constipation – to ask their doctor for coeliac tests to either confirm or eliminate the presence of the condition.

The MOJO message is simple. If you suffer from unexplained coeliac symptoms: Make an appointment with your doctor Organise coeliac tests Judge the results with your doctor Omit gluten from your diet if your doctor advises it

Coeliac disease is caused by a total intolerance to gluten in food (found in wheat, barley, oats and rye).

In the short term, the symptoms are extremely debilitating. In the longer term, untreated coeliac symptoms can worsen with many

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sufferers becoming housebound and unable to participate in normal, everyday activities. Mr Graham Price, media spokesperson for The Coeliac Society, said: "With typical celiac symptoms often mistaken for gastroenteritis, chronic fatigue or irritable bowel syndromes or put down to ailments which 'have always run in our family,' thousands of undiagnosed coeliacs suffer needlessly year in and year out.

"This is one of the most common hereditary autoimmune diseases in the world and yet it remains one of the most under diagnosed conditions of our time, with the average age of diagnosis being 40 years old. That's a long time to feel unwell when simple coeliac tests can detect the condition on the spot!

"We hope to improve diagnosis rates dramatically across Australia with the MOJO campaign.

"Correct diagnosis by a medical doctor is very important because by following the proper treatment plan of a strict gluten free diet, most coeliacs can live a healthy, pain free, active life again in no time at all.

"So remember, if you suffer from unexplained tiredness, bloating, diarrhoea and/or constipation, make an appointment with your doctor today for coeliac tests.

"Your MOJO will thank you for it!"
For further information about coeliac disease, visit The Coeliac Society website on www.coeliacsociety.com.au or call 1300 458 836.

Donations may be made to the Coeliac Research Fund, visit www.coeliacresearchfund.org or call 1300 990 273.

About coeliac disease

A hereditary condition, coeliac disease is a permanent, autoimmune disorder where gluten (found in wheat, rye, barley and oats) causes the body to produce antibodies which destroy the lining of the small bowel.

In those with untreated coeliac disease, the 'villi' present in the bowel, which are tiny, finger like projections which absorb nutrients, become inflamed and flattened. Imagine a shag pile carpet versus a threadbare carpet and you have a good idea of what happens to the villi of untreated coeliacs. Damaged in this way, they are unable to absorb the vitamins, minerals and other nutrients we all need for healthy growth and bodily function.

Sufferers become literally 'starved' and their bodies can't function properly.

Typically, they experience extreme fatigue, constipation and/or diarrhoea, bloating, headaches, anaemia, joint pain and itchy skin conditions. Because it causes severe, long term malnourishment, coeliac disease can also lead to more serious conditions in later life such as infertility, osteoporosis, liver disease and cancer.

Diagnosis is via a straightforward blood test, which, if positive, is followed by a small bowel biopsy. Treatment is simple – by being careful and strictly eliminating gluten from their diet, most coeliacs will be able to lead a healthy, pain free, active life. Coeliacs are totally intolerant of gluten – just 50mg of gluten eaten daily, which is the equivalent of that contained in a 1/100th of a slice of standard wheat bread, damages the small bowel, so proper medical advice is important in managing the condition. Self diagnosis is not advised.

Country Age Pensioners get \$500 Fuel Card

AGE pensioners living in regional Western Australia will be eligible for \$500 a year to help with their travel costs following the launch of the Country Age Pension Fuel Card Scheme today.

Under the State Governments Royalties for Regions program \$500 per eligible applicant will be provided each financial year for the next four years towards the cost of fuel and taxi fares.

Launching the fuel card at the Albany Senior Citizens' Centre, Regional Development Minister Brendon Grylls said the card would help with travel costs for country age pensioners who relied on cars or taxis' because of limited public transport.

"Age pensioners in regional areas generally do not have access to extensive public transport and fuel is usually more expensive than in the metropolitan area," Mr Grylls said.

"The fuel card will help country age pensioners meet the additional cost of travel using their own vehicles or taxis.

It will also help those who rely on transport from their family, friends or carers to get to appointments, shopping and other essential engagements."

Mr Grylls said the fuel card would be available for regional residents who received an age pension from Centrelink or the Department of Veterans' Affairs.

Age pensioners did not have to own a car or have a driver's licence to be eligible.

"We recognise that in some cases, an age pensioner may not have a driver's licence, but still has the same transport needs," Mr Grylls said.

"Those age pensioners will be able to use the card to pay for taxi fares or for petrol for the vehicles of the people helping them with their transport needs."

One requirement for the use of the fuel card was a Pensioner Concession Card would be presented with the fuel card each time it was used.

Mr Grylls said the fuel card would be valid at most fuel outlets and taxis throughout regional WA.

Applications for the fuel card will be available through the Australia post by filling out a Country Age Pension Fuel Card form.

Applicants must provide their current Centrelink or Department of Veterans'

Affairs Age Pensioner Concession Card when lodging the form.

Age pensioners living in regional areas can apply for a fuel card from tomorrow (Friday, 1st May). Couples are eligible for one card between them.

Australia Post State Manager Dean Nalder said Australia Post was delighted to provide support to the State Government for the Country Age Pension Fuel Card scheme.

"We have 145 country post offices in regional WA that can process this transaction and that will help make it easy for country age pensioners to apply," Mr Nalder said.

Eligible people will have a year (until 30 April, 2010) to apply for their first fuel card which will be valid until 30 June, 2010.

New cards will then be issued automatically each July to those who have already received a card and are still eligible.

Arts in Australia's National School Curriculum

AUSTRALIAN children are guaranteed an arts-rich education following agreement today by federal, state and territory education ministers that arts be included in the national curriculum.

Continued...

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Arts Minister Peter Garrett said he was thrilled that arts subjects –including the visual and performing arts –would sit beside English, maths, history, sciences, geography and languages in the national curriculum.

“Creativity, interpretation, innovation and cultural understanding are all sought-after skills for new and emerging industries in the 21st century. Arts education provides students with the tools to develop these skills,” Mr Garrett said.

“International studies have found that arts education is important to the development of young minds and positively influences learning in other areas.

“Arts education can also help address social exclusion and assist the development of students with learning difficulties.

Learning through the arts can create a more positive environment for students with artistic talents.

“Including arts on the national curriculum also ensures that training for teachers is prioritised. This means greater opportunities for teachers to expand and update their arts skills and knowledge and also ensures students receive high quality instruction.

“The Government is committed to providing students with a world-class, rigorous national curriculum from kindergarten to year 12.

“I welcome today’s support from the nation’s education ministers for the inclusion of arts education on the national curriculum and thank them for the opportunity to speak at the Ministerial Council on Education, Employment, Training and Youth Affairs.”

The Interim National Curriculum Board, which will shortly be established as the Australian Curriculum, Assessment and Reporting Authority, is currently developing

national curriculum content for English, maths, sciences and history. Education Ministers today decided that the arts, including music, should form part of the second stage of national curriculum development. In 2007 Labour made an election commitment that geography and languages would be included in the second stage of development.

Reducing Violence Against Women

THE Australian Human Rights Commission has welcomed this week’s announcement by the Australian Government that it will develop a National Plan to Reduce Violence Against Women in response to the Time for Action report from the National Council to Reduce Violence Against Women and their Children.

President of the Commission, Catherine Branson QC said, “I commend the leadership of the Australian Government for its commitment to implementing a number of the urgent recommendations in the Time for Action report, including referral of the full implementation of the Plan to the Council of Australian Governments (COAG).”

Sex Discrimination Commissioner, Elizabeth Broderick said it was imperative that the Australian Government back their commitment to implementation of the recommendations of the report with sustained commitment and proper resourcing.

“It is critical that the implementation of the National Plan to Reduce Violence against Women and their Children is regularly

monitored to make sure it is working, and that targets and benchmarks are set to measure progress in the reduction of violence against women,” the Commissioner said.

“State and territory governments must also make a strong commitment to working collaboratively with the federal government to deliver the report’s recommendations.”

Aboriginal and Torres Strait Islander Social Justice Commissioner, Tom Calma said all governments must ensure that reducing violence against women and children receives top priority attention from COAG.

“Violence against women and children is a serious and pervasive human rights problem in Australia,” Commissioner Calma said. “Rates of violence are particularly alarming for women with disability and Aboriginal and Torres Strait Islander women.”

One in three women will experience domestic violence over their lifetime and one in five women will experience sexual violence from the age of 15.

“Violence against women and their children comes at a significant cost - to the individual and to our nation,” said Human Rights Commissioner, Graeme Innes.

“As the Council’s report has rightly identified, it is definitely time for action.”

Corroboree Frog Trust

EFFORTS to save one of Australia’s most recognisable frogs, the Corroboree Frog, from extinction were boosted today with the launch of the Corroboree Frog Conservation Trust Fund.

Minister for the Environment, Heritage and the Arts, Peter Garrett, officially launched the Trust at the Wonga Wetlands Education Centre on the Murray River near Albury.

“Many Australians know Corroboree Frogs by their bright yellow and black markings. Sadly, the Corroboree Frog is seriously threatened with extinction and preservation efforts are at a critical stage.”

“That’s why I am pleased to launch the Corroboree Frog Conservation Trust Fund today. The Trust is an environmental charity, which Minister Bowen and I have listed with the Register of Environmental Organisations, so all donations to it are tax deductible.”

Everyone who wants to help preserve Corroboree Frogs will now have one point of access to make donations and learn more

about Corroboree Frogs.

Already the Trust partners are working together to deliver a national recovery program:

* the Australian and New South Wales Governments have funded scientific and community engagement activities;

* Taronga Zoo, Zoos Victoria and the Amphibian Research Centre are breeding Corroboree Frogs to maintain existing genetic variation and to supplement existing populations; and

* the NSW Department of Environment and Climate Change continue to research and monitor Corroboree Frog populations to guide future recovery activities.

The ACT Government is also a partner, undertaking breeding programs for the Northern Corroboree frog.

“It is particularly pleasing to see business get behind these preservation efforts and I commend Australian Geographic on their donation and ongoing sponsorship of this cause,” Mr Garrett said.

Unemployment Rises in WA

THE number of people out of work in Western Australia has risen for the sixth month in a row.

Figures released by the Australian Bureau of Statistics this morning put WA’s jobless rate in March at 4.9%, a 0.8 of a percentage point rise on the February figure of 4.1%. Nationally, unemployment rose from 5.2% to 5.7%. In Western Australia, youth unemployment rose sharply from 10.5% to 18.3%. All figures quoted are seasonally adjusted.

The number of people out of work in Western Australia has been rising since September 2008.

In March, there were 1,166,800 people in work in Western Australia, seasonally adjusted.



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is seeking EXPRESSIONS of INTEREST from local Community Groups, Community Organisations, Businesses or Individuals for completion of the following tasks related to the Annual Agricultural Show to be held on

SATURDAY 10 OCTOBER 2009

Monetary remuneration for services provided will be donated to the groups or persons undertaking any of the activities listed below. Duty statements are available from the TAS Secretary on 9574 2465.

- Cleaning of Exhibition Hall/Lee Steere Pavillion, prior to Monday October 5 2009
- Assisting with preparation/set up of facilities/equipment on Friday October 9, 10am start *and* dismantling of facilities Sunday October 11, 7am start.
- Grounds Caretakers, 10pm to 6am Friday October 9 and Saturday October 10.
- Organisation/operation of the bar, Saturday October 10, midday to 9pm.
- Organisation/manning of the gates, Saturday October 10, 6am to 4.30pm.
- Operation of Youth Hall Kitchen (light snacks only), Saturday October 10.
- Operation of the Tearooms – Saturday, October 10 and/or Sunday October 11.
- Cleaning of grounds Sunday October 11, from 7am.
- Cleaning of oval Sunday October 11 after 4pm (conclusion of Equestrian Events)
- External parking – down Toodyay/Connor/Jubilee Streets, Saturday October 10, from 7am
- Pick up and set up of equipment for Equestrian Arena Friday October 9. Dismantling and return of equipment. Removal of horse manure outside arena, Sunday October 11, after 4pm.
- Gate Traffic Management Saturday October 10, 4.30pm to 8pm

All interested groups/organizations/businesses or individuals are requested to submit their EXPRESSIONS of INTEREST in WRITING for any of the above tasks, including the proposed donation required. Please note, the lowest donation requested may not necessarily be accepted.

CLOSING DATE for EXPRESSIONS of INTEREST is May 31st, 2009.

All correspondence to : The Secretary, Toodyay Agricultural Society Inc, PO Box 362, Toodyay WA 6566



Little Rascals

LITTLE Rascals visitor for March was our lovely, local dentist, Michael, and his assistant, Kayla. Pictured with him are Ryan and Emma.

Easter Bunny hopped into Little Rascals Day Care on Monday 6th April 2009 as our special visitor and treated the children to an Easter egg hunt and some baskets of eggs. Pictured with Easter Bunny back row left to right are Lhea, Nikki, Georgia, Kynan, Josh and Dakota. Front row Charlotte, Brodie, Eliza, Tex, Ryan, Hyrahnne and Jack.



Crane Above Veggie Shop

SOME people may have noticed a crane behind the Toodyay Home Fresh Shop. For those not in the know, it was lifting a very large and heavy fridge system into position. This finishes off one of the major upgrades to the new shop extensions which includes extra coolroom space, more retail space for the wholefoods department, and the new photographic studio.

Toodyay Home Fresh



Landholders Wild Dog Control Invaluable

LANDHOLDERS with stock at risk of attacks from wild dogs have been encouraged to maintain their control activities, in association with endeavours by state departments.

The Department of Agriculture and Food and the Department of Environment and Conservation (DEC) have been working with landholders and the private sector recently on an aerial and ground control program to reduce wild dog numbers.

Department of Agriculture and Food senior biosecurity officer Adrian Chesson said it was important for landholders in neighbouring areas to remain vigilant.

“Action by property owners in the Lake Grace, Kulin, Kondinin, Yilgarn, Westonia, Mukinbudin, Mount Marshall and Ravensthorpe areas will reinforce the departments’ activities and prevent the build up of wild dogs in the future,” Mr Chesson said.

“Together this commitment will help to protect sheep and young calves threatened by wild dogs, as well as native fauna across this vast area.”



The departments’ program includes extensive ground within reserves and unallocated crown land, where aerial baiting was not suited.

The aerial baiting program covered an area from the Mount Marshall Shire, around Bencubbin, hundreds of kilometres south to the Ravensthorpe shire.

It was co-ordinated by the Eastern Wheatbelt Declared Species Group and the Ravensthorpe Declared Species Group (RDSG) and is supported by nickel miner Western Areas NL’s Forrestania project and iron ore miner Cliffs Asia-Pacific’s Koolyanobbing project.

“The financial support from these local miners greatly enhances the work of the wild dog control program in the eastern wheatbelt,” Mr Chesson said.

“The departments worked closely with local landholders, who helped DEC identify areas of high wild dog activity to determine target areas for the aerial and ground baiting activities.”

Landholders should report any suspected wild dog attacks to the Department of Agriculture and Food’s Merredin or Lake Grace offices or the Ravensthorpe RDSG co-ordinator Bevan Tuckett on 9838 0087.

For more information about wild dog

control and management visit the Department of Agriculture and Food’s website www.agric.wa.gov.au and search for ‘wild dogs’.

Cane Toads About to Destroy

WESTERN Australian Senator Michaelia Cash has expressed concern at the havoc and destruction that is about to be wreaked by cane toads on the pristine Kimberley environment.

The first confirmed sighting of a cane toad at the Western Australian border in late February 2009 signalled the arrival of the destructive cane toad into WA.

Senator Cash last week joined volunteers from the Kimberley Toad Busters for a night of “toad busting” a few kilometres across the WA-NT border to familiarise herself with the imminent cane toad threat to the Kimberley.

“We have already seen the devastation cane toads have caused to native fauna across northern Australia. We cannot allow this to happen in the Kimberley.” Senator Cash said.

Senator Cash told the Kimberley Toad Busters that she would raise the cane toad problem in the Senate in an effort to further highlight the arrival of the cane toad in Western Australia



and to encourage the Federal Government to commit additional resources to speed up the development of a national cane toad plan to control the spread of cane toads.

“Volunteer Groups like the Kimberley Toad Busters have been proactive in the fight against this menace and have been engaging with the local community, scientists and government at all levels to help mitigate the impact of the arrival of the cane toad.”

“Although the government has provided some support to local volunteer groups more must be done at all levels of government to prevent the disastrous long term effects this invasive species will have on the relatively unspoilt Kimberley area.” Senator Cash said.

Senator Cash inspected biological experiments being carried out, in the field, by Ben Scott-Virtue from Kimberley Toad Busters in an attempt to develop a biological solution to the cane toad problem.

BAR-BAR-A-BLACK-SHEEP



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environmental matters

python watch
chocolate burrowing
frog
(whooping frog)



Photograph of the Chocolate Burrowing Frog courtesy of 'A Guide to the Reptiles and Frogs of the Perth Region' Brian Bush, Brad Maryan, Robert Browne-Cooper, David Robinson.

ON the 10th April we heard the first soft calls of two Whooping Frogs in the neighbouring farm dam. Within two nights the calls were deafening with the call of 'Woop, whoop, whoop' repeated frequently.

This large burrowing frog, one of the ground frog species, is a coppery brown in colour and can be found with, or without, pale yellow, grey or white mottled markings on its back.

As is usual with the frog family the male is smaller than the female with the male of this species an average of 64mm (2½ inches) SVL, and the female an average of 73mm (3 inches) SVL. (SVL is the length between the tip of the snout to the centre of the vent).

The Whooping Frog lives in damp areas and will dig its burrow into sloping ground such as dam banks. Large, pale yellow eggs, numbering between 100 and 250, are laid in autumn in the burrow in the form of a foam nest. The tadpoles emerge very dark in colour with either a yellow or reddish-brown streak along the centre of the back; they have long tails and narrow fins. Metamorphous (transformation from a tadpole to a frog) is in late spring.

Frogs feed exclusively on live prey. They enjoy many of the 'creepy crawlies' including spiders, beetles, moths, snails and slugs, slaters or woodlice, moths and flies. They will not eat furry or hard-shelled creatures. The frog will sit quietly waiting for the unsuspecting insect then its long, sticky tongue whips out to catch the meal.

Compiled by Desraé Clarke
T 6364 3609

Member of the Toodyay Naturalists' Club

Living With the Western Quoll or Chuditch

THE Department of Environment and Conservation's nature conservation strategy, Western Shield, was designed to bring back native animals from the brink of extinction. One project that has been extremely successful is that of the Western Quoll, known by the sou-west Noongar name of Chuditch (it is also known, incorrectly, as a 'native cat' – it does not belong to the 'cat' family).

The Chuditch is a small animal that cannot be confused with the domestic or feral cat. It has a distinctive body shape, with a pointed muzzle, large, dark eyes and large, rounded ears; the tail is long with a black brush at its end. The cat, in contrast, has a thicker head, pointed ears and a fur-covered tail.

The Department is now suggesting ways of living harmoniously with the increasing numbers of this once very rare animal. Over the past few years the Toodyay Naturalists' Club has received reports of Chuditch found

far from the 1992 release site in the Julimar Conservation Park. Observations have been made at Jingling Brook Road, Nunile Road, Irishtown, the Northam wheat bins and others. Fortunately, this little animal has now been removed from being 'Critically endangered' and placed on the 'Vulnerable' Conservation status.

In the 1800's the range of the Chuditch encircled the continent, including the inhospitable Pilbara. However, today the animal is confined to the woodlands and forests of the south west. It still displays its adaptability to harsh environments by burrowing more than other Quoll species and compensates extremes of temperature by shivering, panting and salivating.

The Chuditch male length of head and body averages 360mm (14¼ inches) and the female 310mm (12¼ inches). The tail of the male averages 305mm (12 inches) and that of the female averages 275mm (11 inches). Body weight averages 1.3kg for the male and 0.9kg for the female. The ground colour of the body is brown with a patterning of white spots and it has a creamy-white belly; the white spots identify the Quoll species as no other Australian mammal has such markings (including the domestic and feral cat). It has five toes on the hind feet (the Eastern Quoll has four toes on the hind feet) and moves swiftly on the ground and is an efficient climber in trees.

The Chuditch become sexually active in their first year and mating occurs late April to early July. Gestation is between 17 and 18 days and females produce up to six young. The young remain in the pouch for a period of 61 days when they are then left in a grass-padded den; some may cling to the mother's fur. They are weaned at the age of four to five months and begin to disperse soon after weaning.

Chuditch, solitary animals, have a variety of den areas utilising hollow logs, tree hollows, tree cavities and burrows. A home range of the male may be as much as 15 kilometres with that of the female between three and four kilometres.

The Chuditch is an aggressive carnivore (meat eater) seeking live prey from dusk to dawn. It's diet can include mice, rats, brushtail possums, lizards, birds, reptile eggs, grubs, frogs, beetles, caterpillars but the majority comprises a range of large invertebrates including crickets, scorpions and spiders. Sometimes the red pulp surrounding the *Zamia* seeds is eaten as well as small fruits and parts of flowers; they will also eat scraps and carrion. Unfortunately, Chuditch also have a liking for poultry. Suggestions for the safety of poultry include:

- When making a yard to hold poultry bury the surround fencing material at least half a metre into the earth.
- It is preferable to cover the night holding area with either galvanised iron or wire.
- Lock the poultry in the night area before dusk.
- Ensure there are no holes AT ALL that may allow an animal to work its way into the yard.
- Place a sheet of wire netting, beneath the earth, at the gateway.
- Do not release poultry till well after dawn.
- Ensure that any food bins are securely sealed.

If Chuditch are a problem please contact the Mundaring Department of Environment and Conservation on telephone number 9295 9100. Arrangements will be made to capture the animal and relocate it.

CHUDITCH ARE A DECLARED 'VULNERABLE' SPECIES AND INJURING OR KILLING THEM COULD LEAD TO A FINE OF UP TO \$10,000

Drawing and article by Desraé Clarke
T 6364 3609

Member of the Toodyay Naturalists' Club



weed of the month
blackberry
nightshade



THE scientific name of plants is intended to ensure accuracy in the plant kingdom for identification purposes. The classification can be complex when describing Families and Subfamilies, down to subspecies. It is a tool that has been developed to ensure accurate identification (it is also used with animals, insects, birds, and other living organisms). Unlike common names, often applied to more than one plant, the scientific name identifies one species of plant only. There are strict rules in the botanical world with regard to plant names.

I don't intend to provide a complex botany lesson in this article, but I would like to describe two of the lower levels of classification, the genus and the species.

The genus (or genera) is a group of plants – a comparison maybe to how the states relate to Australia. Examples are Eucalyptus (gums) and Acacias (wattles). These names always begin with an upper case letter. The species could be likened to the towns within each state. Examples are Eucalyptus wandoo (the wandoo gum) or Acacia acuminata (the raspberry jam wattle). They are part of the larger family of flowering plants called dicotyledons (a comparison here may be our continent, and how the states and towns relate).

The weed this month comes from a large family called Solanaceae, with about 90 genera and 2,600 species. One of these genera, Solanum, has 87 species endemic to Australia, with 73 in Western Australia. The weed Solanum nigrum has the common name of Blackberry Nightshade.

Described previously in September 1998, Solanum nigrum (referred hereafter as simply nigrum) is repeated to remind readers of the plants toxicity, particularly near stock or young children. Introduced from Europe, it is a small shrub growing to one metre high with dark green or purplish-green oval-shaped leaves, varying in length from 20 to 75mm and width of 11 to 55mm. Its white flowers are 8 to 10mm across, with four to eight flowers on each flower stalk or inflorescence (the arrangement of flowers in relation to the axis and to each other). It produces black or purple berries 6 to 8mm in diameter.

The common name 'Deadly Nightshade' (*Atropa belladonna*) is often confused with Blackberry Nightshade. It should be noted that no *Atropa* species have been recorded in Australia to date. The Solanaceae family also contains many that are cultivated for food, including the humble potato, the tomato, capsicum, pepper, paprika, and Cape gooseberry. Tobacco (*Nicotiana* spp.) is also a member of the Solanaceae Family. Hopefully this short explanation will make it easier when you next see the scientific name on plants. The confusion with the

continued...

Reflection on the martyrdom of Christ

By Baha'u'llah, the Founder of the Baha'i Faith.

The Baha'i Faith teaches that there is one God, the creator of all. From amongst all created beings, God has conferred upon humans a distinction by enabling men and women to attract a sign from Him at conception.

That sign is the soul and is the cause of human mind, human vision and perception and other natural capacities that distinguish humans from animals. The human soul, being a singular spirit, is not subject to decay and decomposition. Therefore, it continues its life beyond that of the physical body. On the physical plane, it operates through the human body, and if assisted by divine education, it acquires the qualities necessary for progress in the spiritual realm after the death of the body. God, the Heavenly Father, has always sent Divine Teachers, Manifestations of His own self, to educate mankind.

Among God's Manifestations have been Moses, Jesus and Muhammad.

The Baha'is believe that the Manifestation of God for this age is Baha'u'llah, the founder of the Baha'i Faith. Baha'u'llah tells us that "God's purpose in sending His Prophets unto men is twofold. The first is to liberate the children of men from the darkness of ignorance, and guide them to the light of true understanding. The second is to ensure the peace and tranquillity of mankind, and provide all the means by which they can be established."

For information, please email:
info-toodyay@wa.bahai.org.au
or call 08 9330 6999 or visit
www.perth.wa.bahai.org.au

environmental matters

common name Deadly Nightshade and the Blackberry Nightshade can be overcome with the use of these more descriptive words.

Compiled by Wayne Clarke

Sources: Flora of Australia Volume 29 (AGPS, Canberra 1982)

Western Weeds (Plant Protection Society of WA 1997)

Photograph courtesy Rod Randall (Western Weeds, Plant Protection Society of WA 1997)

Toodyay Seed Orchard Group



Hakea petiolaris

PLANTS available for the Tree and Understorey Scheme will be ready for pick up on 6th June from 9am - 12pm at the community shadehouse. If you have ordered plants please come and pick them up at this time. Prices for this season are from 50c - 75c. Anyone who forgot to order and wants some plants for this season please contact either Bethan on 9574 5882 or Val on 9574 2905.

We are pleased that we have been able to grow as many plants as we have this year with only a few hands to help and such a late start. The warm nights in March helped tremendously in keeping the plants growing. At present, the shade cloth is off and the water is reduced to harden off the plants ready for planting in early June. To reduce competition for the growing seedlings, anyone planting should take advantage of the early rains to spray the weeds which have germinated.

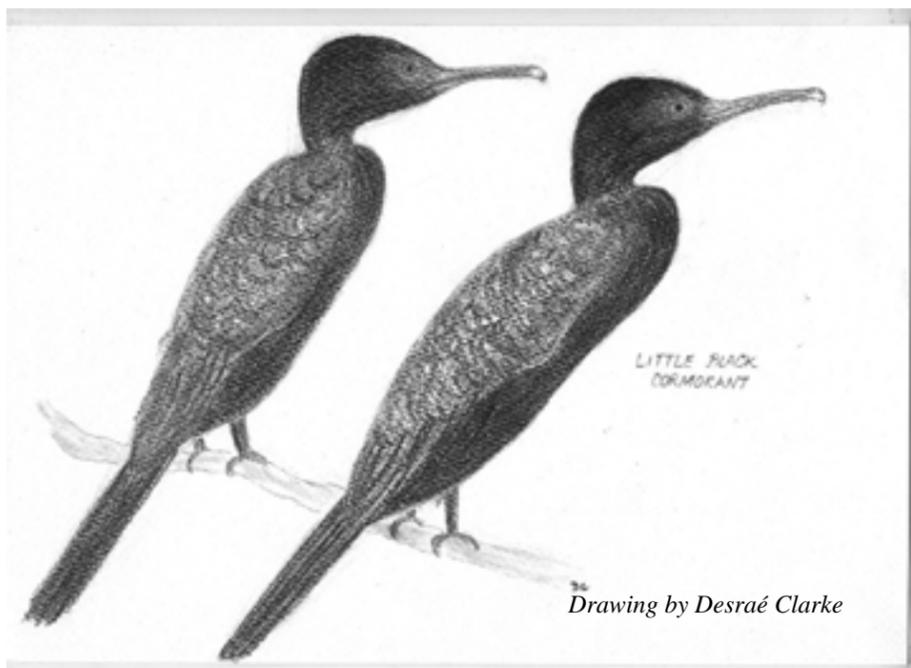
Some of our magnificent native plants are already turning on a show. See above the magnificent *Hakea petiolaris* or Sea urchin *Hakea*, found commonly near granite outcrops but grows well in cultivation. It's always one of the first to flower. Its seed pod is our logo drawn by one of our past members.



Acacia microbotrya

Acacia microbotrya, the Manna wattle certainly lifts the spirit and is flowering a little earlier this year - very common along our roadsides.

See you on the 6th June.



bird of the month

little black cormorant

CORMORANTS are found around most of the continents, and they range in size and colouration.

There are four species that would normally be found in Toodyay; the Great Cormorant, the Pied (August 2008), Little Pied (April 2000) and the Little Black (dates in brackets specify the date of the article in the Toodyay Herald). This month the Little Black Cormorant is described (the Great is to come).

Little Black Cormorants (referred to from here-on as LBC) are small birds of approximately 61cm length, with a green to purple sheen to their feathers. Unlike Great Cormorants (with white or grey throat feathers), LBCs are totally black, including their feet. They have dark purple-grey facial skin, brown eye and a black bill that is longer and thinner than the Great and Little Pied that often accompany them.

During breeding, adult plumage may turn bronze, and they may have flecks of white on the head and neck (but no white feathers).

Breeding takes place in spring and summer in the south, summer and autumn in the north, but they may breed at any time of the year, depending on the seasons. The nest is a platform of sticks, leaves, bark and other debris with a lining of feathers, constructed in trees over water, often with other cormorants, herons, ibis and spoonbills. Four to six chalky green eggs are incubated over a three to four week period, by both adults.

LBC locate their prey (mainly fish) from the air, and often work in teams to herd the fish in front of them. They swim with their legs behind them. Once out of water they perch on dead trees, sandbars, banks, etc to dry. In flight they have an alternating flapping/gliding pattern, one behind the other, or in vees. They inhabit mainly freshwater lakes and rivers, as well as coastal estuaries. They are normally silent birds away from the nest, but will communicate with a rather guttural croak at the nest. Males also make a ticking sound.

Compiled by Wayne Clarke

Toodyay Naturalists' Society

IT seems whenever the 'Nats' do a litter pickup, it rains, as was the case on Saturday the 18th of last month. However, the weather did not dampen our spirits or the fact that we were informed at the 11th hour that the Shire has decided not to pay community groups any money for road side litter pickups.

The sizable group armed with KAB bags donned safety vests and gloves and set to work. We were especially impressed with Dave who had ridden up from his home in Perth to pick up litter in Toodyay. The entire length of West Toodyay Road was picked clean of rubbish including the large quantity that is thrown onto the River Bank from the road.

The work was followed by a BBQ lunch, a meeting and a wonderful nature walk along the River to Wash Pool with plenty of water birds to observe along the way. The heavy rain, thunder and lightening storms and lots of laughs made for not only a productive day but an enjoyable and entertaining one. A very big thank you is extended to our hospitable hosts for providing the perfect venue once again. Thank you also to the Shire staff who promptly picked up the bags from the verge on the Monday.

Various members have been as always keeping themselves busy with 'Nats' business over the past month. Wayne and Des attended the Portman Mining Rare Flora Conservation seminar in Perth. Some TNC members have been spotted along with other Toodyay residents exploring and studying nature at Ninghan Station near Payne's Find. The Foleys are as always flat out with their 'Wild Care' work.

At the time of writing the President, the Vice and the Environment Officer will be joining Conservation heavy-weights including legendary Botanist, Kevin

Keneally and Club Patron, Dr. Stephen Davies at the Wongon Hills Bush Field Day on the 30th of April. The event will seek to re-visit the botanical and zoological surveys conducted by the W.A. Naturalists' Club in the early 70s that served to establish this area as a Bio-Diversity "Hot Spot". It will be particularly nostalgic for the current TNC President because he participated in those surveys as a long-haired teenager. How times have changed!

Talking about the good Doctor Davies, be reminded that he will be leading an excursion to Morangup Reserve to set up survey quadrats on Saturday the 16th of May.

If you want to help with this important work meet at the Visitor's Centre at 9am. Look out for up-dates for this event. Bring

lunch and the usual equipment / clothing / supplies you will need for a few hours in the bush. There will be NO Saturday evening meeting! However, committee members stand by as an important meeting will be requiring your presence as soon as I can find a window of opportunity in a very full calendar.

All are more than welcome to attend TNC events and meetings. Please call Greg on 9574-5445 or Lee on 9574-2560 or Wayne on 6364-3609 if you would like a programme or for any enquiries you might have about the Toodyay Naturalists' Club.

Perennials Assisting in Landscape Health

ANGUS Cooke and his brother Grant are part of a fourth generation family enterprise, which has been farming in the Grass Valley/Southern Brook area since 1894. Their farming system of 2,400 hectares involves a cycle of cropping, hay, sheep and cattle.

Angus, Grant and their families divide the farm into areas of responsibility to share the workload. Angus has a strong interest in caring for the land and feels it is very important to leave the farm with more vegetation to create a more sustainable landscape. He joined the Southern Brook Landcare Group in 1994 to further his interest and knowledge. On several occasions over the years he has been successful in applying to the Avon Catchment Council for subsidised seedlings, enabling him to establish brushwood, sandalwood and biodiversity plantings.

The Cooke family has been using well placed perennial vegetation to address a number of natural resource management issues including halting soil erosion, salinity, linking nature reserves and improving the health of their creek lines.

One particular site suffered from soil erosion and just down slope there was an area of salinity, gradually increasing in size. Angus planted brushwood species in the middle of the eroded site and established mixed species (Jam wattles, *Hakeas*, and She-oaks) around the outside of the brushwood. He returned a year later and planted sandalwood nuts amongst the planting of mixed species. Today it is a success story. There is little soil erosion and the saline area has not expanded any further. In its place the land supports a plantation of brushwood and sandalwood side by side.

The main establishment lessons that Angus has learnt through his natural resource management work are:

- Ripping is important in the planting of woody perennials;
- Weed control must be done first and well; and
- In the wetter sites, hand planting is a must.

Angus feels strongly that it is important to take a holistic look at the farming operation. In order to continue to farm the land, natural resource management needs to be factored in the whole farm plan each year. He believes that one issue can be addressed each year and it is the philosophy that he tries to follow.

The farm has a 38 hectare remnant bush which contains wandoo, *Melaleuca*

Continued...

Toodyay Tree and Understorey Scheme

Plants ready to be picked up on Saturday 6th June from 9am -12pm at the community shadehouse.

If you want plants but haven't ordered, please call Bethan on 9574 5882 or Val on 9574 2905

Prices from 50c - 75c

Pay on the day, either cheque or cash.



environmental matters

hamata (endemic brushwood species), Tamma and many other species. The Cooke farm is bordered by the Throssell Nature Reserve, one of two remaining Shire of Northam nature reserves. Angus has established vegetation on saline creek lines and implemented weed control in riparian areas. Working with the Southern Brook Landcare Group they have also established a vegetation corridor through the farm. This is a favourite spot for the local kangaroos to rest and Angus enjoys pointing out the many insects and little creatures to his family and explaining their place in the eco-system.

The health of the farm is a legacy that Angus feels he can leave for the future generations. The pleasure and general health of the farm has been a result of the funding and support the Cooke farm received from the Avon Catchment Council and others. Angus hopes that similar support will continue into the future.

Earth Solutions Environmental Centre

AFTER a highly successful second expo, held in Northam at the end of March, the Earth Solutions group, (a subcommittee of the Avon Valley Environmental Society),

plans to get the environmental message out even more effectively, from now on.

Feedback has been extremely positive from the one day event, with just a few comments on the less than ideal accommodation for the high quality speakers, and the lack of stall-holders at the eastern end of the complex.

These criticisms were taken on board, but were largely influenced by weather conditions on the day, which sent several stall-holders scurrying inside under cover, after tents were blown away, and a lack of good conference facilities available for speakers.

These problems will be a thing of the past when Earth Solutions is settled into a permanent Environmental Centre in the region. News of funding is due anytime and, if successful, the hunt for suitable premises, (already underway for some time), will pick up pace. Ideally the building will be close to town, with some land around it for workshops (like composting, organic gardening, solar oven making) and for mini expos. The interior will include office space, room for static displays, rooms for healers, and space for small conferences. Larger events will be held externally in hired venues.

Some of the proposed activities include – sale of eco products, alternative healing,

recycling workshops, endangered species displays, feral animal display, bio security workshops and displays, Aboriginal pharmacopeia displays, eco films, eco photography and art display and sales, school involvement in appropriate talks and workshops, promotion of eco tourism, speakers, mini expos, Philosophy or University of the Third Age groups.

Public input, and or suggestions of suitable venues, ideally in Northam, will be greatly appreciated. Contact Caroline Barr on 9622 8043.

Toodyay Roadside Group (TRG)

IT seems like a long time ago that many of us were concerned about the excessive clearing of our road side vegetation. Due to the concern raised by the community after the devastation of Folewood, Morangup and several other roads, the shire has had to go through a process of complying with conditions before they can continue to clear 57ha of road side vegetation requested. It looks as though this process is almost over and that the shire will have soon complied with most of the conditions of the permit. The final condition is Community Consultation so now is your chance to say what you think. We hope the roads and sections of the roads to be cleared will be clearly identified so we can make meaningful submissions.

It has been interesting that, in a couple of public forums in the last two months, several questions have been asked about when pruning of roadside vegetation is going to be undertaken. On both occasions these questions have been answered by stating that the Shire is waiting for the clearing permit to be issued before they can do any work. Clearing and pruning are of course two different issues. The Shire is well able to carry out maintenance and pruning work without the need for a clearing permit. The implication is that those of us who want responsible environmental management of our road reserves and have objected to the clearing are in some way responsible for the lack of maintenance work. Nothing could be further from the truth! We want safe, well managed roads.

During the recent downpour it was noted by one of our members how the road side vegetation provides protection to the road infrastructure and prevents undercutting when these storm events occur, apart from all the other benefits. With climate change a reality, storm events during summer are becoming more frequent.

We encourage all community members to

make their thoughts known to the Shire when the time comes.

Toodyay Blossoms over Long Weekend

THE gardens at Kitten Cottage and Yandee were outstanding and appreciated by hundreds of people who flocked to Toodyay on a glorious autumn Anzac Day Weekend.

The Inaugural Invitation Art Exhibition in the 100-year-old Yandee shearing shed was a resounding success, selling over forty works of art. The visitors and artists response was very encouraging and all agreed that the venue added to the ambience of the exhibition.

The artists who attended over the weekend, Henry McLaughlan, Debra Corbett, Leon Holmes, Jeana Castelli, Drewfus Gates and locals, Kaye Devlin and Wendy Lewer were very happy with their success and the venue as a means to display their art. Part proceeds from the art sales will be donated to Guide Dogs for the Blind Association.

Descendants of previous owners were overjoyed to visit Yandee and see the continuation and preservation of this historic property complimented by the extensive and beautiful grounds. Comments from the visitors' book at Yandee include '... inspirational, and unexpected oasis'.

The owners of Yandee would like to thank the ladies of the Bolgart P & C Committee for their very professional catering skills which delivered morning and afternoon tea and were enjoyed on the lawns surrounding the homestead by many of the people who attended.

The owners of Kitten Cottage were delighted with the response to their garden, beautiful display of quilts and felting and comments received from the visitors book include wonderful, something different around every corner and the herb quilt was a fascinating feature of the garden. Thanks to the ladies who catered for this event and all funds raised at this garden will be donated to the Cancer Research Foundation.



Countryman Gidgegannup Small Farm Field Day

**Sunday 7th June 2009
9am to 5pm**

**Free Bus to Farms
Demonstrations
Workshops
Guest Speakers
Fashion Parade
Animal Demonstrations
Alpaca Sale
Dexter Association Show
Bullsbrook Poultry Club
Promotional Day and Sale
Boer Goats Breeders
Association show**

Llewta Dorper & Boer Goat Farm

Explore breeding meat livestock at this farm. Home to Auzzie Kid Mohair products and AKM Yarns & Kits.

Cherith Grove

This is an organic olive grower. Sample the produce, enjoy a coffee at Cherith Grove.

Jujube & Fig Farm

See how to grow exotic fruits and speak with Jim Dawson about his rare products.

OPEN FARMS

**\$8 Entry
Family Pass \$25
Children under 5 Free
NO DOGS**

The Mucky Duck Bush Band

Come and meet the SOIL SISTERS & Horticulturist JOHN COLWILL

www.gidgegannup.info

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Toodyay Medical Centre

THE most effective way to eradicate live influenza virus on your hands is to hand wash with old fashioned soap and water.

As botulinum has been used for more conditions its potential for side effects must be recognised. They can include generalised weakness, dysphagia or problems swallowing and even death. Botulinum toxin type A is licensed for stroke patients for muscular spasticity. A study overseas suggests it could be used in diabetic nerve pain.

Neither mothers nor those around babies should not smoke as it can depress the infant's ability to become fully aroused in life threatening situations.

There is no evidence that taking vitamins reduces the risk of prostate cancer.

There may be a medical rethink about circumcision and the role it could play in reducing infection.

How do we explain heart attacks in people with normal cholesterol? There have to be other factors in play and chronic background inflammation could be one answer. This is where measuring inflammatory markers come in such as High Selective CRP or hsCRP. It is though if raised in 'well' people it indicates problems with atheromatous plaques lining the blood vessel wall.

Just a reminder that we do welcome feedback at the surgery as we always want to give as good a service as we can. It can be helpful for the receptionists to have some idea of the problem or urgency if they are being asked to squeeze people in as extras. Rudeness to them is NOT ACCEPTABLE as they can only fit so many people in a day unless you want burn out and mistakes made by the medical staff.

We have recently updated some of the equipment which we try to do regularly. At present the pathology service we use has not requested that we stop blood tests being bulk billed (no direct cost to patient) but then we are providing staff to take the samples and a room that they pay nothing towards. One of the larger services in Perth sent a letter to doctors dated 30th March 2009 pointing out that, since 1985, CPI has risen 120% and the level of rebates is about 40% of the level it was then and that pathology providers can only charge for three schedule items (tests) if four or more are ordered. They request that all private patients NOT be bulk billed at an average out of pocket cost of \$53 after rebates and a maximum of \$80. For example, the cost of a blood count after claiming would be \$19.05 or electrolytes \$36.80.

The fact we are still able to bulk bill pathology for all patients is just one of the ways we are trying to help the community.

What Causes Type 2 Diabetes?

IT can be a problem of ineffective insulin or not enough insulin, sometimes both.

There are other causes of Diabetes; these are:

- Family history of diabetes
- Lack of physical activity
- Too much body fat (especially around the waist)
- Aging

SOME MYTHS ABOUT DIABETES!

1. Eating lots of sugar causes diabetes.
Wrong. Eating sugar does not cause diabetes, however there is a strong link between eating too much fat (especially saturated fat; animal fats) and developing Type 2 diabetes. People with diabetes do not need to have a sugar free diet. Moderation in sugar as with all foods is the key!
2. If I am a Diabetic I can't eat Carbohydrates.
Not true! Carbohydrates are a part of healthy diet for all people. Bread, pasta, rice, potatoes & fruit should be part of every meal. But be mindful that not all carbohydrates are equal. Choose low glycaemic index versions eg; multigrain bread, basmati rice & sweet potatoes etc. Low GI foods raise the blood glucose level slowly with a more sustained energy release which in turn leaves you feeling fuller for longer.
3. If I have Diabetes I can only eat diabetic food.
This was once a common belief and practice. There is no special diabetic diet. The general rule LOW FAT, HIGH FIBRE based on good quality low GI foods. This type of eating is recommended for all people not just diabetics.

4. I can't drink alcohol because I have diabetes.
In general there is no need to abstain from alcohol, but take in to account the recommended daily amounts: 2 standard drinks for men & 1 standard drink for women. DO REMEMBER THAT ALCOHOL IS HOLLOW CALORIES (NO NUTRITIONAL VALUE) AND ADDS TO BODY FAT.
5. Having diabetes reduces my job options.
In Australia there are a few professions that do not allow diabetics to be employed eg; Commercial Pilot or Scuba diving and purely for safety reasons for self and others. Most job applications are viewed on a case by case basis. Do not assume you can not apply for a job because you have diabetes.
6. Diabetes is infectious!!
SO NOT TRUE!!!! Diabetes is not passed on. However if you have an immediate family member with Type 2 diabetes you are at a greater risk of developing diabetes yourself.
7. You can have "borderline or mild diabetes".
You cannot have borderline or mild diabetes, you either have or you do not have diabetes. To give another example you cannot be "borderline or mildly pregnant". You can have an Impaired Fasting Glucose problem or Impaired Glucose Tolerance problem these conditions can lead to Type 2 diabetes.
8. Diabetes can be cured.
At present there is no cure for diabetes, however it can be managed. If managed well this will allow you to live a long healthy life. By taking control of your diabetes you will significantly reduce the risk of developing long term complications.

If you have diabetes or would like to know more about the risks and complications please contact; Roslyn Sinclair at Silver Chain, Ph 9574 2873

Psychological Health

Postgraduate training

KATIE Elliott, a student in the postgraduate programme in the Department of Clinical Psychology at the University of Western Australia, is spending two days each week for three months on clinical placement in my consulting practice. She is in her sixth full time year and has one further year to complete her combined Doctor of Clinical Psychology and Clinical Neuropsychology degree. On completion this is followed by one and a half years in either speciality so to be registered in both specialities would require a total of three years as a registrar prior to registration.

Katie recently undertook a practicum at the WA Psycho-Oncology Service at the Shenton Park Hospital. Her research thesis is being conducted at the State Head Injury Unit and concerns decision making abilities in people with acquired brain injury.

Katie thoroughly enjoys the country lifestyle and visiting Toodyay.

Richard Taylor

Registered Clinical Psychologist

Seeking Help Definitely Not a Sign of Weakness

AS adults, we have the power to choose the way in which we want to live our lives and the power to continually change ourselves, reaching goals and ultimately becoming content and fulfilled with our own being. We can't always change the things that happen to us, but we can change our attitudes and thinking towards events, so the way we react to a situation will have better results for us. A better result often means our future encounters with events in our lives will become less and less stressful too.

But we are not expected to "tough it out" on our own. To deal with these stressful events in our lives effectively, we often need help from others. Seeking help from a doctor, counselor or psychologist when under emotional stress, is definitely not a sign of weakness. It actually takes courage to reach out for help and you will be rewarded for your efforts, because you will learn new skills from others that will equip you to better handle life's challenges.

I myself have had many years experience in seeking help from health care professionals. I have also been involved in self-help group programs and what I have learnt from other people has given me a tremendous amount of strength and personal growth in my life.

This is why I am now studying to become a professional counselor. I feel that I have a lot to give others from my own past experiences and in learning to be an effective counselor, you need to have spent some time as a client yourself to really understand people's needs.

I hope to write more articles in the future, promoting healthy minds in our community.

Katrina Evans

Student Professional Counsellor

Kids Safety Hangs in the Balance

DEATH of young children from curtain and blind cord accidents is at the centre of an investigation by the Department of Consumer Protection which is being supported by Member for the Agricultural Region, Wendy Duncan MLC.

Ms Duncan has submitted recommendations to the Consumer Products Safety Committee which is meeting this week. The committee is investigating if the current Consumer Affairs Act for corded internal window coverings needs reviewing and amending.

The submission includes 10 recommendations for changes to current legislation including an immediate ban on non-conforming blind cord restraints, an awareness raising campaign about the dangers, and a ban on material that states that corded products can be made safe by installation of safety devices.

Ms Duncan has been working for change since Karratha resident John Williamson contacted her after the death of his granddaughter Meesha who in September 2006 was found hanging from the blind cords in her bedroom.

Mr Williamson has seen non-compliant window treatments throughout the north west, in Karratha, Wickham, Dampier, Roebourne, Newman and Tom Price. They are also in Kalgoorlie and the metropolitan area.

"Each year up to 12 children up to the age of five are killed in their homes by curtain and blind cords," Ms Duncan said. "I implore people who care for young children to be aware of this insidious danger. With holidays approaching and people visiting family and friends, I ask that parents, carers, grandparents and friends who care for children or have them to stay or play be

aware of this danger," Ms Duncan said.

"Apart from trying to change legislation, on the home-front we can all make such a difference by just remembering to check our blinds and make whatever changes we can to ensure our beautiful children are safe." For information about blind cord accidents visit www.pfwbs.org

Campaign to Reduce Hospital Aggression

WORKPLACE safety authorities across Australia are joining forces in an effort to reduce work-related injuries in hospitals related to aggression.

WorkSafe WA Commissioner, Nina Lyhne, said today that the national campaign aimed to reduce injury rates that resulted from aggression in emergency departments, other clinical areas and other hospital-based services. The three-month national campaign will look at aggression management systems and examine how well existing controls are working.

Ms Lyhne said work-related injuries in hospitals arising from aggression were a continuing area of concern.

"There are close to eleven injuries each month to workers in WA hospitals related to aggression," Ms Lyhne said. "In 2006/07 there were 80 injuries of this type in WA, and more than a quarter of them was serious enough to result in the workers involved having to take more than 60 days off work."

"The national figures are also quite alarming, showing that there were 2120 worker's compensation claims for work-related assaults during 2005/06. A large number of these assaults took place in hospitals - in fact, almost nine per cent of assault claims came from hospitals."

"The objective of this national campaign is to identify the risks associated with aggression in hospitals and to assist employers to find solutions that will lessen the risk of injury."

The campaign will run from this month until June, with around 160 hospitals being visited across Australia. The industry will be given feedback on the results of the campaign. Approximately 30 hospitals will be visited in metropolitan and regional areas of WA.

All inspections across Australia will be conducted with the aid of one checklist to

Helping People and Facilitating Groups Effectively

I invite you to consider applying for this short course.

The course will be a closed group and is limited to 10 participants as it will be conducted on the principles of effective group dynamics. It is highly desirable for you to be able to commit yourself for the entire 10 weeks. Once the group commences, it is closed to any further participants, and any absences from the group should only occur in the utmost emergency.

For this course to be appropriate for you, you will need to be aware of, be committed to, and have at least commenced the 'inner journey' - the 'path of the heart and spirit' - that develops authentic humanity.

This course will engage with the commonsense but largely unknown considerations of awareness, human worth and confidence, personal responsibility, universal spirituality, sensible psychology, effective communication and group facilitation skills. It is our belief that the above are required to produce mature, resilient people who are able to experience the fullness of human life, and are also useful to this ailing society and world.

Duration: One 3-hour session per week for 10 weeks.
Group Size: Maximum of 10 participants. (5 places remaining)
Location: Magpie Ridge Eco-Farm: 869 Julimar Road West Toodyay
Days/ times: Tuesday evenings from 6pm to 9 pm commencing May 12th.
Fee: \$ 850 (no GST) (please discuss payment arrangements if required)

The Trainer.

This course will be produced and presented by John White, a senior clinical psychotherapist, clinical supervisor, group facilitator and trainer. John's qualifications and experience over 35 years include secondary school teaching, training and clinical supervision, group work, group - counselling lecturing at Curtin University, spiritual direction, counselling and psychotherapy with individuals, couples, families, Vietnam Veterans, rural men, prison inmates, and consultancy with local government and other organizations. Please advise expressions of interest to jandjwhite@westnet.com.au, or phone 95745403. Times and days may be negotiated where possible to facilitate your inclusion. I look forward to hearing from you.

John White

ensure consistency. Some of the areas that will be looked at are:

- Aggression management policies;
- Training of employees in how to deal with aggression; and
- Workplace design issues.

Although the campaign's primary objective is to provide employers with information on how to comply with the laws, inspectors will take enforcement action if they find breaches.

Ms Lyhne said that national campaigns were an important means of ensuring national consistency in workplace safety and health.

"These campaigns are aimed at protecting workers by ensuring employers are aware of their responsibility under the laws to minimise the risk of injury," she said. "They are also excellent examples of cooperation between the States.

"In the end, everybody gains from a higher level of awareness of workplace hazards and how to avoid injuries, particularly those related to aggression.

"Western Australia has a comprehensive Code of Practice on Violence, Aggression and Bullying at Work, and I encourage all workplaces that may have concerns about these hazards to have a copy of the code readily available at the workplace."

Further information on workplace aggression can be obtained by telephoning WorkSafe on 9327 8777 or on the website at www.worksafe.wa.gov.au. Copies of the Code of Practice on Violence, Aggression and Bullying at Work can be purchased for \$3.30 per copy or downloaded at no charge from the website.

Aussie Teens Up for Exercise

KEY Findings :

- Close to half of West Australian parents (43%) surveyed admit it has become more difficult to keep teens healthy on a budget in the current economic climate
- 40% of parents reveal they can spend up to \$2,000 per year on their teenager's exercise or sport activities a year, with the remainder saying they'd spend approximately \$500 a year
- 90% of parents believe there should be more free exercise schemes available for young Australians via sponsored school sport or holiday programs
- 79% of West Australian teenagers have a positive attitude towards physical activity
- Close to 1 in 2 parents (45%) say their teenagers exercise between 2-3 times a week

What stops WA teenagers from exercising? Parents either agreed or strongly agreed that the following factors were major difficulties:

- Distracted by, or would prefer to do other hobbies including TV, social networking and hanging out with friends - 49%;
- Tired from school, homework or stress - 41%;
- Teens think exercise is 'boring' - 32%;
- Haven't found a sport they connect with - 27%.

Compared to other states:

- WA Parents are some of the least affected by the economic downturn,

with only 43% of parents saying they find it financially difficult to keep kids healthy on a budget in the current economic climate, a much lower figure compared to the national average of 57%;

- WA teens are pretty active compared to their state counterparts - with WA recording the highest percentage for teenagers who exercise between 4-5 times a week - 16%, compared to the national average of 11%.

St John Ambulance Australia

Anzac Parade:

THERE was a good turnout from the Toodyay, Bolgart and Morangup crews to honour the armed forces personnel who have fought to save this glorious land!

The Volunteers who turned out were all smartly attired, taking pride in the organization that they represented. The service that could so easily lapse into a memory of bygone years is still very prominent in the lives of many, long may that continue. We should never forget those who died for the sake of others.

Senior First Aid Course:

Anyone who needs to renew their old certificate or to do the course for the first time, the next training session is on 16th and 17th May 2009 in Toodyay.

If you cannot commit to two full days in order to achieve the certificate, have you checked out the 'Flexible Learning' option as detailed in the feature article in this month's Herald? This may well be a solution if weekend time is a problem to you. You know the old saying, "where there is a will, there is a way"! the alternate style of learning may well suit you if you have the ability to dedicate small chunks of time to learning that will culminate in the short hands on, tutor led sessions and the final written test. It is not rocket science but could end up saving a life!

Anyone wishing to register for the next course can contact Jenny Willgoss at L J Hooker Toodyay Ph 9574 2455 or at home 9574 2412.

Ambulance News:

The MKV1 ambulance is certainly active now. It has been out on several calls already and proving to be a hit amongst the crews. The easy lift stretcher is a major advancement for us, much less strain on the back and knees of the attendants.

The 'old' van, 108, is still a favourite of a certain crew, though. The fact that they have got the seats adjusted to fit them specifically, the TomTom is pre-programmed with the hospital locations so that they do not even have to think where they are going and, perhaps most importantly, the choice of CDs on board for their comfort on the return journey! So, if the old ambulance turns up at your door, there is a good chance you can say hi to Mike and Jaap!

Ambulance Stats - MARCH 2009:

WORKLOAD

Category	# Cases	Av. Km	Total
Trauma	6	90.83	545
Medical	12	77.75	933
Cardiac	2	99.50	199
Other	0	0	0
	20	83.93	1677

You never can tell how busy we are going to be, forecasting the month's activity is absolutely impossible. 20 cases in the whole month of March but 1 case involved 6 personnel plus the Rescue 65 helicopter and its' crew. The ladies and gentleman who attended the road crash all did a fantastic job with the utmost professionalism, a true testament to what St John Ambulance Service is all about! Thank you one and all. Thank you also to the passers-by who stopped and gave assistance, you were marvelous too.

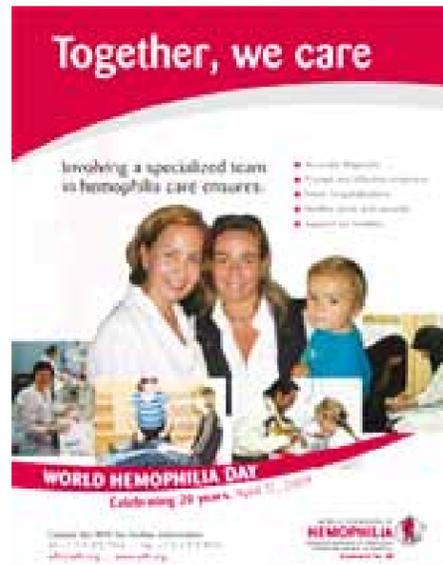
Fundraising:

We are always needing more volunteers to cover the 24/7 service provided to the community. Are you up to it!

If you cannot give your time, how about some financial support? The service in the country is funded by donations, fundraising, memberships and grants. If you want to make regular contributions as donations, you may well be able to offset tax liability. Think about it, dollars to the taxman or to St John Ambulance! We are currently trying to raise funds to erect a new garage in Bolgart. Plans have been passed and quotes obtained - the question of paying the bill is now on top of the agenda. Any contributions made specifically with that project in mind will go into that fund.

Haemophilia

BAXTER International, Inc, in its continuing partnership with the World Federation of Haemophilia, has announced the availability of the 'Together, We Care' video podcast (available at www.wfh.org) to help raise awareness of the vital role of comprehensive care in haemophilia management and to call attention to disparities in care around the world. Tragically, only about 25 percent of all people living with bleeding disorders receive adequate treatment.



The video podcast includes a presentation by Professor Alison Street MD, Head of Haemostasis - Thrombosis and Haemophilia Services at the Alfred Hospital and spotlights the importance of comprehensive care teams in improving the lives of people living with haemophilia through the perspectives of the patient, physician, nurse coordinator and advocacy group representative. The video podcast also builds on Baxter's long-standing commitment to initiatives aimed at improving access for bleeding disorder patients.

"Haemophilia is serious, and can be life-threatening, but with a comprehensive care management approach, including treatment and care from a team of healthcare professionals, people with haemophilia can live longer, healthier lives," said Mark Skinner, president, World Federation of Haemophilia. "We are grateful to Baxter for its support of the 'Together, We Care' video podcast, an important educational tool to help ensure that all patients with a bleeding disorder, regardless of where they live in the world, have access to proper management, care and treatment."

To help raise the standard of and provide access to care for the global haemophilia community, Baxter makes available a number of resources, including education, advocacy programs and support, clinician support and factor replacement therapies, an integral component of the comprehensive care approach. In particular, the company has donated \$1.2 million and nearly 2 million IUs of its haemophilia products to the World Federation of Haemophilia's Global Alliance for Progress (GAP) program, of which the company is founding member and leading sponsor. The GAP program was launched by the World Federation of Haemophilia and its members to improve the diagnosis and treatment of people with haemophilia in up to 30 developing countries.

"We're proud to be part of the global effort to help ensure broad-based access to treatment and care for people with haemophilia, particularly through support of the 'Together, We Care' video podcast and Baxter Australia's 'Advance Your Passion' program which will coincide with Australian Haemophilia Week in October," said Danielle Hunt, BioPharma Market Manager, Baxter Australia and New Zealand. "Through our efforts, we hope to raise awareness of the impact of haemophilia on the global community and inspire others to join in the effort to ensure access to quality care for all."

BACKGROUND

About Comprehensive Care

Comprehensive care is critical to managing the physical, emotional, psychological, social and educational needs of people with haemophilia and their families. The haemophilia care team includes a wide range of professionals - including hematologists, nurses, physical therapists, social workers, counselors and many others - who deliver the skills and care necessary to manage patient needs and improve their health. The new video podcast highlights the vital role of these comprehensive care teams in improving haemophilia patients' overall health through

both the patient and healthcare professional perspective.

The much needed factor replacement therapies developed and made available by Baxter also are an integral part of the comprehensive care approach. With more than 50 years of innovation and therapeutic firsts that have revolutionized haemophilia treatment, Baxter provides a wide range of therapies that benefit patients and clinicians at every treatment stage, helping to raise the standard of care for people with haemophilia around the world. Utilizing this comprehensive care approach ensures accurate diagnosis, prompt and effective treatment, fewer hospitalizations, healthy joints and muscles and support for families.

About Haemophilia A

Haemophilia A is largely an inherited disorder in which one of the proteins needed to form blood clots, factor VIII, is missing or reduced. Without enough factor VIII, people with haemophilia can experience spontaneous, uncontrolled internal bleeding that can be painful, debilitating and damaging to joints. In about 30 percent of cases, there is no family history of haemophilia and the condition is the result of a spontaneous gene mutation. According to the World Federation of Haemophilia, more than 400,000 people in the world have haemophilia. All races and economic groups are affected equally.

About Baxter International, Inc.

Baxter International Inc. develops, manufactures and markets products that save and sustain the lives of people with haemophilia, immune disorders, cancer, infectious diseases, kidney disease, trauma and other chronic and acute medical conditions. As a global, diversified healthcare company, Baxter applies a unique combination of expertise in medical devices, pharmaceuticals and biotechnology to create products that advance patient care worldwide.

About the World Federation of Haemophilia

The World Federation of Haemophilia is an international not-for-profit organisation dedicated to improving the lives of people with haemophilia and related bleeding disorders. Since it was established in 1963, the World Federation of Haemophilia has grown into a truly global network, with member organisations in more than 113 countries and official recognition from the World Health Organisation. The World Federation of Haemophilia works in partnership with healthcare professionals and people with haemophilia, governments and regulators, industry and foundations, to improve haemophilia care throughout the world.

Seafood Allergy and Adverse Reactions to Seafood

ONCE established, seafood allergy is usually a life-long problem. Sensitivity is usually restricted to only one seafood group. Seafood allergy does not increase the risk of iodine allergy. Some conditions (such as scombroid fish poisoning and Anisakis allergy) may mimic allergic reactions to seafood. Adverse reactions may also occur after eating seafood contaminated by algae-derived neurotoxins, including ciguetera and paralytic shellfish poisoning.

IMPORTANT

The information provided is of a general nature and should not be used as a substitute for professional advice. If you think you may suffer from an allergic or other disease that requires attention, you should discuss it with your family doctor.

Symptoms of seafood allergy are usually obvious

Many allergic reactions to food are mild and limited to localised hives or swelling. The most dangerous symptoms are breathing difficulties or a drop in blood pressure (shock), either of which can be life threatening. Anaphylaxis is the most severe form of allergic reaction, and death has been described in association with seafood allergy. Other symptoms include swelling of the face or throat, dizziness, difficulty thinking, an intense sense of fear, tightness in the chest, vomiting or diarrhoea. Occasionally, breathing difficulties may occur from breathing in seafood allergen fumes, such as when food is being cooked or in seafood processing factories.

Types of seafood

There are many varieties of seafood. The major groups of marine animals associated

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with triggering allergic reactions are:

Vertebrates

Scaly fish (eg. salmon, cod, mackerel, sardines, herring, anchovies, tuna, trout, haddock, John Dory)

Invertebrates

Crustaceans (eg. prawns/shrimps, lobster, crab, crayfish, yabbies)
Molluscs
Shellfish (eg. clams, mussels, oysters, scallops)
Cephalopods (eg. octopus, cuttlefish, squid, calamari)
Gastropods (eg. sea slugs, garden slugs, snails)

Seafood allergy usually only involves one group of foods

As a rule, patients allergic to seafood from one group can usually tolerate those from another. Seafood allergy is most common in communities where seafood is an important part of the diet, such as Asia and Scandinavia. Sensitivity is more common in adults than children. While exceptions occur, once established, seafood allergy usually remains a life-long problem.

Cross-reactivity between seafoods is important

There are a few studies examining the actual allergens involved in triggering reactions. Most people with seafood allergy are sensitive to only 1 or 2 proteins that may be present in multiple species. Thus there is a risk of 'cross-reactive' allergic responses to other animals in that group as well.

In other words, allergy to one scaly fish often results in allergy to other scaly fish, and allergy to one crustacean usually means that all must be avoided. This risk is estimated at between 50 and 75%. For this reason, on the other hand, patients allergic to seafood from one group can usually tolerate those from another. For this reason, complete avoidance of one or more groups of seafood is often advised.

Occasionally, intense cooking will partially or completely destroy the triggering allergen. This may explain why some patients allergic to fresh fish are able to tolerate tinned salmon or tuna.

Avoiding the allergen is an important part of management

Complete avoidance of one or more groups of seafood is often advised, yet may be difficult to achieve in practice. Accidental exposure is more likely to occur when

eating away from home, particularly when eating at seafood restaurants. Other potential sources of accidental exposure and cross-contamination include:

Seafood platters and in smorgasbords (best avoided);
Asian foods and sauces, in which shellfish can be a common ingredient or contaminant (eg. prawns in fried rice or soups);
Food may be rolled in the same batter or cooked in the same oil as seafood (eg. take away fish and chips);
Anchovies (fish) in Caesar salads and as an ingredient or Worcestershire sauce;
Contaminated barbeques;
Fish and chip shops, where seafood protein may end up in the cooking oil;
Pizzas - a bit of prawn gets dropped onto the pizza by mistake;
'Seafood extender';
Fish extracts are also occasionally used to remove particulate matter from some beverages such as wine and beer, a process known as 'fining'. The products used is known as 'isinglass'.

Seafood allergy and iodine allergy are unrelated

Even though seafood is a rich source of natural iodine, allergic reactions to seafood proteins have a different mechanism to that described with iodine in topical antiseptics (like Betadine or Povidine) or intravenous xray radio contrast agents. Patients allergic to seafood are not at an increased risk of allergic reactions to iodine. Those with iodine allergy are not at increased risk of seafood allergy.

Anisakis simplex allergy and infestation can mimic an allergic reaction. Anisakis simplex is a nematode (worm) that acts as a fish parasite. It is distributed worldwide, and infests a variety of hosts along the food chain while continuing its maturation and development. Between 5 and 80% of fish samples have been found to be infested in various studies. The larvae of this parasite are hard to kill. Cooking at temperatures above 60 degrees centigrade or storage in industrial freezers is required to kill the parasite. Anisakis can cause two major problems in humans: infection (anisakiasis) and allergic reactions.

Anisakis simplex infection (anisakiasis) results from eating raw or undercooked seafood such as sushi. Infection can cause nausea, vomiting, tummy pain, and sometimes appendicitis, bowel blockage

or bleeding. Diagnosis is based on seeing the parasite using a fiberoptic telescope (endoscopy).

Anisakis simplex allergy resembles other allergic reactions to food. Allergic reactions to Anisakis simplex should be suspected when allergic-like reactions occur after eating seafood, yet the results of skin tests to seafood are negative. Reactions often occur intermittently after eating seafood rather than on every occasion. The allergens of Anisakis simplex appear to be not destroyed by heat or cooking and so allergic reactions may be triggered by dead parasites. While blood and skin allergy tests are available abroad, these are not easily accessible in Australia.

Scombroid fish poisoning can mimic an allergic reaction

While not all reactions to seafood are allergic in origin, some can resemble allergic reactions. Scombroid fish poisoning describes an allergic-like reaction that occurs after eating foods with a high histamine content. These are generally fish that have been improperly refrigerated after capture. This may occur at sea when dead fish are caught in long-line nets and there is a delay in refrigeration, or after retail distribution.

Marine bacteria within the gut of unrefrigerated fish convert the amino acid histidine into histamine. Fish involved include mackerel, tuna, herring, sardines, marlin, anchovies and bluefish.

Affected fish often have a metallic or peppery taste. Symptoms usually commence within 30 minutes of eating, and include flushing, itch, urticaria/hives, nausea, vomiting, abdominal cramps, dizziness, palpitations and headache. Severe episodes may result in wheezing and a drop in blood pressure. Treatment involves administration of antihistamines and waiting until the swallowed histamine is broken down.

Toxic reactions to eating seafood. Not all reactions to seafood are allergic in origin. Ciguetera poisoning and paralytic shellfish poisoning are both caused by eating seafood that has been contaminated by algae-derived toxins. These toxins interfere with the function of nerve endings and are thus "neurotoxic". Symptoms occur within 2-3 hours of eating contaminated food.

Ciguetera poisoning

Ciguetera poisoning is triggered by eating tropical reef fish that have fed on toxic algae which produce a "neurotoxin". As larger reef fish feed on smaller ones, the toxin concentrates in the organs of larger fish such as red snapper, barracuda, sea bass, eels and kingfish. Because the toxin is heat-stable, it is unaffected by cooking. Symptom consist of tingling of the lips, tongue and throat, often followed by stomach upset, headache, fever and muscle aches and pains. Numbness, collapse, coma and confusion have also been described. Most people recover within a few days or weeks with supportive treatment, but ongoing disability has occasionally been described.

Paralytic shellfish poisoning. Symptoms of paralytic shellfish poisoning are similar to those of Ciguetera poisoning. Symptoms occur after eating shellfish that have fed on toxic algal blooms. A heat-stable 'neurotoxin' known as saxitoxin is produced by toxic algae, which concentrates in filter-feeding shellfish. Because the toxin is heat-stable, it is unaffected by cooking. Toxin can persist in contaminated shellfish for several weeks (and sometimes months) after exposure to toxic algae.

Symptoms arise within a few hours of eating contaminated shellfish, and consist of tingling of the lips, tongue and throat, numbness, loss of balance, dizziness, rash, fever and sometimes muscle paralysis. Death may occur if the breathing muscles become paralysed. Recovery is usual if the patient survives the first 24 hours, although muscle weakness may persist for several weeks. There is no antidote to neutralise saxitoxins. Treatment is supportive, although activated charcoal has been used to bind and inhibit further absorption of toxin.

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classifieds

FOR SALE

CASH paid for aluminium cans, steel, brass, copper, old car bodies, etc. Lot 10 Tammin Place, Industrial Extracts, Northam Road. Ph 9574 2987 or 0438 412 324

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Book yours now!

Toodyay Walkie Talkies

ON Sunday, 19th May, our group had a very pleasant outing walking the Tin Dog Trail at Dowerin.

Midway through this walk, we stopped and observed the waterfowl on two ponds from specially set up bird hides. Highlights of this walk were the Eucalyptus Salubris (Gimlet) with their gleaming, smooth, bronze-coloured, fluted trunks and the forest of contorted and gnarled Eucalyptus Erythronema (Red-flowered Mallee) with their red bark peeling off to their stark white, shiny, winter outer skin.

The signage along the trail was very informative about the reserve's flora and fauna. After the walk, a picnic lunch was consumed in the gazebo in town. We were lucky to coincide with Theo's Run Car Rally being held in the main street of Dowerin on the same day. After looking at all the classic and muscle cars on display, we then watched the sprint races through the main street, which was very entertaining. Drinks were taken late afternoon before we headed back to Toodyay. A great day was had by all.

The group's next walking excursion will be

to Oak Park natural flora and fauna reserve, 15km from the Goomalling townsite on Sunday, 14th June. Meeting point will be opposite the Visitors' Centre, Piesse Street, Toodyay at 9.30am and car-pooling can be arranged if required. Anyone is welcome to join our group for what should be an interesting but easy flat terrain walk and, as always, recommend all walkers wear sensible and appropriate footwear for hiking. Please bring your own picnic lunch and drinks to enjoy after this walk. In the afternoon, we intend to visit the historic icon of Slater Homestead in Goomalling on the way back home to Toodyay.

For those people who may not know, the Toodyay Walkie Talkies Group walks three times a week on Monday, Wednesday and Friday, all commencing at 7am.

Everyone is welcome to join us on these FREE and healthy walks. Below is our future walk programme to mid-June and should you require further information about any of our walks, please do not hesitate to call me on 9574 2905.

DAY / DATE	THE WALK	MEETING PLACE
May		
Fri 8	South Toodyay	Duidee Park
Mon 11	Two Bridges	Duidee Park
Wed 13	Poison Gully Reserve	End of Black Wattle Road
Fri 15	Golf Course	Golf Clubhouse Carpark
*Mon18	River and Mini Rail	Duidee Park
Wed 20	Pelham Reserve	Pelham Lookout
Fri 22	Lloyd Reserve	Next to Old Catholic Church
Mon 25	Deepdale	Cnr Deepdale Rd & Julimar Rd
Wed 27	Windmill Walk	Junction Conostylis Way & Coondle West Rd
Fri 29	River Walk	Duidee Park
June		
Mon 1	South Toodyay	Duidee Park
Wed 3	Horseshoe Road	Cnr Timbercreek Cr & Horseshoe Rd
Fri 5	Pioneer Arboretum	Duidee Park
Mon 8	River Gum Walk	Duidee Park
Wed 10	Wongamine Reserve	Entrance off Bejoording Rd
Fri 12	James Cottage	Next to Old Catholic Church

* BYO Breakfast in Duidee Park after this walk.

Toodyay/ Clackline Karate Club

SHOTOKAN Karate is one of the most pure and traditional styles of Karate. Karate is a lifestyle that incorporates fitness, discipline and sensitivity to others.

Welcome to all the new Karate dudes. There are lots of new faces in all of the classes - don't forget the training times

Wednesdays in Toodyay:

3.45 - 4.15 5 - 8 year olds
4.30 - 5.30 8 - 12 year olds
6.00 - 7.30 High school & Adults

Thursdays in Bakers Hill:

3.30 - 4.00 5-8 year olds
4.00 - 5.00 8-15 year olds

Thanks to Saxon we have a very professional website www.toodyaykarate.com.

Check it out for all upcoming news and events. Saxon has now loaded the interclub tournament onto the photo gallery - please be patient when you load this - a lot of work has gone into making this as user friendly as possible.

Congratulations to Jacob Blankendaal and Sharni Horwood for representing our club at the Tournament of Champions on Sunday 29th March. Jacob had a well deserved win in a very tough Kumite division and is now the proud owner of an impressive set of Samurai Swords.

The KUA interclub tournament was held on 4th April at the Bakers Hill Recreation Centre. WOW - what a day, the Clackline/Toodyay Karate Club certainly knows how to run a tournament. The event was enjoyed by competitors, spectators and officials with many positive comments received by the organisers. The results have been posted on the website - we are very proud to advise that the Clackline/Toodyay Karate Club came away with the trophy. A special mention to all our Peewees, who dominated their divisions and got our overall score off to a flying start. We would like to acknowledge the support of Avonbrook Wines and the Clackline General Store in helping make our tournament a success. Congratulations to Nick Cording for winning the Money Tree Raffle and to Russ Johnson for winning the 2nd prize donated by Avonbrook Wines.

Events to watch for:

17th May AKF State Championships - Morley Recreation Centre
31st May Margaret River invitational tournament - Margaret River
8th November 9am Northam Recreation Centre - Clackline/Toodyay Karate Club Invitational Tournament.

Toodyay Bowling Club

LADIES REPORT

MARCH - Judith Walton played in the Champion of Champion Singles at Dowerin on 26th and 31st and did really well.

April - on 1st and 8th we played our Handicap Singles Championship (and who forgot to come). The winner was Kaye Rewell and R/ up Enid Rose. This was the President's Trophy so thank you to Enid for donating this trophy.

We have our Gala day on 2nd May and sincerely thank everyone who has sponsored or helped in any way for this day.

Our season proper ends this month but we will be continuing a winter season on Thursdays, this being a mixed competition.

NEW BOWLERS

We would like to invite anyone wishing to learn to bowl to join us in a winter mixed competition commencing on Thursday 7th May at 1pm. Please be there 15 - 20 minutes earlier so that the teams can be drawn. Cost will be \$5.00 per game and there will be money prizes.

Kaye Rewell

Football

Toodyay Lions Start 2009 Season with First-up Win

TOODYAY pulled off a great win over Calingiri Cougars by 32 points at the Calingiri Oval on Sunday 26th April. Final scores: Toodyay 22.15 (147) def. Calingiri 17.13 (115).

The Lions were in trouble early in the game with Calingiri kicking the first four goals. Calingiri coach, Clayton Smith looked the danger man, kicking 6 goals while Dan King also kicked a few.

Ryan Peace kicked the Lions' first while Sam Stanton, playing his first game for the Lions in two years, kicked a few. Former Gingin player, now with the Lions, Matt Cameron showed he will be a very handy player for his new club. Both Peter Dasborough and Dave Weston were in good form, picking up a few goals and young Steven Cousins played well.

In the second quarter, Toodyay kicked 7 goals to Calingiri's 3. In the third quarter, Calingiri kicked 9 goals but the Lions took over the match in the last quarter.

Toodyay Reserves side also had a convincing win over Calingiri.

Northam Netball Association

THERE were six games played to finish off the third round for juniors and seniors on Saturday April 4th with results as follows:-

Seniors

ACU	71	def	Royals	12
Australs	47	def	Cougars	30
Jetz	33	def	Dale Tigers	19

Juniors

Hotshots	76	def	Roxettes	7
Deejays	44	def	Rockets	12
Lions	26	def	TNT	13

REMINDER - Netball starts again for juniors and seniors and season starts for Netta and Sub-Juniors on Saturday 2nd May after school holidays.

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toodyay sports



Happy "A" Grade Cricket Team



"B" Grade Team

Cricketers Looking Good

THE Toodyay Senior Cricket teams have a new look; new team shirts have given an impressive look to the Toodyay teams, easy identified with the maroon side paneling. Feedback from opposition sides and spectators has been positive and a great response was received from local viewers watching the 20 – 20 evening games held in Toodyay during January.

Special mention must go to Richard Gallaher Air Conditioning P/L and the Toodyay Tavern, the club's sponsors this season, for their fantastic supporting role towards cricket in Toodyay.

Toodyay submitted two senior teams this season and all players need to be congratulated on their efforts to fill both sides. This season has seen many of our younger members in the community supporting both teams. It has been great to see many Dads and family members participating together in teams.

With the likes of Peter and Jack Dasborough, Mick, Kristian, Damon Geary, Wayne Mastin, Jamie Mills and other members, brothers Jeff and Matt Parnham, Corey and Damien Higgins and special mention must go to Melinda Lucas who took on the fielding role to support player numbers in B grade.

Appreciation is extended to Dave Mitchell and staff from the Toodyay Tavern for the supplying the player of the round meal vouchers.

NEWS FLASH: Toodyay "A" Grade makes finals. See next month's edition.



Final training session for "A" grade finals



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U/15's Cricket Team

The Toodyay U/15's team has been short of players all season having fielded games with only 8 players, but still managed to win games finishing third and producing a high standard of cricket. These talented players need to be congratulated for their efforts and sportsmanship. Big thank you from team players goes to Peter Dasborough and Mick Geary for providing their assistance and time towards coaching, scoring and umpiring. As there have been a limited adults each Saturday. Without their dedication and commitment there would not have been an U/15's team.

Congratulations to Jack Dasborough for achieving the "Most Runs"(242) for U/15's Junior Cricket Avon Association.



U/15's Team 2008/9

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Avon Valley Adult Riding Club

THE club's Trivia Night, held at the racecourse last month, was heralded by all who were there as a terrific success.

The night was expertly emceed by Alison Trent, who can obviously give up her day job as a teacher and take up event hosting! Thanks must go to Liz and Lindsay Gibson who put together the questions and ran the 'in between question' games, to Nick Goss who did the scoring, to the Race Club for providing the venue and to all the members who helped at the busy bees to get the venue looking so good.

Winning table was 'First', unfortunately no names available, but the losing table was our own 'Warmbloods', made up of Suzette, Tina, Mel, Leanne and Kylie. Bjorg won the door prize and Suzette tossed the coin nearest to the bottle of Glen Fiddich and took that away.

Special thanks to the major prize sponsors, namely Northam Garden Centre, Terrace 123, Avon Valley Stockfeed and Garden Supplies. Oliomio Olives provided a delicious tasting table at the start of the evening and were kept very busy with enquiries, and the club thanks Francis and Barbara for their time. Coorinja Wines had a wide selection of wines and ports for the wine tasting and also for sale, and we thank Joanne and Mike for their help in making the evening flow along.

For those who saw the pink picture in last month's herald and didn't know why it was there, well, the caption that did not appear would have solved the mystery: it was Julie Malley winning a prize for the most creative use of pink at a breast cancer hack day.

The next big event happens in a few days – that is the adult riding clubs interclub autumn challenge, hosted by our club. The day will be a gymkhana with hacking, jumping, handy pony and novelties. Entries are flowing in from all the other adult clubs and it promises to be a great day. Results of the trophy winning clubs will be in the next issue of the Herald.

Don't forget to read the club newsletter to

find out what time your lesson is, as each group is rotated and the times change.
Safe riding.

Caroline

Toodyay Tennis Club

THE AGM was held early in April and we have a new president, Bob Matten, so congratulations to him and we wish him well. The vice chairman is Mike Edwards; also congratulations to him. Other than that everything stays the same. Mel Fox is Tuesday captain and Ron Coombs runs the Friday evening sessions.

The evening was well attended and supper was provided by all the members. After the meeting tennis commenced, a late night for them all but by all accounts very enjoyable.

Now to a bit of gossip.....who was, a few months ago caught out and had to spend time waiting for all their clothes to dry, I mean all their clothes, at the club and had to use the towels in the loo's to cover up? All strictly above board I might add (I know we want new members but we aren't that sort of club. Just in case you're thinking, forget tennis - that sounds like fun) I'll leave you all guessing.

The weather is perfect now and the numbers are so good, we still start at 8.30 but will once the weather gets colder start at 9.00. Mel will advise you all when that starts.

A few members are off on holidays shortly so we wish them all a great time. Don't forget to come back though and take your racquets with you. Then, you can have a knock about wherever you maybe.

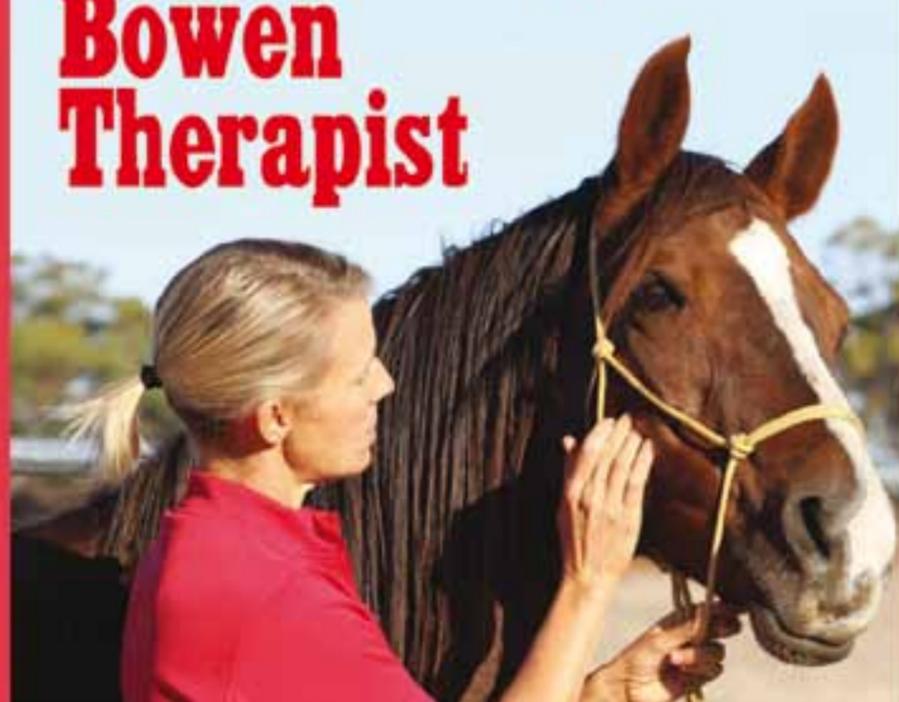
There will be an exciting offer announced a bit later in the year so watch out for that all you would-be players.

I have been laid up with a knee injury, not through tennis, as you know I only watch and chat - purely cob-webbing and injured my knee, but thanks to Berly and Tim I get about with their crutches, so I still get there to cheer them on and do the morning teas.

That's all for this month's news. Enjoy the weather and come to tennis!

Angela Fox.

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