

news from

our Shire

August 2010

Message from the Shire President



Another budget process is over, with some good results for the Toodyay community. This year will mark the 175th anniversary for the Toodyay townsite, and Council will work in consultation with the community to celebrate this momentous occasion.

The 2010-2011 Budget will also see the launch of a maintenance program for Toodyay's many facilities, and the refurbishment of the Newcastle footbridge. Our young people have also benefited through this year's budget, with a new skate park on the way to be located within Duidgee Park.

August will mark the sixth consecutive year for Toodyay's Festival of Food. Held in conjunction with the Avon Descent, Toodyay will welcome visitors from around the State. Last year this event attracted over 5,000 people to the town. These sorts of events are a fantastic way for the Toodyay business community to enjoy additional revenue through tourism. I am sure residents will also join with the Shire to celebrate and showcase Toodyay, its uniqueness and attractions to the wider Perth community.

Over the coming months, Council will be placing tourism under the microscope. Toodyay Visitor Centre continues to serve over 3,000 visitors each month. The Centre and its operations are vital to enticing tourists to the town, and our Acting Chief Executive Officer is currently assessing the operation of the Centre, and exploring opportunities for enhancement and growth.

Later in the year, Toodyay will be showcased to over 40,000 potential visitors at the Perth Royal Show, following the Shire's donation to the Avon Valley Tourism Organisation. In a unique display, our town will be presented alongside other localities within the region.

I trust you will enjoy this month's Shire News, and please do not hesitate to touch base with me regarding any Council matter you may wish to discuss.

Chris Firns
Shire President

Council Dates

19 August 2010

Ordinary Meeting of Council
Toodyay Shire Office, 7pm

16 September 2010

Ordinary Meeting of Council
Toodyay Shire Office, 7pm

Budget Makes Progress For Toodyay

Refurbishment of Newcastle Footbridge, Toodyay's 175th celebrations, a new skate park and the upgrade of the grandstand at Toodyay Showgrounds are just some of the items on the 2010-2011 budget.

The Shire's existing buildings will also form part of an ongoing maintenance program funded through this year's budget.

Acting Chief Executive Officer Simon Fraser said though the Shire is always limited with its financial resources, some good outcomes have been achieved during this year's budget process.

"Whilst this is the budget available to the Shire at this point, Council through its administration staff will most definitely be seeking grant funding opportunities throughout the year, to further enhance our service and facilities for the Toodyay community.

Shire rates have now been distributed, and ratepayers who can pay their rates before 1 September are eligible to enter the rates incentive competition, with a heap of prizes up for grabs, from overnight stays in Perth to a gas fired pizza oven.

"Council has been extremely fortunate to receive donated prizes from local businesses and those based in Perth for our rates incentive scheme." Mr Fraser said.

The Shire of Toodyay budget is available for viewing on the Shire of Toodyay website at www.toodyay.wa.gov.au.



Refurbishments to the Newcastle footbridge are planned for during the year

Marnie McQueen Helps Recovery Process



Council's Recovery Committee delivered yet another successful fundraising event with celebrated performer and comedian Marie McQueen with her eclectic mix of characters from an Aussie backpacker, a border security officer and a Cottesloe bride.

Fundraising was boosted by a raffle drawn during interval. The evening proved a real community effort, with raffle donations, Toodyay Football Club on bar, and individual contributions including Vicky Haggerty controlling stage lighting, and Peter Jackson on the sound system.

The Recovery Committee continue to deliver monthly update meetings for residents and fire-affected landowners at the Toodyay Memorial Hall on the first Saturday of the month.

Buying Local Pays Off!



Mother of three and local resident Roslyn Bowman was recently rewarded for buying local, receiving two tickets to Perth's Good Food and Wine Show.

An avid fan of Master Chef, Roslyn was excited to receive the tickets from the Shire's Acting Chief Executive Officer, Simon Fraser and planned to use them for a family day out.

The 'Buy Local' promotion was run during June.

What's On At the Library



Story Time and Teddy Bears

Toodyay Public Library set the scene for a Baby Rhyme and Story Time with a difference during July. Local children enjoyed stories and songs about teddy bears from long serving volunteer Alison during a teddy bear's picnic extravaganza.

New Club Explores Crime

Adult residents are welcome to join the Toodyay Crime Club who meet regularly at the Library to explore crime, reasons for crime and the deconstruction of crime scenes.



Join in at their next meeting **Friday 20 August from 10am**. For further details, contact the Library on 9574 2323.

Sharing a Good Read

Toodyay Public Library plays regular host to 'Sharing a Good Read'. This month, meetings will be held on **Thursday 5 and 19 August from 9:30am at the Library**.

Morangup Library

Toodyay Public Library will visit Morangup Community Centre on **Tuesday 10 and 24 August at 3pm**.

E-Waste Collection On the Way

The Shire of Toodyay in conjunction with other AROC Councils (Chittering, Dowerin, Goomalling and Northam) and with the support of the ZeroWaste Initiative are holding a one-off eWaste collection over the month of September....so save your eWaste!

Electronic waste can contain hazardous materials, such as lead and mercury, which when sent to landfill can leak into waterways and cause irreparable environmental and human harm.

What is eWaste?

Computer parts, televisions, monitors, desktops, laptops, printers, photocopiers, scanners, faxes, hairdryers, mobile and landline phones, projectors, cd drives, cordless tools, electronic games, joysticks, cd's, dvd's, cameras, dvd players, videos, and speakers.

Ewaste can be dropped off free of charge during the month of September at the Toodyay Waste Transfer Station, Railway Road thanks to funding from the Waste Authority of Western Australia.

Don't Forget Your Building Licence!

When planning to build a new home, it is important for all potential builders, owners and contractors to note that no works, including earthworks should be undertaken until a building licence has been issued.

Undertaking works without a permit could result in a fine, and costly modifications may be required for those developments not complying with requirements.

For contractors, it's important to first ask the question of landowners "Do you have a building licence?" To landowners, don't take the risk. Before beginning site works, talk to the Shire of Toodyay about applying for a licence.

For more information please contact the Shire of Toodyay's Development Services Unit on 9574 2258.

Stay on Your Feet Week

The Shire of Toodyay will join forces with the Autumn Club to deliver Stay on Your Feet Week following the securing of grant funding from the Injury Control Council of Western Australia.

On Wednesday 15 September from 10am to 2pm, the Toodyay Showgrounds will set the scene for an information and activities day.

Enjoy a yoga demonstration, a presentation on managing your medicines, and information on health and nutrition.

A healthy morning tea and lunch will be provided.

To register your interest, please telephone Shire of Toodyay's Be Active Coordinator Jo Buegge on 0428 291 302.

Budding Socceros Wanted for Games without Red Cards

In the wake of the World Cup, the Shire of Toodyay and Toodyay Soccer Club have joined forces to deliver an Adults Social Soccer Competition each Wednesday evening from 6pm at the Toodyay Showgrounds commencing on 25 August.



The competition is supported by Active and Healthway, and will run over seven weeks, with the winning team bestowed the prestigious Toodyay Social Soccer Competition Cup.

Gather six friends together (3 males and 3 females) and register your team. Registration forms are available from the Shire of Toodyay Administration Office, or you can download it from the Shire's website www.toodyay.wa.gov.au.

FOR PUBLIC COMMENT PROPOSED ARTS AND CRAFT CENTRE, WINERY AND AGRICULTURE INTENSIVE DEVELOPMENT

The Shire of Toodyay has received a development application for an Arts and Crafts Centre, Winery and Agricultural Intensive Development at Lot 44 Sandplain Road, Toodyay.

The applicants are proposing an art gallery and winery. This is to include a cellar door, open to the public Wednesday to Sunday between 10am and 4pm. The cellar door is proposed to display a variety of local art work. Further to this, the applicants are proposing to cultivate grape vines, along with an orchard of stone fruits.

Your views on the proposal are encouraged and welcomed. Submissions on the proposed development may be addressed in writing and lodged with the Chief Executive Officer, Shire of Toodyay, PO Box 96 Toodyay 6566, **by 4.00pm on Wednesday 18 August 2010**.

Further information on the above proposal is available on the Shire's website www.toodyay.wa.gov.au or by contacting the Shire's Development Services on 9574 2258.



'Get the Vitality Pumping Challenge' is On Again!

Residents within the Shires of Goomalling, Toodyay and Dowerin are invited to take part in the Be Active Get the Vitality Pumping Pedometer (GTVP) Challenge.

The challenge commences on **Monday 20 September**, with pedometer readings taken over a four week period. At the end of the challenge, the Shire with the highest steps per capita will be awarded the GTVP Challenge Trophy.

An information session will be held on **Tuesday 14 September at the Toodyay Showground Pavilion from 5.30pm**. Learn all about the program, have your blood pressure and BMI reading and hear from a qualified Dietician.

If you would like to participate but cannot attend the session, telephone the Shire's Be Active Coordinator Jo Buegge on 0428 291 302 to arrange collection of your information pack, registration form and pedometer.

BE ACTIVE



WATCH THIS SPACE

for details of the Be Active Team Sports Challenge.

For further information, telephone Jo Buegge on 0428 291 302

Like to receive Our Shire News via email?

Register your details by downloading the form at www.toodyay.wa.gov.au or email us at records@toodyay.wa.gov.au.

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7 Piesse St, Toodyay
7 Days Per Week: 9am - 4pm

T: 9574 2435
F: 9574 2431
E: visitorscentre@toodyay.wa.gov.au

Toodyay Library
96 Stirling Tce, Toodyay
Mon to Fri: 9am - 5pm, Sat: 9am - 1pm

T: 9574 2323
F: 9574 2323
E: library@toodyay.wa.gov.au

Toodyay Fire and Rescue Service Celebrating 100 years in October 2010



photo finish

Toodyay Fire Brigade 1912
Back: W Meadley, LA Kingston, KE Wroth, J Meredith, F Kingston, H Keane, EJS Wroth
Centre: VGC Riseley (Sec), OL De Mamiel (Capt), R Watters (F'man)
Front: L Purser, LS Teague, W Tideswell

Psychological Health

Perils of the internet

Richard Taylor
Registered Clinical Psychologist

ON the internet we can be everywhere and access unprecedented amounts of information. However, mounting scientific evidence suggests that the net with its constant distractions and interruptions is also turning us into scattered and superficial thinkers according to a recent article in the Weekend Australian. It is about velocity not depth.

Daily distraction by emails, alerts and other messages diminish understanding compared to being able to concentrate. Multi-tasking undermines creativity compared to taking in information in a more sedate and focused manner. The article stated that only when we pay deep attention to a new piece of information are we able to associate it "meaningfully and systematically with knowledge already well established in

memory." This is according to the Nobel prize-winning neuroscientist Eric Kandel. Such associations are essential to mastering complex concepts.

The article highlighted that in being constantly distracted and interrupted, as we tend to be online, our brains are unable to forge the strong and expansive neural connections that give depth and distinctiveness to our thinking. 'We become mere signal-processing units, quickly shepherding bits of information into and then out of short-term memory'.

While screen-based media strengthens visual-spatial intelligence it has been accompanied by new weaknesses in higher-order cognitive processes including abstract vocabulary, mindfulness, reflection, inductive problem solving, critical thinking and imagination.

While the internet has had many benefits in its impact on the world at the same time it has had negative ramifications as suggested above. Some people are preoccupied with the internet and unable to control their use. Increasingly such internet use can jeopardise their employment and relationships. A study conducted by Stanford University's School of Medicine estimated that nearly one in eight Americans suffer from at least one sign

of problematic internet use. Reports also indicate that internet addiction has become a serious public health concern in many countries.

The term 'internet addiction' might be viewed as an impulse control disorder comparable to gambling because of the overlapping criteria.

Signs of Internet Addiction

One researcher has developed an *Internet Addiction Diagnostic Questionnaire*. Meeting five of the following symptoms were considered necessary to be diagnosed:

- Do you feel preoccupied with the internet (think about previous online activity or anticipate the next online session)?
- Do you feel the need to use the internet with increasing amounts of time in order to achieve satisfaction?
- Have you repeatedly made unsuccessful efforts to control, cut back, or stop internet use?
- Do you feel restless, moody, depressed, or irritable when attempting to cut down or stop internet use?
- Do you stay online longer than originally intended?
- Have you jeopardized or risked the loss of significant relationship, job, educational or career opportunity because of the internet?
- Have you lied to family members, therapist, or others to conceal the extent of involvement with the internet?
- Do you use the internet as a way of escaping from problems or of relieving dysphoric mood (e.g. feelings of helplessness, guilt, anxiety, depression)?

Other symptoms include:

- Failed attempts to control behaviour
- Heightened sense of euphoria while involved in computer and internet activities
- Neglecting family and friends
- Neglecting sleep to stay online
- Being dishonest with others
- Feeling guilty, ashamed, or depressed as a result of online behaviour
- Physical changes such as weight gain or loss, carpal tunnel syndrome
- Withdrawal from other pleasurable activities

I will end with a quote by Roman philosopher Seneca who lived some 2,000 years ago: "To be everywhere is to be nowhere."

Health Matters

Dr Richard Walkey
Toodyay Medical Centre

GOOD cholesterol or HDL cholesterol has been found to significantly reduce cancer risk; it appears the higher the better. One way to potentially increase the amount of HDL is by increasing fish intake.

Tranexamic acid has been around for years and has conventionally been used to treat excessive period bleeding. A recent trial where a 1g loading dose was given intravenously over 10 minutes followed by a further 1g over 8 hours seems to substantially reduce the risk of death in bleeding trauma. A 15% reduction, compared to the control group, was achieved although it did not seem to reduce the need for transfusions or the amount transfused. The drug is not expensive and since more trauma deaths are in middle to low income countries it could potentially save 100,000 lives a year.

If you have ever thought of buying drugs online, be careful to check the site and whether it truly is an off-shore pharmacy. WHO or the World Health Organisation estimates the sale of counterfeit drugs has reached a staggering US\$75 billion – that's right billion.

Talking of Viagra (as this is one of the main drugs targeted), an expert in Sydney states that Male Menopause is a fictional illness and relates to aging rather than a hormonal deficiency. Loss of erections could be from cardiovascular disease, in particular atherosclerosis, and needs treating in its own right. Regarding PSA or prostate specific antigen: while not being 100% reliable its effectiveness is being improved as we learn more about testing and when and whom to refer.

As of the 1st July Mandatory Notification of Colleagues has been introduced. The aim is to make a safer environment for patients by reporting colleagues thought to have a problem that could interfere with their safe and efficient work practice. This scheme relates not only to doctors but chiropractors, dentists, nurses and midwives, optometrists, osteopaths, pharmacists, podiatrists and psychologists.

St John Ambulance

Karen Jacomelli

IN the mid 1900s facility issues were debated. Then, around 15 years ago, the seed for a better training facility was planted by Peter Maughan and Jenny Wilcox (committee members). Peter drew on the back of a cardboard box that formerly contained teabags.

It grew over the years, culminating in the efforts of Pat Bradley (2003-7 chair) and Rex Oliver (past Regional Manager) to ensure funding and the groundwork for the current facility.

The next chairperson, Michael Morgan, continued the momentum during his term in the chair. His enthusiasm and energy has been an asset to the service. With the

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St John Ambulance *Continued from page 22*

assistance of other volunteers the new building is a credit to their efforts.

Along with the support from the community and, in particular, Lotteries West, Bendigo Bank, Toodyay Shire, Shire of Victoria Plains and local businesses, the service now also boasts a new facility in Bolgart which is functioning and awaiting



Outgoing Chair Michael Morgan pictured with incoming Chair Sandy Smith

official opening. Morangup is in the process of having a facility for the housing of the ambulance there.

The service now welcomes to the Chair a long standing volunteer ambulance officer and contributor to the service, Sandy Smith.

Volunteers not only attend emergency calls but they attend monthly skills training, sporting and other community events. Some run first aid training and 'skills for life' courses at the school.

Seven officers have completed their Advanced Ambulance Care re-accreditation which must be renewed every three years. Congratulations to Pam Tennant, Sandy Smith, Georgie Troupe, Lyn Somers, Pat Bradley, Chris Edmunds and Valerie Cale.

For the month of June there were 27 callouts comprising of 24 for Toodyay, 1 for Bolgart and 2 for Morangup, travelling a total of 2,817kms.

If members of the public want to show their support by purchasing tickets in the Winter Shopping Trolley raffle you can obtain them at the First Aid Post at the Food Festival on Saturday the 7th August or at Toodyay Hair Studio. Or you could talk to our recruitment officer, Fletch, about becoming a volunteer.

If you want to do a first aid course, a 2-day course is coming up on the weekend of the 18th and 19th September so contact Jenny Wilgoss to secure a place for this training.

Inner City Outreach Ministry in South Africa

Katherine McDougall

THESE last 2 weeks of ministry in the inner-city streets of Pretoria were an incredible eye opener for me because we were exposed to so many ministries. I saw and exercised things in such a different light and my whole attitude changed so much. I had a love for these people that I'd never had before - God's love through me.

Each day at 12 o'clock, we'd journey 45 minutes by foot from our accommodation through the crowded, noisy city streets of Pretoria where we passed hundreds of people and small African stalls. I saw some people sitting down on the ground begging for money, men working on the roads, people hurrying to work, others curled up and sleeping on pieces of cardboard. It was such an eye opener just to walk through the city and to see these things first hand.

Usually you hear about the poverty but



not actually see it for yourself, yet I did and it really gave me a new perception for these people and their lives.

Cross Roads is the name of the organisation we worked alongside during these 2 weeks.

It's a partner ministry with OM and they own an old white house called 'Coffee

House'. This is open to the homeless people where they are served coffee / tea / dinner each day and lodgings. We met at the white house before we went out to our different ministries for the day.

After lunch each day at the Coffee House, we'd all meet in our teams and go out into our different ministries from 2-5 pm and then from 7-9pm.

Some of these ministries were:

- Going to the taxi stations (ranks) where hundreds of taxis and Toyota vans were parked. We offered to wash their windows for free. We didn't even have to share the gospel, just being white people and offering to wash their vans for free was the biggest testimony we could share. They couldn't believe we'd do it for them.
- Serving food and drinks to the homeless people at the Coffee House and joining their table and chatting with them. The people seemed to really enjoy that we took the time to sit down with them and chat. We also were involved preparing huge pots of rice and stew.
- Street ministry / evangelism where we'd walk through the streets and talk with random people about God and what we were doing. Sometimes we'd take the guitar and sing lots of worship songs. This way, we could share with them God's love, without preaching to them - just singing about it.
- Prison ministry where we visited the Boys' Juvenile Prison (13-23 yrs) where we shared some songs, a testimony and spent time talking with them. A lot of these boys were just 'youth' like me. Some of them were in for stealing a deodorant can, some more serious such as murder. As it was a boys' prison, they hadn't seen many girls for a while so it was interesting as we walked past and saw the astonished look on their faces.

I'd love to share so much more information about these ministries as I experienced so many different experiences in each one, but I can't because you'd be reading forever. I hope these give you a small picture of what we were doing.

Quo Vadis

PRAXIS is the Greek word signifying to acquire a specific knowledge but, as Thoules stated in his *Straight and Crooked Thinking*, "We tend to think wrongly, not so much because we do not know the laws of logic as because there are obstacles in our own mind which makes us unwilling to think straight on certain subjects!"

In parallel with the above 'premise', allow a definition of 'logic' as the science concerned with the principles of correct reasoning and correct inference, either deductive or inductive, which then needs, as above, the definition of the word(s) used in the dialogue/dialectic (the art of examining statements logically). Thus the thesis formal proposition advanced and defended by dialogue/argument of this exegesis is that, because of lack of logic and definition, issue(s) confound! The most pertinent/profound, being that which is attributed to our new Prime Minister.

Both visually and by a recording in which she said, "I am not a religious person; not a believer in God." And yet one of her first grand achievements (as so hailed) was to, by consensus (a general/specific accord) attain a rapport with the mining industry as against her deposed PM's reluctance to negotiate on certain sticking points.

So despite the new PM's disavowal of religion, her government has placed it front and centre of her political style, for this very simple, but confused use/intent of her above pronouncements. So, to get to the nub of this thesis, let us commence by defining what it is to understand about the meaning, not

only literally, but practically as well.

Webster's defines religion as derived from the Latin religio/religare as that which "unites and binds/bonds" besides signifying a system of rules and conduct with laws of action based upon the recognition of, belief in, reverence for, a superhuman power of supreme authority.

Thus the new PM's above refutation is an 'oxymoron', a contradiction in terms, even a dichotomy/paradox (of the above S&C thinking of Thoules in relation to her modus-operandi of negotiation, in which she claims to be different from her predecessor, in that there is a more 'democratic' mantra being followed with her cabinet, government/public duties. It was the biblical James who said, "Show me your faith and I will show my works."

It then becomes quite a fascinating conjecture, as to what goes on in the minds of our federal political representatives when, at the beginning of each day's Parliamentary sessions, the prayer is appealing to that Supreme Authority to vouchsafe that Being's blessings upon their deliberations to the glory of that Being and for the wellbeing of the people of Australia. This had previously been intoned in the preamble of/to the Constitution which recites that the people of the Colonies humbly relying on the blessing of Almighty God, have agreed to unite in one indissoluble Commonwealth, which is, indeed, a recognition of a wealth in common, which now comes into dispute about who has ownership of the resources of the Commonwealth that is buried/mined in each state so that, even though there are dangers in nationalism, there are, equally, dangers in parochialism which, in the guise of, say, the arena(s) of sport, is mostly a harmless pastime except when it becomes encumbered with the 'moloch' of money.

It states in the American Constitution that government cannot make any laws respecting the establishment of religio(n) or prohibiting the free exercise of it. Such has wide-spread acceptance (at least in the democracies of the West.) Not unrelated to the subject matter of religio(n), especially within the warp of this dialectic, one may inculcate the biblical reference of "render unto God the things that are God's and unto Caesar, the things that are Caesar's" which, according to one of WA's wisest, did not leave too much to Caesar which, when a sober judgment is made, there is very little of humankind's basic needs (as opposed to wants) that are not the gifts of benevolence (even accepting the evolutionary effect,

but that is indeed a matter for dialogue.) It is said that Apostle Paul favoured respect for the Emperor and authority. The world church did not merely recognise the state, but should prize it as an institution which, at least, is to preserve peace, and protect its citizens, for justice, order and external morality. At large, it is essential from a personal and public point of view, and should be exemplified in every/all aspects of society - a virtue that was sadly lacking almost from the beginning of republics, but certainly at the root of our present day replica of the decadent Roman empire!

Over the last few decades the influence of the print media has been on the decline, now almost superseded electronically. We even have disputation over the relative merits of e-books over the printed ones (of whatever longevity) which, at heart, is a commercial squabble and not really relevant about the value/virtue of either, for knowledge is the valuable content of both, but does rely in its dissemination, for its practical/spiritual uses.

Pragmatic(ism), the study of events with emphasis on cause and effect, so what follows is not unrelated to what has gone before and above: they are from, either lead or prominent articles in three of Australia's newspapers dating from 1990, 1995 and 2010 beginning with "A society believing in nothing much" which, to cherry-pick, goes thus, "The best lack all conviction while the worst are full of passionate intensity. Yet, as time passes, the moral languor which used to afflict intellectuals touches almost all." There are some plausible arguments for some causes of the malaise but the result is a society deeply at odds on questions of fundamental values, priorities and practices.

Once the church (for which read religion) acted as society's moral guardian. It provided a set of moral guideposts yet now we have come almost to despise virtue (especially in the financial world with its tentacles/influence everywhere!) Only two groups now show much evidence of belief: the green movement often places nature first, people next; some creeds make faith the master of reason.

Finally, the article asks, "What is it that we really value and what can we do to make what is worthwhile more of a reality?"

The second article (severely edited) says, "The independent authority of governments to determine domestic policies is increasingly diluted by the

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Quo Vadis Continued from page 23

extraordinary mobility of international capital, the footloose nature of mega-national capitalism and the understandable motives of self-interest which cause skilled professional, technical and creative people to pursue their best rewards wherever they may be in the world – a globalisation in which there are no borders and to which there is very little loyalty.”

The third contemporary view is “a PM in search of an agenda” and, to parenthesise, “good governments integrate policy into politics.”

So, as always, but also with the addendum of a previous essay, *Road Fork*, what road are we to hope for, given the declamation of not being on the road to Damascus? To quote, “I believe there is only one plausible answer to this riddle – that the conjectures and myths that the human mind produces in its quest for knowledge, ultimately comes from something far deeper than a purely human source.”

They come from the wellspring of Nature itself, from the universal unconscious (Noumena-Spirit) that is bringing forth, through the human mind, its own unfolding reality, which reflects the human mind’s kinship with the cosmos. It is an evolutionary beneficence that some prophets have offered to humankind over many millennia, which has yet to be embraced/received. Now that the village commons is no longer a hope nor a possibility, is self government and sufficiency, the only personal/public choice? Quo Vadis indeed!

Mental Health ‘Thermometer’ to Save Lives

A COLLABORATIVE project between researchers at The University of Western Australia and Perth Clinic could lower rates of self-harm and suicide in mental health in-patients, potentially saving more than 600 lives every year.

Project leader, UWA Professor of Psychology, Andrew Page, said an Australian Research Council Linkage grant of \$177,000 over six years would enable the group to further develop their mental health ‘thermometer’. Professor Page is working with Geoff Hooke at Perth Clinic, a 98-bed in-patient hospital in West Perth treating people with mental health problems.

The ‘thermometer’ aims to enable mental health care workers in hospitals to easily and quickly assess patients’ wellbeing and symptoms every day during hospitalisation and to identify patients who could be at risk of adverse outcomes, such as self-harm.

Just as the thermometer in physical medicine gives a quick assessment of physical health, so the tool developed by Professor Page and his team is an appropriate measurement of mental health. Perth Clinic’s development of the ‘thermometer’ began about four years ago with funding from HBF and Medibank Private. It is the first instrument of its kind to monitor in-patients.

Patients answer a 10-item questionnaire on touch-screens. The questionnaire takes moments to complete and measures symptoms such as anxiety and depression, and a sense of wellbeing which includes optimism and feelings of being refreshed and invigorated. The patients’ answers are monitored by staff who can immediately identify patients whose recovery is on track and those whose recovery is not.

Maira Munro, Perth Clinic’s CEO, said, “Perth Clinic sees the project as an important step in ensuring that the hospital continues

to deliver the highest quality care and will assist the health care sector identifying and preventing adverse outcomes.”

“Most patients come into the hospital unwell and leave within two weeks very much improved,” Professor Page said. “We are interested in the small group which doesn’t show these rapid gains. This project is looking at how feedback works so we can make it more effective for this group and reduce self-harm and suicidal thoughts.”

“An estimated 660,000 Australians are admitted to psychiatric hospitals every year. Of these an estimated 99,000 may be worse off after treatment. We know that monitoring can halve that rate and, if this project can halve the deterioration rate again, then almost 25,000 patients would benefit, representing a saving of more than \$19 million a year in hospital re-admissions. If this project is able to predict and then reduce the suicide rate by as little as 10 percent, then more than 600 lives will be saved every year.”

Customers Warned About Possible Scam

ENERGY retailer Synergy has warned customers to beware of claims from an organisation trying to sell energy-saving devices to people living in Western Australia.

It is understood the organisation is asking customers to pay \$159 for a device that claims to reduce electricity bills by 40%. Synergy has received numerous inquiries from customers who have been contacted by the organisation making the offers, and Synergy is urging people receiving such calls to treat them with caution.

Synergy encourages customers to undertake their own research into an organisation and its products before paying for a product, to confirm their validity. In addition, Synergy says customers should be extremely careful about providing any personal information, such as account details to such organisations.

It is understood the organisation is not based in Australia.

Customers who believe they have been exposed to a scam can contact WA ScamNet – Consumer Protection on 1300 30 40 54.

New Link Between Testosterone and Frailty

A New study indicates a link between low levels of testosterone and frailty in older men.

Published in the July edition of the Journal of Clinical Endocrinology and Metabolism, the study by researchers from the Western Australian Centre for Health and Ageing indicates a new piece of the frailty puzzle.

“This is an important finding because frailty is poorly understood. We don’t completely understand how people become frail, but our study suggests that testosterone might play a role in men,” said lead author, Ms Zoë Hyde. “Not everyone becomes frail as they age, so we’re hoping to find out why some people develop this condition.”

“Not only will this improve people’s quality of life as they age, but healthier populations require less medical treatment, reducing the demand on the health system.”

Frailty is a state that occurs when a person nears the limits of their health reserves, so that when they are confronted by an event they might ordinarily be able to handle, it instead leads to more serious illness or even death. Frailty can be thought of as the straw

that breaks the camel’s back.

While there is some debate amongst the scientific community over exactly what makes a person frail, there is no doubt about the large impact frailty has in older men, their families and those involved in care-giving.

“There have been tremendous gains in life expectancy in recent decades, but we want to make those extra years of life healthier,” said Ms Hyde.

The researchers measured frailty by looking for impairment in at least three of five areas. These included: fatigue, difficulty climbing a flight of stairs, difficulty walking more than one block, having more than five major medical conditions, such as diabetes, heart disease or arthritis, or an unintentional weight loss of more than five per cent during the follow-up period.

The study is part of the big longitudinal Health in Men Study, which has been following a group of randomly selected men since 1996. This study followed a subset of more than 3,000 healthy men aged 70 years and over for up to seven years. However, Ms Hyde cautioned that it is too early to recommend testosterone therapy.

“We’ve found a link between low testosterone and frailty, but we need to be sure that there isn’t some other factor involved. Large-scale clinical trials are needed first to see if testosterone can prevent or treat frailty, and to assess the benefits and risks of therapy.”

“The best thing men can currently do to reduce their risk of becoming frail is to adopt a healthy lifestyle: keeping their weight in a healthy range, eating a nutritious diet, keeping physically active, and not smoking.”

Putting It Back, Together

Men Of The Trees has been working with Western Australian farmers since 1979 with the key aim of helping farmers implement well-planned revegetation projects. *Men Of The Trees* understands the challenges today’s farmers and regional communities face and has just launched a major campaign to raise funds through the Western Australian community to help farmers in ‘Putting It Back, Together’.

“Together we can make a difference and your assistance will help revegetate our state and improve farming conditions,” said Christian Marriott, President, *Men Of The Trees*.

Expressions of Interest are now open to interested catchment groups or groups of neighbouring farmers to apply to work with *Men Of The Trees* on the ‘Putting it back, together’ project. *Men Of The Trees* Revegetation Officers will work with the successful applicants to ensure that plantings fit in with the landscape and with each farmer’s production system. Plantings can be block or belts of tree crops or biodiversity plantings, depending on each project and need. Buffers around remnant vegetation, living bridges, creek line revegetation projects – all will be valid.

None of these plantings are tied to carbon covenants – the trees will belong to the individual farmer. The farmer’s only commitment is to ensure a good survival and look after the trees in the long term – a pledge for the future.

The *Men Of The Trees* team will work with successful applicants to create a project that will:

- Halt wind and water erosion to keep valuable top soil in place;
- Utilise excess ground water to halt salinity and water logging; and
- Act as living bridges so that native fauna can move across the landscape.

For the initial project, they are looking for a group located within two hours of Perth and to expand on this range as the project develops. Planting will start across several farms in 2011.

If you are interested in working with *Men Of The Trees* over several years to make a difference to your land, please fill in the expression of interest form at www.menofthetrees.com.au.

“This will help bring our state back to a landscape full of diverse animal and plant species while creating new income opportunities for regional communities and ensuring we can have sustainable farming landscapes into the future,” said Christian.

Men Of The Trees aims to bring people together to grow and plant seedlings to achieve healthy, productive, sustainable farming landscapes.

For more information visit the website at www.menofthetrees.com.au or call 9250 1888.

Please work with *Men Of The Trees* by ‘Putting It Back, Together’.

Local Sporting Champions Programme

THE Australian Sports Commission is providing grants to juniors (competitors, coaches, officials) who find it difficult to meet the ongoing and significant costs associated with participation at sporting competitions, particularly those from regional areas.

The Local Sporting Champions programme is an Australian Government initiative designed to provide financial assistance for juniors towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state or national sporting competition or a School Sport Australia national championship. In order to be eligible to apply for a Local Sporting Champions grant, young people must meet the following criteria:

- Be between 12 and 18 years of age (inclusive) at the time of the nominated sporting competition.
- Be participating as an athlete, coach, umpire or referee in an official state or national level sporting competition, endorsed by the relevant Australian Sports Commission recognised national sporting organisation (NSO) or national school sport competition endorsed by School Sport Australia.
- Be required to travel greater than 250km return to participate in the nominated NSO endorsed state or national sporting competitions, or national school sport competition.
- Be an Australian citizen.
- Must not have been the recipient of a Local Sporting Champions grant, whether as an individual or a member of a team, during the current financial year.
- Must not have received funding from other government sources for the nominated national school sport competition or NSO recognised state or national sporting competition.
- Must not be participating in a professional competition that involves prize money.
- Applications must be submitted to the Australian Sports Commission prior to the competition commencing.

For more information and to apply for a grant please follow the link below: http://www.ausport.gov.au/participating/schools_and_juniors/juniors/get_involved/local_sporting_champions.

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- Please phone **9574 1061** to book appointments or make enquiries.

I Voci Sings Fauré

THE acclaimed New I Voci Singers will present their annual 'Spring in the Ballroom' Concert in Government House Ballroom on Sunday 29th August at 3pm.

Since returning from their third highly successful tour of Germany in early February, I Voci's engagements have included the 'Anzac Day Memorial Service' on the Perth Esplanade, the 'Best of British' concert at the Perth Concert Hall and the 'Voice Moves' mid winter concert involving seven choirs which raised funds for the Salvation Army's Winter Appeal.

The members of I Voci (including one Toodyay-ite) are currently preparing for their 'Spring in the Ballroom' Concert. Their programme for this recital will consist of a range of works from 16th Century to items of a contemporary nature, including American based works by John Rutter and arrangements by Aaron Copland in the first half, with the second half devoted to a performance of the well loved Faure Requiem accompanied by a select orchestra of leading West Australian musicians.

Tickets can be purchased online at www.ivoci.org.au.

With a view to fostering a love of choral singing I Voci will host an informal 'Sing with I Voci' community work shop for young people in October. This event will be free of charge.

This busy young choir is committed to performing for community and charity organisations. Its final engagement for the year is the Rotary Club of Perth's New Year's Eve 'Vienna Pops' Concert at Perth Concert Hall. This popular event has raised in the vicinity of \$400,000 during its 23 year history.



The Avon River at West Toodyay Bridge showing low water levels

Will Promised Rain Raise Levels Enough?

Grant Scobie

WATER levels in the Avon River are currently at their lowest in years. Predictions are that they will be similar to those of 2006.

With a record number of entries, a lack of rain through July has caused some concern as to the water flow.

Canoeists will need to paddle more as there will be very little current to help them out. The low levels can also cause more injuries on rocks and snags although, because of the slower speed, canoeists will have more time

to make choices.

With showers promised on the Thursday and Friday prior to the race, little hope is held that they will raise the levels to a more traversable height. Rains in the week prior to the race made it easier with competitors not needing as much portage as they practised but most of the water upstream will have flowed through by the weekend of the race.

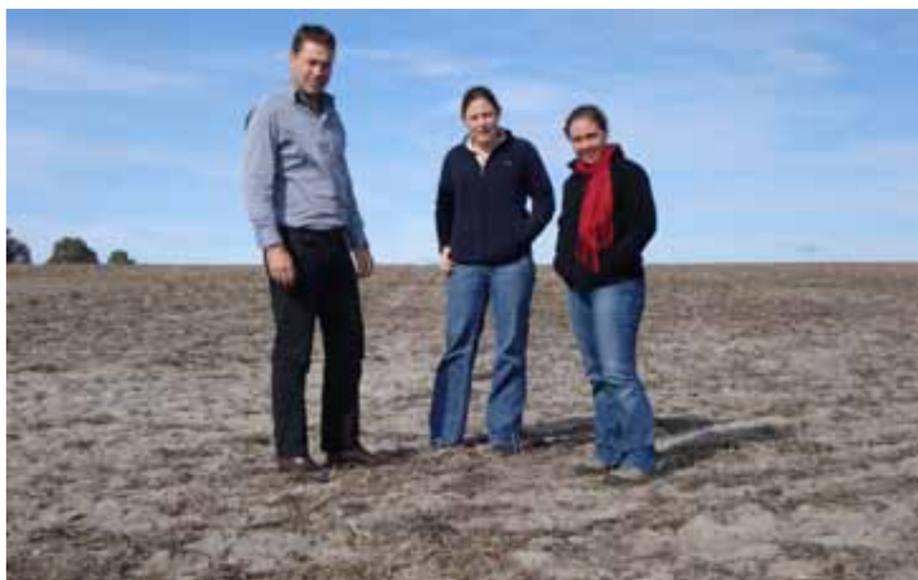
The Avon Descent website (www.avondescent.com.au) states, "The river was measured at 0.37m at Walyunga on 29th July at 2pm. Based on current forecasts, the

Northam Avon Descent Association (NADA) anticipates a level of 0.3m or above for the 7th and 8th of August (similar to 2006). It is therefore anticipated that the 2010 Avon Descent will run as per normal. Given the low water conditions competitors should pay particular attention to cut off times as event officials will be removing competitors from the river who do not reach checkpoints on time."

The hope is that the predicted showers will raise the levels in time.



Funding Available to Minimise Wind Erosion



Dan Ferguson (left) and Rochelle Horlin (right) from Wheatbelt NRM and DAFWA development officer Natalie Hogg examine a paddock vulnerable to wind erosion. Funding is available to minimise the risk of wind erosion.

FARMERS in the Avon River Basin have until 30th August to apply for funding to help implement action to reduce the impact of wind erosion on their properties.

The Department of Agriculture and Food is a project partner working with farmers applying for between \$5000 and \$50,000 of Caring for our Country Federal funds as part of the Wheatbelt NRM Soil Conservation Incentives Programme. Department development officer, Natalie Hogg, said wind erosion could be a significant challenge for farmers in the area, especially under dry, cold conditions.

"Wind erosion results in the loss of topsoil and, as a result, valuable soil nutrition, which can result in yield losses and crop quality compromises," she said. "Ideally, a minimum of 40 per cent ground cover is required to reduce the impact of wind erosion."

There are three main categories from which single or multiple management strategies can

be selected:

- integrating tree crops into farming systems
- trial or demonstration of recommended grazing management practices
- trial or demonstration of recommended cropping management practices

Miss Hogg said the department could assist farmers wanting to apply for funding as part of the grazing management practices category.

"We can look at farmers' farming systems and provide guidance on suitable options available," she said.

Applications will be assessed on the suitability of proposed works and applicant's willingness to share their skills and knowledge with the local community. Projects will be supported until the end of 2012.

For more information about the application process contact Natalie Hogg on 9690 2000 or natalie.hogg@agric.wa.gov.au

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Funding for Regional Roads

UPGRADES and safety improvements to 48 local and State road projects throughout the Agricultural Region will soon commence under the latest State Black Spot Program, according to Agricultural Region MLC Jim Chown.

"The Barnett Government has announced over \$1.93 million in funding for 9 State road and 39 local road projects throughout the Agricultural Region as part of the State Black Spot Program," Mr. Chown said.

"The funding is part of a state-wide program split between the State Government and local governments in which \$25 million will be spent at 173 locations: 87 in the Perth metropolitan area and 86 in rural areas." 2010/11 State Black Spot Program projects in the Agricultural Region include:

- \$250,000 to install audible edge lines skid resistant surfacing and improvements to signage on sections of Chidlow-York Rd;
- \$100,000 to realign sections of Northam – Pithara Rd;
- \$104,000 to widen sections of Chittering Rd;
- \$121,450 to install a concrete shared use pathway on North West Coastal Highway;
- \$161,000 to begin construction of a sealed passing lane on the south side of the Coorow-Greenhead Road near Penn Road;
- \$575,000 – to remove vegetation and install an audible centre line on Albany Highway between Wandering and Williams;
- \$293,000 – to widen and seal sections of the Wubin to Mullewa Rd.

"This integral partnership between State and local government focuses on improving safety and reducing road trauma for all road users at critical locations throughout the State," Mr Chown said.

"In the 10 years since the program was established under the Court Government, \$216.25million has been spent on 2,011 road safety programs throughout WA."

For full details of allocations under the 2010/11 State Black Spot Program go to www.mainroads.wa.gov.au/understandingroads/roadsafety/blackspotprogram/ or contact the office of the Hon. Jim Chown MLC on 9481 0082.

Education Holds Key to Boosting Agriculture

THE challenges facing agriculture and food production in Australia and internationally are great. Demand for food is projected to double over the next 50 years from less land base. As such, productivity must be increased. This needs to occur in the context of climate change, increasing world population and a finite global water and fossil energy supply.

The agricultural industry in Australia requires the best minds and a highly trained workforce if these economic, social and environmental challenges are to be met and the opportunities grasped.

The Productivity Commission report of 2005 indicates that agriculture lags behind the community as whole and other segments of the economy, in respect of education. Just seven per cent of the agricultural workforce has a degree compared with the Australian average of 22 per cent.

As one of only two Australian university vice-chancellors with an agricultural background, I am well aware of the problem facing the agricultural industry in dealing with the challenge of feeding a growing world population.

This is exacerbated by the fact that agriculture needs the best minds and a highly trained workforce, yet only seven per cent of the agricultural workforce has a university degree, compared with 22 per cent for the rest of society.

In the United States it is quite normal for farmers to have a university degree whereas in Australia it is unusual, a state that is not helped by the "Dad and Dave" image Australian farmers suffer in the general media.

Agricultural education is facing two challenges, firstly in trying to attract a largely urban population into the faculty and secondly the progressive 'dumbing down' of high school subjects, especially maths.

We have started a bridging course in maths and it is an initiative that will have to be expanded in the future, as research has shown that Australia needs 5,000 graduates

a year to service the agrifood industries, but it produces just 700 graduates a year.

To tackle these problems, the university has decided on some major changes that will take place in 2012 with the degree courses reverting to three years with honours in the fourth year. Double degrees will cease, more bridging courses will be offered and all undergraduates will be expected to study some units that are not directly relevant to their chosen course.

As educators, we must produce graduates who not only have scientific, management and communication skills, but who also understand commercial realities, economics, politics and a raft of environmental realities.

Mathematical and computational skills are becoming increasingly important where meaningful integration relies upon mathematical modelling. It is therefore for us to highlight in a positive and understandable way how agricultural science and technology is keeping us at the forefront of world innovation and discovery.

The University of Western Australia strongly contributes to the international investigation of climate change, from monitoring sheep methane output to decreasing the amount of nitrous oxide in the soil.

Our Institute of Agriculture was the only institution in Australia to receive funding in December last year from the Australian Government Department of Agriculture, Fisheries and Forestry as part of the Climate Change Research Program for research into all three greenhouse gas areas – methane, nitrous oxide and carbon dioxide.

UWA researchers are also working with an international team in a bid to create a new wheat hybrid suited to waterlogged and saline conditions by identifying genes similar to those responsible for the ability of rice to survive in watery conditions.

But to address the ongoing challenge of declining interest in agricultural education, there are several levels where action is required:

- At the Commonwealth and State level, there is a need for assistance for structural reform and for students to travel and study at locations remote from their home and State;
- At the institutional level, there is a need for greater co-operation among institutions;
- There is a need for intensive courses taught in specialist areas by visiting lecturers;
- There is a need for increasing awareness among secondary schools students of the exciting opportunities in a sunrise industry and to dispel the view of agriculture as a sunset industry;
- There is a need for scholarships and cadetships to encourage the best students to study agriculture;
- We also need to implement bridging courses to meet shortfalls in the mathematical and chemical skills of prospective students;
- And in relation to research, we need to support concentration and collaboration with other agencies. For higher degree research, we need additional funding to enable concentration, travel for students, and research infrastructure;

There is now a realisation that agriculture is one of the most complex of professions, requiring a breadth and depth of knowledge similar to that of medicine and veterinary science. To be a competent agriculturalist requires not only knowledge of plant and animal biology but also soil physics and

chemistry, environmental science and management, agricultural business and marketing, computer and other technologies.

In summary, we need agriculture education to cover the entire spectrum from paddock to plate – encompassing productivity, profitability and environmental sustainability.

Modern agricultural education should provide an important pathway for capacity building for the agriculture and food sectors through the training of new professionals and managers for this exciting industry.

We must all ensure that we play our part in promoting agricultural science as an important and worthwhile career.

(Edited extract from speech by Professor Alan Robson, Vice-Chancellor, delivered at: *The UWA Institute of Agriculture 2010 Industry Forum* 16 July 2010)

In Days Gone By - 2

Ron E Waters

IN days of old, lots of fruit was grown between Dewars Pool and Toodyay: two large orchards up Church Gully Road; some small orchards up the Bindoon Road; a large orchard up Phillips Road; two orchards up Coondle West Road. Then there were two large orchards both sides on the Bolgart Road plus a Chinese vegetable garden about five and a half miles north of Toodyay.

The Chinese people, known as the Yocklum Family, loaded their fruit and vegetables on the train off a ramp known as Sun's Landing. There were also orchards up Waters Road and also quite a few orchards down West Toodyay and lots of grapes grown in vineyards including Hoddyswell Road. Grapes were also grown in the Toodyay area for wine making and others for dried fruit such as currants and raisins for market.

Most Toodyay farmers had pigs, sheep and cattle to make a living and lots of draft horses for pulling farm machinery. They also grew wheat, oats and barley for sale. My father in those days sold his wheat privately to a farmer for his pigs through the WA Wheat Pool. Then you could send sheep, cattle and horses by rail from Culham, Coondle and Toodyay as they had cattle and sheep yards there. You could also send small produce such as grain in bags on railway trucks. At Dewars Pool you could only rail small produce such as fruit, eggs, chooks, sheep skins, rabbit skins, kangaroo skins, bags of dead wool and cream in cream cans. I forgot to add that at Culham siding, Coondle siding and Toodyay station you could load bales of wool and get your super phosphate railed up from the super works.

The train also had carriages for taking people to and from Perth. Toodyay has always been a lucky area as there has never been a winter without rain. Although we had a very dry year in 1969, we still grew some good grain crops but we did not have much grass for the stock.

Toodyay Shows in the old days even then drew some big crowds of people. I used to love watching the horses in the High Jumping event. Another that was good to watch was the horses and riders in the Flag race. We had lots of wool entries in those days and lots of sheep in the sheep pens and cattle in the cattle yards.

The exhibition hall was always a place to spend an hour or so on show days; there were so many entries in all sections. We always had a boxing tent come and two of our Toodyay men and one Bolgart man

Continued page 27

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In Days Gone By *Continued from page 26*

could beat the men in the boxing tent every time. There was a stand where, if you were a good shot and could throw a sixpence onto a packet of cigarettes, you could have them. In those days, at show time, the Toodyay hills were covered with pink everlastings. People would come back every year to see those flowers and the show. The train would often blow its whistle on show day right behind the grandstand at the show ground as that is where the railway bridge was. The children loved show day as children never got too many functions in those days.

Australian University Crops Competition

GRAIN Growers Association (GGA) announced recently that registrations were now open for the Australian University Crops Competition (AUCC) being held in Temora, NSW in September.

Following on from the competition's enormous success in 2009, the AUCC allows a fun and competitive environment in which GGA assists students to acquire and apply knowledge of the practical aspects of agronomic and business decision making, as well as to develop students' confidence and communications skills.

Denielle Kilby from the University of New England who placed fourth in the competition in 2009 said it was an experience not to be missed.

"The AUCC gives students the opportunity to implement and extend their current knowledge in a practical environment. It also opens up many networking opportunities, not only with people from industry but also within our peer group.

"The AUCC is a great stepping stone into the 'real' agricultural world; piecing together all the time spent in the lecture theatre," Ms Kilby said.

The AUCC aims to promote and develop an increased awareness and greater connectivity between universities and the rural industry through the combination of technical knowledge and practical skill development and application.

GGA Chairman John Eastburn said GGA was committed to programs such as the AUCC which helped to raise the profile of agriculture as a career choice.

"The AUCC is one way we can focus on agriculture as a challenging yet rewarding career path. Competition participants are provided with both information and resources to better prepare them to enter into a career in the grains industry," Mr Eastburn said.

The competition will be held from 17-19 September in Temora, NSW. This location provides students with access to both lab based competition components and in-field live crops trials.

Students will enter on an individual basis with a combined university team's event running in conjunction. A coach system is in place to assist students in preparing for the competition.

The top five place getters will receive a fully hosted international crops industry study tour.

The AUCC is a unique opportunity that is open to only 40 undergraduate students from universities across Australia and invitational universities from overseas. Registrations are now open but will close on Friday 6th August.

For more information visit the AUCC website www.unicropscomp.com.au or contact GGA on 1800 620 519.

National Walk to Work Day 2010

DID you know that walking to work improves productivity and reduces absenteeism?

Walking is a free, easy way to improve health and manage your weight. And while slimming the waistline, it also trims your carbon footprint.

Walking to work has the added benefits of making you more alert and more productive at work and can help banish feelings of depression or anxiety. National Walk to Work Day is an annual event being held on Friday, 1st October 2010 involving workers and workplaces around the country. Now in its 8th year as a national initiative, Walk to Work Day helps workplaces to support their employees to include regular walking in their daily routine.

This year, individuals can Pledge to Put their Feet First and win one of two walking holidays thanks to wotif.com. Or, win a new pair of Rockport shoes valued at \$250.

Organisations are also being encouraged to register as a Walking Workplace.

From HR Managers to CEO's, business leaders who are looking for ways to support staff and improve productivity by encouraging regular exercise can register as a Walking Workplace. Once registered online, organisations will receive Walk to Work Day posters and e-newsletters with motivational tips for employees, and ideas on how their workplace can become more walking-friendly. They will also be formally recognised as a Walking Workplace with a certificate and their logo will appear on the official walk.com.au website.

Investigation into Travel Website

CONSUMER Protection is investigating an overseas-based travel website which offers flights and accommodation but has recently failed to give WA customers anything in return for their money.

At this stage the site will not be named while further inquiries are made.

The site sells airfares for at least one airline which it is not authorised to represent.

Commissioner for Consumer Protection Anne Driscoll described two complaints received in the last fortnight.

"A consumer purchased a ticket to fly from Broome to Perth but when she turned up at the airport she was advised by the airline that her booking did not exist on their system and that the reference number given to them by the website was non-existent.

"Thankfully she had used a credit card and was able to get the transaction reversed but she still had to pay the maximum price to make a legitimate flight booking on the day," Ms Driscoll said.

"Another consumer booked a return flight from Perth to Melbourne for about \$700. It soon transpired that the airline he was booked with was bankrupted in 1998 and therefore his flight did not exist. Luckily the use of a credit card paid off for him too and he was able to seek a charge back.

"We strongly recommend consumers avoid making bookings through unauthorised websites.

During this ongoing investigation we have discovered numerous travel forums on the web dating back to 2008/09 which list consumer complaints of a similar nature to those brought to our attention."

The Commissioner also advised: "If you

are ever in any doubt about a travel booking, contact us to check on the details of the agent you're dealing with. Remember if you deal with a licensed travel agent in Australia you have improved protections for any losses, through the Travel Compensation Fund."

Consumer Protection would like to speak to consumers who may have had troublesome dealings with any travel websites – they should call 1300 30 40 54 or email consumer@commerce.wa.gov.au.

Scented Weapon Shows Potential to Control Orchard Pest

RESEARCHERS have discovered a new 'scented' weapon to help fight the potentially devastating orchard pest, western flower thrips.

The Department of Agriculture and Food has been testing pheromones, odours used for communication by animals, to attract the pest to traps.

The research, funded by Horticulture Australia Limited, tested two pheromones imported from Europe.

Senior research officer Sonya Broughton said both pheromone products attracted far more western flower thrips to the traps than those without.

"We've been testing the different trap approaches in nectarine orchards in the Perth Hills over the past three years and they worked a lot better than we expected them to work," she said.

"Two to three times more western flower thrips were caught in the pheromone baited traps compared with the unbaited traps. Significantly more other thrips, like plague, and onion thrips, were also caught."

Dr Broughton said importantly, there was no significant difference in the number of beneficial insects caught in the traps, compared with those without pheromones.

"We caught a total of 569 beneficial insects, with brown lace wings and hoverflies the main ones," she said.

Dr Broughton said the use of the pheromones could provide apple, pear and stone fruit orchardists with a new tool to better manage their use of pesticides.

"Western flower thrips can be difficult to control, because it has developed resistance to both new and old chemicals," she said.

"If farmers can better detect them in low numbers, through the use of pheromone traps, they will be able to determine whether or not to spray for them and when.

"This will enable them to reduce costs

and better manage the risk of pesticide resistance."

Western flower thrips is thought to have been introduced into Western Australia in the early 1990s, although the first damage to stone fruit was documented in 2004.

It is now an annual challenge for orchardists in the Perth Hills and in Victoria to control. The pest attacks the flowers, and fruit, resulting in yield and quality issues.

The results of the research are being circulated to industry. The commercial sector has expressed an interest in marketing the pheromones in Australia, as the lures are currently not available.



Department of Agriculture and Food senior research officer Dr Sonya Broughton examines some western flower thrips traps as part of a project to improve detection and control of the orchard pest.

Robyn Sinclair

Member of Australian Therapies Association 2514



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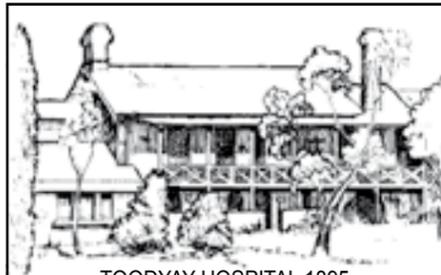
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trades and services

Toodyay Rainfall Explained

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FIRST we wanted rain but not too much or too hard after the fires for fear of everything washing away.

That was definitely the case but then it became too little. We wanted a bit more rain. Surely that wasn't asking too much!

Then the frosts came and what had struggled to grow naturally was devastated by the frost.

Still insufficient rain. But in whose opinion? After all we rely on someone taking the readings in our area. However, it appears that we have not been officially recorded this year.

The Toodyay Herald gets its information on rainfall from the Bureau of Meteorology website (www.bom.gov.au) but this year there were no recordings at all.

At first, we suspected that the lack of information was due to the fact that the months on January, February, March were blank as there had been no rainfall at all. However, we realised that, if there was no rain, the averages would have altered, even slightly.

So the Toodyay Herald contacted the Bureau to ascertain the reason, only to discover that the dedicated rainfall reader had, sadly, passed away.

Finding a replacement had proved difficult for the bureau until recently when the Toodyay Club was kind enough to take on the duties.

So thanks now to our local club we can know what rain we are getting in town, officially.

We shall continue to monitor the BOM website to see what is happening about the missing months on this year's chart.

'trades and services' advertising is now available in colour for our valued customers
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Postie Bike Run 2011

THIS picture, taken on Saturday, July 3 2010 at the Toodyay Lions Club Changeover, saw the presentation of a cheque for \$20,000 being made from the Toodyay Bendigo Community Bank to the Toodyay Lions Club. The cheque marks the start of the fundraising for the Toodyay Bendigo Bank Postie Bike Run in 2011.



Left to Right : Jim Silvester (Outgoing Toodyay Lions Club President), Noel Wark (Jurien Bay Lions Club President), Kirsten Barrack (Toodyay Bendigo Bank Customer Relationship Manager) and Ina Prior (Incoming Toodyay Lions Club President)

The Toodyay Herald

Notice of Annual General Meeting

The Annual General Meeting of The Toodyay Herald Inc will be held on Tuesday 24th August commencing at 7.30pm at The Toodyay Herald 92b Stirling Terrace Toodyay

Shop Local and support your local community

TOODYAY RAINFALL													
Recordings are taken from Bureau of Meteorology (in mm).													
YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
2000	94.4	0.0	13.0	31.6	7.6	73.0	115.6	78.8	26.0	0.8	5.0	2.8	488.6
2001	7.2	3.2	2.6	2.8	60.4	6.4	78.6	70.6	50.8	22.4	28.0	0.0	333.0
2002	9.0	5.4	2.2	52.4	37.2	72.4	90.4	50.6	50.0	27.0	11.4	2.6	410.6
2003	0.0	26.6	46.2	49.0	71.8	120.0	68.6	92.0	75.2	7.0	26.8	6.8	590.0
2004	2.2	2.4	3.4	4.2	73.6	93.2	63.8	82.8	28.6	21.2	35.0	0.8	411.2
2005	0.0	2.2	25.2	10.6	86.0	135.6	43.6	71.6	51.0	22.6	9.6	4.6	462.6
2006	119.5	16.6	3.0	21.2	19.0	29.8	54.8	88.8	73.2	15.6	13.8	9.4	464.7
2007	16.4	26.6	10.2	34.0	58.2	43.2	121.0	74.0	70.4	39.2	0.0	57.6	550.8
2008	0.0	10.8	9.8	76.8	38.2	62.8	146.2	8.4	50.6	43.0	31.0	3.4	481.0
2009	8.0	8.0	9.0	32.6	39.2	83.6	115.0	76.2	56.2	17.2	30.2	2.6	478.2
2010							69.4						69.4
AVERAGE ALL YEARS: (RECORDING COMMENCED IN TOODYAY 1/1/1877)													
	10.7	12.4	19.5	25.9	67.2	99.9	102.7	80.7	48.1	31.6	14.9	9.0	522.6
Driest year 1914 - 255.3mm. Wettest year 1917 - 916.8mm. Wettest month June 1945 - 322.4mm. Wettest day March 9 1934 - 191.3mm.													

environmental matters

Toodyay Naturalists' Club



Lee Francis
President

THE Club held its Annual General Meeting on July 17th at the CWA Hall, where we welcomed more than thirty members, including several Life Members, a founding member and our three eminent patrons, John Dell, Stephen Davies and Neville Marchant. We were extremely pleased to have all three of them present, and each spoke briefly about their long standing connection with the Club.

A new Committee was elected, and we welcome the new members. The office bearers were re-elected. Thank you to all those who attended, (some of whom came a long way on a cold day), who helped with preparation and who agreed or volunteered to be on the Committee.

The President's Report, which was presented at the AGM, will be printed in

full in the next issue of the Club newsletter, being compiled by Desraé.

The big event of the day was the launch of the 'hot off the press' history of the Club. This was a project commenced during the Club's 40th anniversary year in 2008. A number of members assisted with writing and providing photographs, but the majority of research and putting it all together was done by Beth Frayne, assisted by Robyn Taylor and Wayne Clarke in particular.

There is more detailed information in a separate article in this paper, but copies can be obtained by contacting any of the people listed below.

Members were also informed at the General Meeting on the same day that the Club has officially become part of the Keep Australia Beautiful 'Adopt a Spot' programme and we have been supplied with signs, bright lime fluoro vests and

big orange rubbish bags, all at no cost. We intend to regularly clean up the strip of Toodyay Rd adjoining the Morangup Nature Reserve, and welcome anyone who would like to help on these occasions. We also encourage other groups or individuals to similarly 'Adopt a Spot'. Details on how to become part of the programme can be obtained from Wayne Clarke.

Our next gathering will be a wildflower



'expedition' in the Dewar's Pool Rd end of the Shire.

We'll be starting off at the home of members Don and Eva, but meeting to travel to their property at the Visitors' Centre at 9.30am. There are plenty of different sites to explore in that general area, so it will be flexible, depending on the day and what people want to do.

As usual, bring your lunch and morning and afternoon tea, appropriate clothing and footwear for the weather, and, for those who wish, weeding equipment and gloves.

Remember (how can one forget) that 21st August is federal election day so, if you're coming on the excursion and intend to vote, you'll need to either vote before 9.30am, be back in town before 6pm, or lodge a postal or pre-poll vote.

Everyone is welcome to any of our meetings or excursions.

For details, contact President Lee on 9574 2560, Vice-President Greg on 9574 5445, Secretary Wayne on 6364 3609 or Book Editor Beth on 9574 5971.

python watch frogs

Desraé Clarke

Member: Toodyay Naturalists' Club

OUR frogs are still calling, despite our lack of rain, with their variety of sounds from gentle 'squelchs' to resounding 'bonks' from the Pobblebonk. Many of the sounds identify frogs but there are occasions when a frog is seen but it is silent. If this is so, how is a frog identified?

Identification may be from the initial sighting of a frog's whereabouts. It may live in the vicinity of still waters or fresh water surrounded by thick vegetation, in sand like the Sand Frog, beneath rotten logs in damp forest areas or temporary water holding areas of arid Australia.

Noting the colouring of a frog is important, whether there is a strong colouring included like the bright red thighs and groins of the Quacking Frog, or perhaps a white or orange belly as with the White-bellied or Orange-bellied Frogs. Patterning will also assist with identification and whether the skin is smooth or has wart-like tubercles.

Burrowing Frogs tend to have a rounded body, large liquid brown eyes and quite a blunt head. They have strong, short limbs with unwebbed fingers and partially webbed toes that are used as shovels for excavating burrows by shuffling backwards.

Smooth-skinned Tree Frogs are a slender creature and are often found resting on the stems of vegetation. Their fingers do not have webs while the toes are webbed. They have long legs with expanded terminal discs on each digit (finger) allowing them to grip smooth surfaces. They may even be seen on windows of a home because of the suction from the discs.

Another important feature is to note whether a frog has an eardrum (tympanum). It appears as a disc on the side of the head

Continued page 36

2 Week Special.

Onsale 4th August 2010 until 17th August 2010.

Coopers Pale Ale Stubbies Ctn 24/375ml **\$44⁹⁹ ea**

6 pack **\$14⁹⁹ ea**

Sam's Creek Wines 750ml **\$9⁹⁹ ea**

Jim Beam White Label Bourbon 700ml **\$33⁹⁹**

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Jack Daniel's & Cola Cans 4pk/375ml or Bottles 4pk/340ml

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Onsale 18th August 2010 until 31st August 2010.

Guinness Draught 4pk/440ml **\$12⁹⁹**

Yellowglen Sparkling Wines 750ml **\$9⁹⁹ ea**

Jack Daniel's 700ml **\$41⁹⁹**

Houghton Line Wines 750ml **\$9⁹⁹ ea**

Jacob's Creek Classic Wines 750ml **\$8⁹⁹ ea**

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Public Holidays
10am to 6.30pm

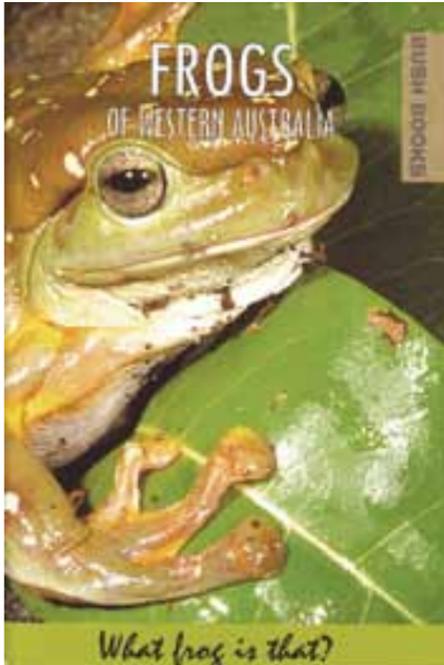
environmental matters

Python Watch *Continued from page 35*
 just past the eye and it may be large, small or nonexistent, depending on the specie. The pupil of the eye may be horizontal or perpendicular.

Our frogs in Western Australia range in size from approximately 1.5cms to approximately 11cms; the female, without exception, is larger than the male. Not all frogs have water-born tadpoles; there are some that change from the egg to the frog within the egg, resulting in the hatching of a fully developed tiny frog.

To correctly identify a frog it is best to photograph all angles of the animal. The front view will capture the mouth and eyes, side view whether it has a tympanum, the limb and skin type and groins, the rear view for skin patterning.

'Frogs of Western Australia' by M J Tyler, L A Smith and R E Johnstone from the



Western Australian Museum costs \$35. It is an interesting edition with wonderful photography and worth adding to a home library.



weed of the month

soursob



Compiled by Wayne Clarke

ONE weed that has become wide-spread in Toodyay is Soursob (or Sour Grass - *Oxalis pes-caprae*), a member of the Woodsorrel Family (Oxalidaceae). It forms carpets of bright yellow flowers along waterways and in reserves during autumn and winter. It is also a major weed of crops, pastures, orchards, gardens and roadsides, and may cause oxalate poisoning in sheep.

Soursob is a weed with stalked leaves and many-flowered inflorescences (the arrangement of flowers in relation to the axis and to each other). These arise on cylindrical stalks that grow from a pale brown underground bulb. Each bulb (usually smaller than 2.5 cm in size) is capable of producing over 20 small whitish bulblets (a bulb arising from another bulb) annually. The leaves are trifoliate (clover-like), and arise from an enlarged basal stem tip, arranged in a loose basal rosette. Petioles (the stalks of the leaves) are usually less than 12 cm long. Each leaflet measures less than 3.5 cm in length

and are often spotted or marked, and have hairy lower surfaces.

Flowers of Soursob are bright yellow, and arranged in umbel (umbrella)-like inflorescences. These inflorescences generally have fewer than 20 flowers each, with peduncles (the stalk of an inflorescence) shorter than 30 cm in height. Sepals are green, less than 7 mm long, lanceolate (lance-like) to oblong in shape. The yellow petals are often clawed, and are less than 2.5 cm in length. Like many of our major weeds, it is native to South Africa.

Oxalate poisoning in sheep

Sheep, in general, tolerate relatively more oxalate in their diet than other animals because they are able to detoxify oxalate in the rumen, thereby preventing the absorption of the soluble oxalates. When large quantities of soluble potassium and sodium oxalates are eaten, they can overwhelm the rumen's ability to metabolize the oxalates, and are absorbed into the bloodstream, forming insoluble calcium and magnesium oxalates. It is these insoluble salts that precipitate in the kidneys and cause kidney failure. In the acute phase

of oxalate poisoning the sudden decrease in soluble serum calcium (hypocalcemia) impairs normal cell membrane function, causing animals to develop muscle tremors and weakness, leading to collapse and eventually death. Oxalates also interfere with cellular energy metabolism that contributes to the acute death of affected animals. In chronic oxalate poisoning, insoluble calcium oxalate filtered by the kidneys causes severe damage to the kidney tubules (oxalate nephrosis). If animals do not die from the acute effects of the low blood calcium levels and impaired cellular energy metabolism, death results from kidney failure.

Livestock should not be grazed on pastures on which oxalate-containing plants predominate without precaution, especially if the animals are hungry and have not been adapted to oxalate in their diet.

Source: *Western Weeds (Plant Protection Society of WA 1997)*

Flora of the Perth Region Part One (Western Australian Herbarium, Department of Agriculture, 1987)

Photograph Wayne Clarke

Toodyay Christian Fellowship

GETTING BACK TO BASICS

We welcome everyone to join us for communion and worship at 9.30am Sunday mornings in the Toodyay Community Centre

If you are interested in getting to know more about God then we have groups that meet informally.

For further information call 9574 5002
 We are a child friendly church

The Toodyay Herald

Notice of Annual General Meeting

The Annual General Meeting of The Toodyay Herald Inc will be held on Tuesday 24th August commencing at 7.30pm at The Toodyay Herald 92b Stirling Terrace Toodyay

environmental matters

classifieds

Toodyay Friends of the River



Desraé Clarke

Photo of Burlong Park courtesy Wayne Clarke

ON Sunday 18th July the Friends met at Duidgee Park before proceeding to Weatherall Reserve to check the area used for 'crew changeovers' during the Avon Descent.

What do the Friends do?

The Toodyay Friends of the River Inc was formed in 1994 and incorporated in 1998 with an aim 'to monitor river health'. It is an independent group of community people working under the guidance and support of the Department of Water.

Over the years many, many, many trailer loads of rubbish, from years of using the river area as a dump, have been removed including concrete, galvanised piping, lawn cuttings, tyres, furniture, etc.

Invasive weeds such as Bridal Creeper, Tamarisk (Athol Pine), False Bamboo, Nasturtium, Sour sob, and other plants that have been dumped in the river environs are monitored and removed. Research by CSIRO into Bridal Creeper control was with, initially, the Leaf Hopper; it failed as the Toodyay summer was too extreme. CSIRO then trialled 'leaf rust', a biological control; this control is working well.

In collaboration with the Department of Water and scientists in north-west and central Australia, Tamarisk (Athol Pine) has had extensive trials of many herbicides to rid the rivers, over a wide area of Australia, of this damaging plant; the Avon River has been included in the trials.

With support from a Toodyay firm and the Toodyay Shire several large stands of the deep, woody-based False Bamboo has been removed with heavy machinery.

The River has been divided into sections

from the Shire of Northam boundary, through the Avon Valley National Park to the Great Northern Highway. It is monitored twice yearly by the Friends who have been allocated individual sections to check water health, feral plant and animal activity, erosion and sedimentation.

Guardianship has been given to the Friends by the Department of Water of the 5.62ha Lloyd's Reserve which is for the public to enjoy. It supports a seed orchard for growing endemic species of Toodyay plants for landowner purchase.

Rubbish removal is attended along Railway Road and Lloyd's Reserve and attention is given to overgrown grasses and trees in river reserves. We fund-raise for insurance cover and to maintain and replace our equipment.

Public education of river care is from monthly articles in the *Toodyay Herald*, the *14 - Year History* publication, the Toodyay Agricultural Show Landcare tent and Department of Water River Care workshops.

Members of the Toodyay Friends of the River attended the opening of Burlong Park, Northam on 19th July. As an Aboriginal Sacred Site, it has important spiritual significance for the Ballardong peoples; it was also a social meeting place for picnics and swimming in the Burlong Pool. With the River Training Scheme of the 1950s/1970s, sedimentation began filling the pools along its length. The Friends interact with groups from towns along the Avon River, and its tributaries, to promote river care.

The Friends' next meeting date is 15th August at Duidgee Park. There will be a BBQ breakfast commencing at 8.45am followed by the Annual General Meeting.

bird of the month pallid cuckoo

Desrae Clarke

Member: Toodyay Naturalists' Club

THE Pallid Cuckoo, also known as the Rain Bird, is calling at present with the male's voice an ascending 'too-too-too-too-too-too-too-too'; the female's call is a hoarse, brassy whistle that is difficult to describe.

The Pallid Cuckoo is a medium-sized bird, 28-33cm, with upper parts a rich mid grey in colour and the underparts an even pale grey. The wings and shoulders are mid-grey and the underside of the long tail is barred. It has a brown eye, with a yellow eye-ring, and a dusky dark line through the eye that extends to the shoulder; its bill is black and it has pale olive-brown feet.

This migratory bird returns to our area June/July to breed. It parasitises species with open cup nests and eggs similar to its own. One egg is laid and, when hatched, the larger, stronger cuckoo chick ejecting the host's eggs or the chicks. The female bird may parasitise several nests each breeding period. Nests of birds that it may use can be Willie Wagtails, Robins, Whistlers, Honeyeaters and Woodswallows.

Following its fledging, the Pallid Cuckoo squawks loudly to be fed by its much smaller adoptive parents; this may attract birds, other than its adoptive parents, to assist with its feeding. The diet of this Cuckoo consists of beetles, grasshoppers and hairy caterpillars. The taking of the latter creature is quite interesting as it

is the only bird species that takes hairy caterpillars – the hairs actually line its stomach, like fur, for an advantage that is not known.



It has a graceful, undulating flight with the raising of its tail as it lands on a dead branch to either continue its calling or to dive to the ground to pick up prey in its bill.

N B – The following sighting is one that has been reported to me and is very, very interesting – it is what the Toodyay Naturalists' Club is seeking to add to its database.

A resident had a visit from five birds that resembled hens - they were busily pecking at grass. He was unable to get close to them but, luckily, he photographed them! Although the photo was quite a distance away it was clear to see the stance, the black tails and the coral pink legs that clearly identified them as the Black-tailed Native Hen I featured in the July edition of the *Toodyay Herald*.

The wonderful observance of this shy, and not often seen bird, was able to clearly identify the species BECAUSE OF THE PHOTOGRAPH!

FOR SALE

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

GARDEN supplies. Top soil (\$44), mulch (\$35), yellow sand (\$44) and sawdust (\$20). Prices for 6 x 4 trailer. Ph 9574 2987, 0438 412 324 or 0439 842 987

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CARAVAN, Windsor Statesman Pop-top, 1992. Island dbl bed, front kitchen, full gas stove, 3-way fridge, roll-out awning, tandem axle with electric brakes. \$13,950ono. Ph 0427 401 373 or 0427 862 294

HENS f/range, \$6 each, 10 for \$50. Pullets 12wks, \$14 each. Del Tues 7th September. Northam /Toodyay. 9846 6055

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CURTAINS, 2prs, pinch pleated Indian cotton, natural colour, each pr covers 2.4m, full length drop, brand new. \$45 per pr. Ph 0418 911 541

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Team Leader – Toodyay / Wheatbelt

Are you our next TEAM LEADER?

We are looking for an individual experienced in all aspects of personal care and who is skilful and dynamic to lead, develop and supervise support worker teams. Our Team Leader will work in partnership with the people we support and their families, to ensure they have the support they need to live their lives.

In addition to providing direct support, the Team Leader will have duties including:

- Developing a good understanding of each person their team supports and what is important to them in their lives
- Developing positive relationships with people we support and their families
- Training, coaching and supervising support workers directly in their work
- Promoting and facilitating positive team work
- Organising staff rosters and schedules and providing back up support when required
- Developing potential resources and relationships with members of the community

This is an interesting and varied position. We are looking for forward thinkers who have a high level of drive and motivation, with a strong desire to succeed.

If this sounds like you we would love to hear from you!

Applicants require a Certificate II or III in Community Care and/or demonstrated 12 months direct care experience, a current driver's licence and a reliable vehicle and a current National Police Clearance.

To apply please forward your resume to Recruitment Officer, PHCS, Po Box 1597, Osborne Park DC, 6916 or email lync@phcs.org.au, or for further information contact Lyn on 9204 7818

Perth Home Care Services - a community benefit organisation.

toodyay sports

Toodyay Tennis Club

Angela Fox

WE are having good attendances for Tuesdays at the moment, which is great. The weather has been really good for tennis as well.

We held a Christmas in July luncheon at the club house this time. We were very fortunate to have wonderful weather and were able to all sit outside. There were 22 of us in total. I think a good time was had by all and, it was nice to see some husbands and wives there as well. Sorry if we didn't tell everybody, as it was only decided shortly before, but we will endeavour to include all of you in future.

We haven't been able to have Friday night tennis of late but hopefully though it may be able to start up again soon.

That's all for this month's news. Keep well and warm.

Toodyay Football

TOODYAY Lions, with the loss of many of its winning team players during the season, has fallen in a huge slump.

With reserve players stepping up to league positions, it's hard to win games.

Toodyay started the season well with good wins against Calingiri, Wongan Ballidu, Wyalkatchem and Goomalling but have been unable to win a game since, going down to Dalwallinu, Calingiri, Dowerin, Wongan Ballidu and Gin Gin.

It's hoped that they can win at least one of their last two games of the season against either Wyalkatchem or Goomalling.

Mortlock League finals start on Sunday 15th August. The MNFL Grand Final is on Fathers' Day, Sunday 5th September.

Avon Valley Adult Riding Club

THE month of July was certainly a busy one for the club, as most members were eagerly preparing for the mid-year closed club gymkhana. The gymkhana was held on Saturday 24th July in spectacular winter weather, with almost all club members in attendance. The morning got off to a good start with the best presented being the first class for the day. The winners of this class were Trevor Blight on Scoobie in the walk/trot ring and Tina Scott on Sapphire in the walk/trot/canter ring. Both riders went on to compete for the prestigious Ali Shar Memorial Trophy. Congratulations go to Trevor Blight and his stunning horse Scoobie for winning this highly contested event. It was fantastic to see a new member to the club taking out this event, especially as Trevor has only recently acquired Scoobie, we look forward to seeing more from this combination in the future!

The rest of the hacking involved rider classes, horse and rider combinations, hack classes, type classes (Thoroughbred, Arabian etc) and finally the show hunter and colour classes to finish off the morning. A special mention must go to one of our new members Kate Johnston, who was at her first show and took home a bag full of ribbons, many of them blue. Well done Kate! It was so nice to see both horses and riders so neatly presented and enjoying themselves.

Thanks must also go to our fantastic judges for the day, for their contributions to making the day as successful as it was. As well as a bag full of ribbons, many riders took home excellent advice on how to improve their performances for future competitions. The exceptionally high standard of judging coupled with the events programme meant that each member got to demonstrate their individual strengths and as a result, leave

the ring with smiles and a ribbon or two.

After a well earned lunch for both horses and riders, it was time to head out for an afternoon of novelties. The novelties for the afternoon included the keyhole race, where riders are timed riding through a narrow keyhole marked out by cones. The winner of the keyhole race was Kylie Hall who showed us that it isn't only the ponies that are quick on their feet. The next race was the bending where members raced each other, weaving in and out of the cones. This event was won by Leanne Murray in a very fast 16.54 seconds! The final event for the day was the barrel racing. This event was won by Bonnie Tuckwell, who managed to win the event with a time of 20.64 seconds.

Thanks again to the wonderful judges and all the volunteers (especially Trevor Jennings for pitching in and pencilling at the last minute, also Mel Flowers and Tina Scott who were riding but still took the time to help set up the novelties and finally Caroline Venables-Kyrke for yet another fantastic lunch) who made the day a success, and ensured everyone enjoyed themselves. I'm sorry if I have left anyone out! Everyone did a wonderful job and the day wouldn't have been possible without your help.

The next rally will be held on Saturday 28th August. We hope to see everyone there. If you can't attend please ring Mel Flowers (rally coordinator) on 9622 8074. If you intend to bring extra mouths to feed for lunch please let Caroline know on 9574 1407. If you have any other questions about the club please contact acting president Bjorg Lynn on 9574 4231.

Clackline / Toodyay Karate Club

CONGRATULATIONS to the following students on your achievements for the first grading of 2010. Keep up the great work!

Grading Results : Sunday 27th June	
RED TIP	Kalib, Tayla, Hannah
RED BELT	Trae, Jasmine, Liam, Giles, Camden, Mishylah, Leah, Shaun, Daniel, Hamish
YELLOW BELT	Shaun, Ben, Jack
ORANGE BELT	Faith, Zoë, Max, Georgia, Lincoln, Mark
ORANGE+RED TIP	Anne-Maree
GREEN TIP	Flynn, Zac
GREEN BELT	Dean
PURPLE BELT	Leon, Layne, Darcy, Alicia
BROWN BELT	Roslyn, Regan
WHITE STRIPE	Thomas
BLACK BELT	Casey, Melita, Trevor
FIRST DAN	Carl

We would also like to thank our grading panel:

Ken Bainbridge 4th dan, Helen Bainbridge 3rd dan, Russell Johnson 2nd dan, Mark Cook 2nd dan, Chris Cording 1st dan, Jordan Turnock 1st dan, Nick Cording 1st kyu

The "Club Challenge" Series

The Karate Club will hold FOUR Friday night "Club Challenge" mini-tournaments. All students will compete in kata and kumite competitions in their age/belt levels. The scores will count towards the Annual Club Awards presented in December.

Club Champion overall competition results over 4 fixtures.

Karate Spirit most enthusiastic player, karate etiquette, helpful manner.

Most Improved determination and outcome, chosen by the Chief Instructor
Commitment Award highest attendance at training and club events

Awards will be presented in the Peewee, Junior and Senior categories.

The "Club Challenge" Series is held at the Toodyay Youth Hall on Friday 13th August, 3rd September, 24th September and 29th October. Starting time is 6pm sharp with registration at 5.30pm.

Bring all your friends and family for a fun night out: sausage sizzle, cool drinks, tea / coffee on sale.

NAIDOC Netball Celebration

Last month's coming together at Langford of netballers from various regions across Western Australia was a fitting celebration of NAIDOC Week that highlighted the passion for sport and recreation amongst Indigenous Western Australians, says Department of Sport and Recreation Director General Ron Alexander.

A record breaking number of teams competed in this year's NAIDOC Week Netball Carnival on Wednesday 7th July, with 58 teams registered – 18 more teams than last year.

"Teams from as far as Kalgoorlie, Kellerberrin, Geraldton, Katanning, Quairading, Bunbury, Mandurah, Merredin and Mt Barker took to the court for some lively competition in the spirit of NAIDOC Week," Mr Alexander said. "The theme of NAIDOC Week this year was 'Unsung Heroes – Closing the Gap by Leading Their Way', and to me that was very fitting in a sports context where volunteers and parents give up their time to enable others such as our young people to reap the benefits of participating in sport and recreation – to me they are the unsung heroes."

"Sport plays a particularly integral role in the lives of Indigenous Western Australians, particularly in regional areas where it forms a basis for social interaction for communities and helps to keep individuals fit and healthy, both physically and mentally."

The carnival is an annual initiative of the Department of Sport and Recreation's Indigenous Sport Unit, in partnership with Netball WA, Healthway Smarter than Smoking, Southern Districts Netball Association, the Netball Aboriginal Advisory Committee and the Nyoongar Sports Association.

The extra teams this year saw last year's record turnout eclipsed with more than 2,000 people in attendance, including players, officials, volunteers and spectators.

"I think the increase can be attributed to the recognition that the carnival provides pathway opportunities for our Aboriginal youth and women to further enhance their development and support their access into mainstream competitions," said DSR Project Officer Nick Abraham. "The carnival is about much more than playing netball. It's about bringing together people from regional WA, including some quite isolated areas, with those from the metropolitan area to test their skills at a higher level, meet new people and to celebrate their culture."

"On another level, netball and the carnival is also used by some of these communities as a means of working through social problems that can come with their isolation, for instance as an incentive to go to school."

"Sport is a great equalizer and an effective way of bringing people together so a carnival like that is a fitting way to celebrate NAIDOC Week because that's what the week is all about."



School Business Community Partnership Broker Program (Midlands-Narrogin)

This new program for the majority of the Wheatbelt and Katanning areas has been introduced to:

- Assist all young people up to 24 years to identify meaningful career directions, engage purposefully in education whilst at school and successfully transition to further education, training or employment after secondary schooling.
- Develop partnerships between education and training providers, businesses or industry bodies, community groups and parent and family associations that are able to support effective career exploration and pathway planning for all young people.
- Ensure that business/industry partnerships represent local industry sectors and address skills shortages and industry priorities whilst delivering benefits to young people and employers.
- Encourage all young people to reach their potential through both personally aligned career choices that inspire a strong interest in learning, and accessible career pathways

To find out more about partnership opportunities to build a strong future for our young people and community please contact

Trevor Saunders - Partnership Broker or
Kelly Gosnell – Personal Assistant at our York office
on 9641 1693, or email kellyg@midlandjoblink.org.au

The Partnership Brokers Program is funded by the Commonwealth of Australia as represented by the Department of Education, Employment and Workplace Relations.



Striving For Equilibrium

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- Equine/Small Animal Bowen Therapy
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- Photonic Therapy

candyhudson@westnet.com.au

toodyay sports

Toodyay Hockey



Patrick Cording, Renee Ward, Naomi Lucas, Courtney Fleay and Damon Geary

Suzette Geary

LOCAL hockey players from Toodyay represented the Under 15s Smarter than Smoking Hockey Junior State Championships over three days from 12th – 14th July.

The Avon Hockey Association was

represented by both a boys' and a girls' team for their B divisions. In all, 48 teams from all over the state, from big and small metropolitan clubs, as well as 29 country teams played in four divisions at Perth Hockey Stadium during the school holidays.

The Avon boys were coached by Dave Wallace from York with Team Managers Suzette Geary and Mandy Harding. Local player, Damon Geary, captained the team which beat Central Great Southern 5 - 2 in the grand final and were placed outright overall winners through not losing any of their games throughout the tournament in their division.

The girls were placed eighth in their division.

Our local players played a high standard of good quality hockey and should be congratulated on their efforts as well as making new friendships. Also special thanks to the many parents who travel each day to support these players.

Another event, which was held during the first week of the school holidays, was the



Damon Geary in action at Regionals



Damon Geary, Brodie Young, Isaac Temby and Scott Love representing regionals for the Avon Association

Smarter than Smoking Under 15s Regional Championships. These were held as a part of the Hockey WA elite pathway.

Very wet and windy conditions and even hail did not dampen our representation of local players for the Country division. From Toodyay were Renee Ward, Damon Geary and Courtney Fleay, who cancelled due to injury to recover to play for state championships (see above).

Photos from the Regional event were taken courtesy of Jopic Consultancy, to place in our local paper. Thank you Heather for the photos.



Winners U15 division

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EXCELLENT LOCATION NEAR THE AVON RIVER

This is one of the few blocks of land left that is an easy, level walk into town. The 595sqm is just meters from the Avon River, with the Medical Centre and Community Centre a short stroll away. Join a real community that enjoys train transport to Perth, and shops that are open 7 days a week for your convenience. This is a rare find in this quiet cul-de-sac and is priced to sell!

\$96,500



10 ACRES OF MAGICAL FOREST

Adjoining 100's of acres of forest reserve. Full of biodiversity and landscaping masterpieces. This prime lot has many features from rock outcrops and old growth logs to tall canopy gums, ancient palms and black boys. Located at the edge of a prestige estate of top quality properties.

\$259,000



DOWN BY THE RIVERSIDE

What a wonderful time of the year to remind you of the very special block this is. 1 ha (2-1/2 acres) Avon River frontage, where the water flows all year. Nature's wonderland of water fowl, ducks, turtles and of course the famous Avon Descent are all here right on your doorstep. In years to come riverside blocks will be precious, so get in now.

\$230,000



ELEGANT COTTAGE

This smart 3 bedroom cottage sits high on one acre overlooking the Avon River Reserve. The cool deck wraps around the house offering sunny or sheltered spots for relaxing. Air-conditioned and with warm tile fire and fresh country kitchen, this property is worth a second look. Excellent starter or investment.

\$349,000



TOTAL PRIVACY

4.2 HA 10 AC. Open forest country with walk trails & driveways, tall trees & ancient blackboys. Very large fitted shed.

\$195,000



BREATHE IN THE FRESH AIR

Looking for a 5 acre property with a mix of trees and open spaces? This comes with a cute 3 bed home with good old fashioned polished jarrah floors, spacious entertaining, deck and loads of charm. Downsize, lock up and leave and live life to the full!

\$349,000



BEST BUDGET BUY AROUND

Spoil yourself with the luxury of a 2 bedroom cottage, both with ensuites! And the easy care open plan living is a dream, with warm log fire and ducted A/C. Sitting proud on a huge 1967sqm block with chook yard, aviary and garage and gorgeous views. You won't buy better at this price!

\$275,000



100AC WATERFALL BLOCK - MORANGUP

Natural Forest with creek lines, rugged granite outcrops to your own winter waterfall, surrounded by huge Wandoo, giant groves of Grass Trees, stunning valley & hilltop views plus 2 magnificent dams. Lose yourself! Call Tracey: 0409 293 996

\$399,900



TOTAL SECLUSION

100 acres with 70-75% arable and farmland views from every corner of the block. There is a huge powered workshop with height for machinery, sliding doors and a personal door leading to basic amenities. There are two rain water tanks and a bore equipped with a windmill. Build your own farmhouse, tucked away from the hurly burly and just 15 minutes to town.

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ONLY MINUTES FROM CENTRAL TOODYAY

9 acres with 4 bed 2 bath family home with views across the Avon River Valley. Huge playroom and workshop with amenities in basement area, massive deck and child safe gardens. Paddocked for horses with screen of Carob Trees, rain water tanks and bore water for gardens and stock. Just 4km from town, this is real value.

\$489,000



RAMMED EARTH ENTERTAINER - MORANGUP

All natural 5ac with relaxing views. Warm 3x1 with Timber French doors opening onto wrap around verandahs. 6 x 9 powered workshop with enclosed lean-to, huge rainwater tank and Local Water Scheme. Call Tracey: 0409 293 996

\$558,000



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\$774,000

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