

NEWS FROM

ur Shire

July 2011

TOODYAY INTERNATIONAL FOOD FESTIVAL & FAMILY FUN DAY

10am to 4pm
Saturday 6 August 2011
Newcastle Bridge Park,
Stirling Terrace, Toodyay

Enjoy all the thrills and spills of the Avon Descent from the banks of the Avon River, Toodyay.

- Be inspired by:
- Pizza-chef **Nunzio**
 - Master Chef Contender **Josh Catalano**
 - Australia's 'Jamie Oliver' **Borat**
 - Kazakhstan's Favourite Son, **Borat**

Marvel at the multicultural music and dancing talent throughout the day, with mouth-watering international dishes & wine tastings.

All this while the kids enjoy roving performers, and FREE face-painters and bouncy castles!

Finishing off the day with a performance by **Chris Murphy** and his band, the High Rollers.

For more information regarding the festival, other events, attractions & accommodation in Toodyay, contact the Visitor Information Centre, 7 Piesse Street, telephone 9574 2435 or visit www.toodyay.com



BE ACTIVE NEWS

The Toodyay Skate Park has been completed at Duidgee Park, and has been given a work out ever since. A committee formed in 2008, of youth of Toodyay to help plan and fundraise for the project. The committee has recently reached their target of \$5,000 which is to be matched dollar for dollar by the Toodyay and Districts Community Bank in addition to \$15,000 already donated. Thanks are also extended to Charlie Wroth and Michael Wood for supplying the wood for Wood Raffles, and the Youth Group in assisting in Car Washes. The Morangup Progress Association has also donated \$500 to the Skate Park Committee for planning services towards the placement of the mobile ramps in Morangup.

The Shire of Toodyay through the BeActive Project, rewarded the youth with a trip to AMF Bowling in Morley. 18 young people attended the trip and thoroughly enjoyed their day in the city. Thank you to the youth of Toodyay who have worked tirelessly for the past couple of years to see this through to completed to such a high standard.



Calling for Volunteers to help out at the Toodyay International Food Festival
Sure to be a great day!
Please contact Elizabeth at the Shire of Toodyay on 95742258 if interested.

RESULTS OF THE MEDICAL CENTRE SURVEY

As you would be aware, the Shire of Toodyay resolved at an Ordinary Meeting of Council on the 19th of April 2011 that a survey be forwarded to all ratepayers asking if they would be prepared to pay additional rates to fund a second medical practitioner.

The Acting Chief Executive Officer had discussed details of the precise amount being sought by Dr Walkey, with the Practice Manager, Mr S Byron.

The surveys were to be received by last mail on May 27, 2011.

Prior to this date, at a Special Council Meeting held on 19 May 2011, Council resolved to waive the rental on the centre and agreed to Dr Walkey's request to withdraw cleaning services at the medical centre. This resolution meant that Dr Walkey and his practice no longer required further assistance from the Council on the matter of funding a second medical practitioner.

The results of the medical centre survey which asked: "Would you be prepared to pay additional rates?" resulted in 56.49% of ratepayers saying "No" and 43.51% of ratepayers indicating "Yes."

COUNCIL DATES

19 July: Ordinary Meeting of Council, Council Chambers, 7pm.

16 August: Ordinary Meeting of Council, Council Chambers, 7pm.

FROM THE DESK OF THE SHIRE PRESIDENT

Last month, Councillors Somers and Jackson and I attended the Avon Midland Zone Conference of WALGA. Topics of particular interest to this Shire included Transport and Health.

The Honourable Max Trenorden addressed the meeting in relation to the funding included in the State Budget for provision of Medical Services in the "Southern Inland of WA," amounting to \$565 million over 4 years from Royalties for Regions funding.

The "Southern Inland" encompasses that area of WA south-west, of a line from Kalbarri to Meekatharra, to Esperance, but excludes the towns of Kalgoorlie, Bunbury, Busselton, Geraldton and the Metropolitan area, and Coastal areas through Mandurah. Eight "District" hospitals are to receive significant upgrading in services and facilities. The eight hospitals nominated are: Northam, Merredin, Narrogin, Moora, Katanning, Collie, Manjimup and Esperance.

The proposal is based heavily on the Wheatbelt Health Memorandum of Understanding, prepared largely in association with WALGA and WA Country Health Services. As yet, there are no stringent rules; each area and each medical practitioner can opt in, or out. There does not need to be a formal opting out. It will be considered an opting out by not opting in. One aim is to have a 24/7 Emergency Department at each aforementioned district hospital, with a combination of salaried, and/or visiting private practitioners. Emergency Departments can still operate in each of the other 16 or so hospitals in the Southern inland area. Examples of those hospitals include Kununoppin, Lake Grace and Wyalkatchem, without being an exhaustive list.

Some funding will be put into support services aimed at preventative health and education, e.g. diabetes, obesity, nutrition, dietary advice, smoking and exercise to address these things that are pervasive in causing illness by trying to address the cause and not the symptoms. This area of health service should be of interest in Toodyay.

Tele-Health is also a major plank in this revised health platform. Of particular relevance to Toodyay is the workforce component of \$240 million, \$180 million of which is to provide GP's in the Southern Inland Region through a range of strategies, each capable of being tailored to the local community's needs. If necessary, WACHS will engage a salaried doctor to provide services to a community if no other strategy succeeds.

Flexibility in achieving service delivery seems to be the key to an innovative approach to rural medicine. It is pioneering in its approach as this has not been tried anywhere else in Australia.

At the end of last month, the ratepayer survey results, in relation to ratepayers contributing through additional rates for medical services resulted in 56.49% of respondents saying No and 43.51% saying Yes.

On Friday, the Postie Bike Riders were farewelled to travel to Broome, another event run by Lions and supported by the Shire. The aim is to raise in excess of \$100,000 to be shared between the Community and the Royal Flying Doctor Service (RFDS).

To end on a positive note, work is underway on refurbishing and replacing the school footbridge.



Administration Centre, open Mon - Fri 8.30am to 4.30pm
15 Fiennes St, (PO Box 96), TOODYAY WA 6566

T: 9574 2258; F: 9574 2158
E: records@toodyay.wa.gov.au

PROPOSED RESERVE NAME FOR PUBLIC COMMENT

NAME RESERVE 5273, JULIMAR ROAD, JULIMAR AS 'DAWN ATWELL RESERVE'

The Shire of Toodyay has received an application to name Reserve 5273 on Julimar Road, Julimar as 'Dawn Atwell Reserve'.

The proposed new name of Reserve 5273 is in recognition of the late long term member of Toodyay Naturalists Club Inc., Ms Dawn Atwell. Ms Atwell was one of the four founding members of the Toodyay Naturalists Club in 1968 and an Honorary Life Member from 1987.

Your views on the proposed reserve name are encouraged and welcomed. The proposal is available for inspection at the Shire of Toodyay Administration Centre, Old Court House, 15 Fiennes Street, Toodyay, during office hours or information is available on Council's website www.toodyay.wa.gov.au.

Submissions on the proposed reserve name 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 3 August 2011.

Further information on the above proposal is available by contacting the Shire's Development Services on 9574 2258.

LIBRARY NEWS

Toodyay Library hosted a Family History presentation at the Community Centre on 22nd June. We welcomed historians Trisha Fairweather and Leonie Hayes from State Library. They provided us with an action packed power point presentation combined with an informal and informative introduction to Genealogy. Our thanks go to everyone who attended and helped make the morning a resounding success. The morning proved such a success we now plan to hold regular Genealogy sessions at the Library, if you are interested in joining the group please contact the Library for details.

The Library is proud to announce Toodyay District High School, after being nominated by the Toodyay Library, will join the Pre-Primary and Kindergarten extension of State Library's Better Beginnings program.

"Baby Rhyme Time" and "Story Time" shall be held each Friday this month from 10.30am and our theme for July is 'Family'.

The School Holiday Program will be held on Thursday 14th July between 10am -12pm for children aged between 6 - 12yrs. The theme for the day is "Junk Jamboree" (building with boxes). For registration and information please contact the Library prior to the date.

"Better than a Book Club" & "The Crime Club" sessions are suspended throughout the school holidays, however they both resume in August.

"BAY WATCH" AT TOODYAY LIBRARY

This month's recommended bay to watch is No: 5 With new and exciting literary delights from such authors as: Traci Harding, Robert Harris, P.D. James, Iris Johansen, Faye Kellerman
Come along and peruse the shelves and tell us your favourite Bay

For our Morangup readers, the Library will be held at the Morangup Community Centre on 12th and 26th July from 3pm to 5pm. Maureen, Peter and the effervescent band of volunteers shall be there eager to assist you.



Toodyay Public Library - 9574 2323

AMENDED SMOKE ALARM REGULATIONS FOR EXISTING DWELLINGS.

Advice has been received from the West Australian Building Commission that as of 1 October 2011 the requirements for mains powered smoke detectors for existing dwellings offered for sale or lease under Part 10A of the Building Regulations 1989 will extend to dwellings that are made available for hire. This requirement applies to:

- Boarding houses, guest houses, hostels, bed and breakfast accommodation, farmstays and the like;
 - With a total area of all floors not exceeding 300m² measured over the enclosing walls of the Class 1b building; and
 - In which not more than 12 persons would ordinarily be resident; or
- Four or more single dwellings located on one allotment and used for short term holiday accommodation, which are not located above or below another dwelling or another Class of building other than a private garage.
- Holiday homes and apartments or other dwellings made available for hire on a casual basis.
- Dwellings hired out to employees.

"Hire" under this regulation means there is a stipulated payment for the use of the dwelling, rather than some other form of reward.

Additionally, as of 1 October 2011, all dwellings subject to a residential tenancy agreement, which have not already done so, must have smoke alarms installed in accordance with the requirements of regulations 38L(3) (this refers to compliant smoke alarms being connected to mains power unless exempted). This means that any landlord, not just those entering into a new residential tenancy agreement with an existing tenant, who owns and rents a dwelling as defined in the regulations, must comply.

For further advice and fact sheets, please contact the Shire of Toodyay's Building Service.

WORKS HAVE COMMENCED ON THE RECONSTRUCTION OF THE TOODYAY FOOTBRIDGE

Works are being carried out to replace the Superstructure (Top Section) of the footbridge.

Due to sourcing materials for the Superstructure construction, works are currently estimated to be completed in September 2011.



DRAFT POLICY FOR PUBLIC COMMENT TRADING IN THOROUGHFARES AND PUBLIC PLACES

The Shire of Toodyay has the capacity to make policies to guide land use and development. To ensure that the views and opinions of the community are considered, these draft policies are advertised for public comment as part of the preparation process.

The Shire of Toodyay's Thoroughfare and Trading in Thoroughfares and Public Places Local Law establishes that trading activities require a permit from the Shire. The Shire of Toodyay is developing a Trading in Thoroughfares and Public Places policy that will guide where permits will be entertained and the general requirements that will govern the activity.

A copy of the draft policy can be obtained from the Shire of Toodyay Administration Centre and the Shire of Toodyay website www.toodyay.wa.gov.au.

PROPOSED APPLICATION FOR PUBLIC COMMENT

PROPOSED DEVELOPMENT PLAN
LOTS 1 AND 2 SALT VALLEY ROAD AND
LOTS 600 AND 9 TOODYAY ROAD, HODDYS WELL

The Shire of Toodyay has received an application for a Development Plan for Lots 1 and 2 Salt Valley Road and Lots 600 and 9 Toodyay Road, Hoddys Well. The applicant is seeking to subdivide 4 Lots into 11 Lots.

Your views on the proposed Development Plan are encouraged and welcomed. The proposal is available for inspection at the Shire of Toodyay Administration Centre, Old Court House, 15 Fiennes Street, Toodyay, during office hours.

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 20 July 2011.

Further information on the above proposal is available by contacting the Shire's Development Services on 9574 2258.

REQUEST FOR CLOSURE OF PUBLIC ROAD PORTION OF CLACKLINE TOODYAY ROAD

The Shire of Toodyay has resolved to permanently close a portion of road reserve along Clackline Toodyay Road. The portion of road reserve to be closed is no longer used for vehicular traffic, is located east of the current Clackline Toodyay Road in Hoddys Well and is approximately 1.7km south of the intersection with Toodyay Road.

A site plan showing the proposed road closure is available for inspection at the Shire's Administration Centre at 15 Fiennes Street, Toodyay and will be available for inspection during office hours. A copy is also available for inspection on Council's website on: www.toodyay.wa.gov.au.

Your views on the proposed road closure are encouraged and welcomed. All submissions must be presented in writing to the Shire of Toodyay, P O Box 96 Toodyay 6566, by 4.00pm on 3 August 2011.

Trevor Harken
ACTING CHIEF EXECUTIVE OFFICER

health matters

Psychological Health

Richard Taylor
Specialist Clinical Psychologist

Bad jobs and mental health

PETER Butterworth, an Associate Professor at the Centre for Mental Health Research at the Australian National University, was interviewed on ABC radio on 9 June. For the second month in a row there had been a big fall in full-time jobs that were replaced by part-time, more likely casual, and low paid jobs.

While, in general, research showed that being employed is better for mental health, it is also the case that poor quality jobs were associated with much poorer mental health than good quality jobs.

In fact, moving from unemployment to a poor quality job was actually associated with a significant decline in people's mental health and well being. Poor quality jobs can involve insecurity, excessive demands, jobs where people had no say and/or no autonomy over how they did their work, and jobs where people were paid unfairly.

It is often argued that getting any job or a foot in the door increases job prospects over time. However this study found that moving into a low quality job didn't increase the likelihood of getting a higher quality job over someone who was unemployed.

The implication for government policy is that work-first policies, which emphasise that any job will increase self-esteem, mental health and well being, may not necessarily be the case.

As with many social issues there are tradeoffs. While work has benefits such as pay, sense of purpose and identity, on the other hand poor quality jobs can be associated with adverse circumstances and poorer mental health.

Issues such as the dignity and quality of work are important. Politicians who wish to move people into employment should be mindful of some of these issues.

View from the Shed Look after your Mates

Julian Krieg
Regional Men's Health Initiative

IN our modern world and with the rapid transmission of information globally, we are often required to make instant decisions on matters that we would be better off to consider for a while (to weigh up the implications) before we commit one way or the other.

How often do you get a phone message or email that requires this type of action? Alternatively, we see a reporter put a microphone or camera in front of a politician, accident victim or disaster victim's face wanting an instant comment.

Although some of this instantaneous access to information has advantages we should also consider the downside consequences of inappropriate reactive responses. We see a person cornered and desperate when confronted.

One of the worrying things about the trouble we are experiencing at present with the cattle trade and now the questions about mining in the mid-west is that we can find ourselves losing our cool and not taking time to clarify the issues. Situations like this need clear heads and well thought out resolutions.

On a personal level the mental stress is phenomenal. Men in particular are very focused on solving the immediate problem, seldom giving consideration to the peripheral issues, eg. impact on families, communities, or the long-term implications. If we are in this place, no matter what the problem, it is normal to search around for alternative solutions or options. These options are usually random, and at this stage, in no particular order.

Research tells us that, while we are in this state, one proposition that will more than likely come into our thinking is suicide (it is estimated that as many as 80% of the population will think this way.) It is also true that the vast majority will also put the thought aside very quickly. We realise suicide is not a good option. Life is too precious, and no matter how bad the problem this isn't the solution. The problem is that a small percentage of us won't be able to get past the thought.

It is really important in times of distress and difficulty to keep asking our friends and loved ones, "Are you OK?" And, if you feel it is necessary, ask, "Are you having suicidal thoughts?" We know from research that talking about these things won't make it any worse and if a person is having dark thoughts they will feel relieved that someone has had the courage to ask, "Are you OK, mate?"

In many ways this is similar to first aid. With first aid we are taught to stabilise people, reassure them and get them professional help.

Often people need professional help with their problems. As a first aider gets people in contact with that help, be assured that you,

by taking the trouble to be a mate who cares, can save a life. We all need this support and taking the time to do it in our busy world is really important.

Help lines available
Mensline (24 Hr) 1300 789 978
Lifeline (24 Hr) 13 1114
Rural Link 1800 552 002
Regional Men's 9690 2277
Health (9am - 4.30pm week days)

Inside the Shed

The Scribe

HELLO fellow shedders. What a month we have had!

As reported in May, our visitor from the Western Australian Men's Sheds Association gave us a rundown on the fact that there are now some 450 sheds in Australia of which 132 are in WA. The membership base varies from area to area but they generally have around 36% of the membership attending on a weekly/daily basis. Our average over the last twelve months is 40.9%.

Our visit to the Machinery Preservation Club in the old Midland Railway Workshops was a resounding success and the hospitality extended by Peter and his 'cronies' was wonderful with a guided tour and history given on all the machines on display, as well as a tour of some of the workshops and what was the old powerhouse. I know I felt a tinge of sadness that a bygone era was about to be lost as the outside walls are all that is to be preserved.

Regional Home Care Services came and spoke to us about their services and how we can access them. They passed on lots of information to the members and we thank them for their time and encouragement.

The painting easels, which you guys worked so hard at, were completed this month and delivered with much appreciation and many thanks from Arts Toodyay.

At our normal monthly Saturday breakfast, we had Claire Tait of the Wheatbelt GP Network who gave us an insight as to how the brain works and that connection to our mental process. We would like to see her return at a later date.

Meantime Chairman Jeff and Secretary Geoff ventured to Northam Men's Shed for a Breakfast Meeting of the Avon Basin Men's Sheds. This group, stretching from Wundowie to Beverley, is now seven sheds in number, with membership of approximately 280 men. There was a great exchange of information and help given to those organisations in their infancy. The commitment is to meet now about every three months.

Those of us who attended an evening of music and fun put on for us by the Toodyay Community Singers last Saturday found it an absolute 'hoot'. We had the best time and the feedback is the anticipation of another concert as soon as possible. To the Singers, we thank you so much.

In July we will have Wheatbelt Mental Health dropping in for a chat on the 7th and at our Breakfast on the 25th we have a guest speaker from the Regional Men's Health Initiative group who is going to talk about distress and why mental health matters.

Look out for the Men's Shed Banner along Julimar Road or Railway Road in the near future (on days that are clement.) We are doing a cleanup of the road verge in preparation for the Shire to landscape this entry into our Town; another contribution to our community. We are starting this project on Monday morning of 27 June.

A special cheerio goes out to Hector; we are all thinking of you and hope to see your cheery/cheeky face back at the Shed soon and that goes for a couple of other members that are struggling with their health at the moment.

So, until next month guys, remember what Confucius would have said, "If the person you are arguing with takes his bat and ball and leaves, you cannot play cricket!"

Take care.

New Campaign to Combat Youth Suicide

DEPRESSION support group, *Headspace*, has teamed up with action-sports clothing brand, *Unit*, in an attempt to combat Australia's high rates of youth suicide.

Still considered taboo amongst the media and general public, *Unit* founder and creative director, Paul Everest, hopes the joint campaign will help encourage young people to talk about their feelings, before things get out of control.

"Research shows that talking to someone about how you're feeling dramatically reduces the risk of suicide," says Mr Everest, "but a lot of young people feel scared or embarrassed about having suicidal thoughts. Perhaps if the public and the media spoke about the issue more openly, they'd feel more comfortable talking about their feelings."

"With suicide causing more Australian deaths than road accidents annually and accounting for more than 24 per cent of all deaths for 20-24 year olds, it's an issue worth talking about," Everest said.

The campaign - Ride To Live - includes the sale of wristbands (all profits are being donated to *Headspace*) and a series of advertisements, all designed to bring the issue out into the open.

"We know that encouraging young people to seek help at an early stage can have a dramatic effect on the prevention of future mental health problems," says *Headspace* General Manager, Amelia Callaghan.

Ms Callaghan said *Headspace* and *Unit* were a perfect fit, with the Australian clothing brand speaking directly to at-risk groups.

"*Headspace* and *Unit* encourage young people to be healthy and active," she said. "Unit promotes a positive lifestyle and supports young people who use BMX and motocross as a way of expressing themselves."

"Sports provide an outlet from some of the stressful times and emotions that young people may experience."

"The story of Unit's beginnings is also inspiring to young people - two young men from the Gold Coast can start a business with \$600, can persevere despite difficult times, turning the business into the multimillion dollar success that it is today."

For Everest, it's also personal. "Like a lot of teenagers, I experienced some dark times during school," said Everest. "Riding BMX was a healthy escape from those experiences."

"Having that positive outlet helped me to keep things in perspective and get through a difficult time."

Who is Headspace?

Headspace centres offer health advice, support and information for young people (12-25 years) relating to mental health, physical health, education, work and drug and alcohol concerns.

The centres are staffed by GPs, allied health, mental health, youth workers and drug and alcohol workers who have specific expertise in working with young people. *Headspace* services are low cost or free. Since opening their doors, 45,000 young people have accessed *Headspace* services.

Who is Unit?

Unit is one of the world's fastest growing action sports brands, producing men's and women's apparel and accessories. Started in a garage by brothers Paul and Ian Everest, *Unit* is now a global enterprise with more than 80 staff.

Toodyay Hair Studio

Monday to Friday

9am to 5pm

Saturday

9am to noon



Phone 9574 2505

120A Stirling Terrace Toodyay

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Toodyay & Bindoon

Richard Taylor

Member of the *Institute of Clinical Psychologists WA*
Foundation Member *Australian College of Specialist Psychologists*

Specialist Clinical Psychologist
Medicare provider

0427 447 190
(business hours)

health matters

Grants Available for Healthy Community Projects

SMALL Community Healthy Eating and Physical Activity Grants are now available to WA organisations who want to run community physical activity and/or nutrition projects targeting adults.

The grants are being offered as part of the 'Swap It, Don't Stop It' campaign, a Federal Government initiative which the Heart Foundation in WA is involved in promoting. The aim of the campaign is to raise awareness of the healthy choices that can help protect people from lifestyle related chronic diseases, beginning with an increase in physical activity and healthy eating. The campaign encourages people to make simple swaps such as 'swap watching for playing', 'swap big for small', 'swap often for sometimes' and 'swap sitting for moving'.

All projects should target West Australian adults aged between 25 and 50 years of age, particularly those with children.

Preference will be given to projects that target those living in low socio-economic areas, regional communities, Aboriginal people and people from non-English speaking backgrounds.

Applicants can apply for funding to enhance an established programme or to establish a new programme. Examples include, but are not limited to the following:

- Setting up or expanding a walking group (eg. Heart Foundation Walking group);
- Conducting healthy eating supermarket tours or workshops (eg. FOODcents);
- Running 'Catch and Cook' or other cooking workshops/cook offs;
- Developing local resources to support activities (eg. walking maps);
- Running local events relating to physical activity, healthy eating and/or healthy weight;
- Promoting local participation in healthy lifestyle programmes (eg. Diabetes WA Get on Track Challenge);
- Modification to local conditions or culture;
- Adapting an existing programme for a specific target group.

The Australian Government is funding 'Swap It Don't Stop' through the National Partnership Agreement on Preventive Health, aimed at addressing the rising prevalence of lifestyle-related chronic diseases such as some cancers, heart disease and Type 2 diabetes.

The Community Healthy Eating and Physical Activity Grants aspect of 'Swap It Don't Stop It' will provide up to \$5000 to incorporated community groups, not for profit organisations, general practice networks, government authorities and others to implement healthy eating and physical activity projects targeting adults.

For more information, visit the Swap It WA website or contact Lisa Wheatley on (08) 9382 5935 or lisa.wheatley@heartfoundation.org.au.

The deadline for applications is 5pm on 21 July, 2011.

For more information, visit <http://www.swapitwa.com.au/grants.html>.

Australian Breastfeeding Association

I AM jotting down these words before heading off to present a discussion topic on 'Child growth and development'. We speak so much about how breastfeeding is great for baby's normal development, so it has been interesting to go beyond the baby years and into the preschool age group to see what range of activities a 'normal' child can do.

Even reading how a baby learns to sit and then crawls from that position will make me look at pre-crawlers in a different way. Even the social development is interesting, as the child goes from being the centre of the universe to being part of the world. The great thing about the Australian Breastfeeding Association is that we cover a huge variety of topics to meet the needs of people coming to meetings. This helps me to keep learning too.

On 26 July, we have a meeting at the Toodyay Playgroup. The topic is Tandem

feeding, which is the term for mums who breastfeed both a baby and the older sibling. We'll be looking at why mums do it and how to find your sanity if it's driving you up the wall. This is a lunch time meeting (noon - 2pm), so please bring a plate of food to share as well as any babies and children you have at home and enjoy the session. Even those who never plan to tandem feed in a thousand years usually walk away understanding why some mothers travel the path of least resistance. I provide a range of teas and coffee. There is no charge to come to one of our meetings, and you don't need to be a member to check us out.

We will have two meetings in Northam this month. On 5 July (just before this paper comes out) is a guest speaker talking about the Australian Early Development Index, and how the Avon Region compares with the rest of WA. The topic sounds dry but I've heard feedback that the speaker is very good.

We will also have a school holiday meeting in Bernard Park, Minson Ave, from 10 - 12 on Tuesday 12 July. The relaxed atmosphere is a great place to catch up with friends and the different age ranges of our children means there is someone for everyone to play with. We do have an alternate venue if it is raining, so please feel free to ring Amanda on 9622 9593 if you are coming and worried about the weather.

We are also trialling a drop-in breastfeeding centre in Northam. This will be running on 16 August from 10am - 12 noon at Little Smarties, Hutt St, Northam. The idea behind this is that you drop in, chat with us about your breastfeeding challenge and then leave when you wish. If you only have 15 minutes to spare, then you can come in and out very quickly. If you have longer, you are welcome to stay for a drink and some morning tea. There are plenty of toys to keep older children entertained while we help you.

You are welcome to come along to any of our group get-togethers, or to ring me (Louisa) on 9574 0229 for more information on any of these topics. If you wish to access counselling for your breastfeeding challenges, then the Australian Breastfeeding Association has a 7-day Breastfeeding Helpline 1800 mum 2 mum (1800 686 2686). We do offer regular classes for expectant parents as well. The next one is on 16 July and there are still a couple of spaces left. A small fee applies to the classes, but regular group meetings are free for all to attend.

Mental Health in the Wheatbelt

IT has been reported that 8-11% of women experience depression during pregnancy and 13% suffer postnatal depression. The National Rural Health Alliance reported that young men have the highest rates of suicide throughout WA Wheatbelt, with men in regional and remote areas 1.3 to 2.6 times more likely to end life in suicide than their urban counterparts.

Due to recent budget announcements it is clear that the Commonwealth and State governments are putting emphasis on delivering services for people with mental health issues. Through additional funding the Wheatbelt GP Network is able to offer continued counselling services to the Wheatbelt through programs such as Access to Allied Psychological Services (ATAPS). ATAPS is a Commonwealth funded program aimed at improving the outcomes in Mental Health. The Wheatbelt GP Network runs this program to provide access to qualified and experienced psychologists and counsellors. The service provides sub-acute counselling for people of all ages and all cultural groups. The Network offers support during challenging life events and ongoing support for people with mental illness. The team is based in Northam and services York, Toodyay, Gingin, Moora and Merredin. Locations are subject to change depending on capacity and need.

The Network has also been involved in recent community activity such as Toodyay Men's Health. Network Psychologist Claire Tait attended the monthly breakfast and gave a presentation on Brain Based Therapy, covering topics such as sleep and alcohol.

The community can access this service through GP referral. Your local GP will decide if this service is appropriate for your needs and can provide the Network with the information needed. For further information please contact the Wheatbelt GP Network on 08 9621 1530 or email alliedhealth@wheatbelt.com.au.

Asthma Death Data Prompts Winter Alert

PEOPLE with asthma are being urged to take their condition seriously this winter as new data from the Australian Bureau of Statistics highlights concerning levels of asthma-related deaths. The latest Australian asthma death toll recorded 411 deaths in 2009 - 131 males and 280 females.

While this figure marks a decrease of 32 deaths, compared with 2008 levels, and a positive decline in male fatalities, the National Asthma Council Australia is warning that there is no room for complacency.

Chair of the National Asthma Council Australia, Dr Noela Whitby AM, said the 2009 toll is still a concern as every death is a tragedy.

"The data highlights some areas of concern with nearly half of asthma-related deaths occurring in the 80+ years age bracket, and the death toll is significantly higher in women aged 80+ years (141) than men (48)," she said.

According to the National Asthma Council Australia the number of deaths registered each year amongst older Australians is continuing to increase probably in line with the ageing Australian population.

"The rate of mortality from asthma in Australia is relatively high by international standards though we have done much in the last few decades to bring about better asthma management. This has resulted in far fewer deaths."

While Dr Whitby encourages ongoing asthma management year round, she is concerned about the impact of winter, especially in more vulnerable populations such as older adults.

"Now's the time for extra vigilance as the colder air, flu and viruses can trigger or exacerbate asthma symptoms," Dr Whitby advised. "It is imperative for people of all ages to take their asthma seriously. See your doctor to review your asthma management programme and ask for an updated written asthma action plan."

Australia has one of the highest prevalence rates of asthma in the world and while it can't be cured, it can be controlled with asthma medication and by following an up to date written asthma action plan.

Local Podiatrist Warns against Unsafe Footwear for Winter

DON'T become a statistic!

One in four people aged 60 years and over fall each year. Local Senior Podiatrist, Linda Richardson warns seniors that "slippers, scuffs and shoes with inadequate grip can be dangerous and result in a fall.

"Safe footwear doesn't have to be unattractive or expensive. Safe, comfortable and affordable footwear is usually available at regular shoe stores. Make sure you wear the appropriate footwear for the activity you are doing.

"Buy new shoes at the end of the day as feet can swell. Always try both shoes on and walk around to ensure a good fit. Correctly fitting shoes do not require a 'wearing in'



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period" stated Linda. "For indoor slippers, I recommend a deep, cushioning sole and Velcro to ensure a safe, secure fastening across the forefoot.

"Outdoor shoes, boots and sandals should be secured with laces, buckles or Velcro. The sole should offer a good grip and stability, especially for the winter months."

Keep safe this winter by following Linda's tips. For more information on safe footwear or foot care, please contact Linda on 9690 1320.

To All Women in Toodyay



WE are intelligent women so let's take the time to learn and make informed decisions about our breast health.

TOPIC - Why we should consider our own breast health decisions and other breast related stuff!!!

Jo Firth from Safe Breast Imaging holds a lot of talks around the country and overseas. We are privileged to have Jo come to Toodyay to talk with us.

Take the time to come and join us.

Date 29th July 2011
 Time 2pm
 Venue Pecan Hill B&B
 Clarkson Street Toodyay

For more information and to confirm your attendance please call Paula on 9574 2116 or 0408 139 752.



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Toodyay Agricultural Society Founded 1852

Pam Jackson
Committee Member

ANOTHER month gone and only a few more months to go before the Toodyay Show to be held on Saturday 15 October 2011.

Do you know any children who may be interested in entering their work at the Toodyay Show? Sections and Classes are:

Section X – Children – School Years 6-10

Group X1 – Floriculture

- Class 8501 Arrangement of native flora (judged on quality of arrangement)
- Class 8502 Arrangement of garden flowers (judged on quality of arrangement)
- Class 8503 Miniature garden
- Class 8504 Arrangement in unusual container
- Class 8505 Arrangement of 3 flowers
- Class 8506 Dry flora arrangement

Group X2 – Cooking

- Class 8601 Scones
- Class 8602 Cake, iced, suitable for birthday cake, fantasy
- Class 8603 Chocolate cake
- Class 8604 Sponge cake
- Class 8605 Pikelets
- Class 8606 Health lunch containing max. 8 types of food
- Class 8607 Plate of 4 cup cakes, decorated differently

Group X3 – 3D Craft

- Class 8701 Ceramics
- Class 8702 Article of hand sewing
- Class 8703 Article of machine sewing
- Class 8704 Open class of handiwork – 3 dimensional work
- Class 8705 Personal interest collection, judged on quality of display
- Class 8706 Handmade toy
- Class 8707 Animal made from vegetables/fruit
- Class 8708 Lego model
- Group X4 – 2D Artwork**
- Class 8801 Landscape, seascape, townscape, any medium
- Class 8802 Drawing, any dry medium, any subject
- Class 8803 Advertising poster
- Class 8804 Computer generated artwork 30cm x 40cm (max.)
- Class 8805 Any other exhibit of art
- Class 8806 T-shirt art or any other fabric painting

Section Y – Children – School Years 1-5

Group Y1 – Floriculture

- Class 8901 Collection of home grown native flora
- Class 8902 Vase of garden flowers
- Class 8903 Miniature garden, on tray, 30cm diameter
- Class 8905 Floating bowl
- Class 8906 Posy of flowers

Group Y2 – Cooking

- Class 9001 Scones, plain, plate of 4
- Class 9002 Cup cakes, plate of 4, decorated differently
- Class 9003 Chocolate cake, un-iced
- Class 9004 Packet cake, un-iced, vanilla flavour
- Class 9005 Chocolate crackles, plate of 4
- Class 9006 Pikelets, plate of 4
- Class 9007 Health lunch containing max. 8 types of food

Group Y3 – 3D Craft

- Class 9101 Ceramics
- Class 9102 Article of hand sewing
- Class 9103 Open class of hand work – 3 dimensional work
- Class 9104 Model farm, 40cm x 50cm
- Class 9105 Personal interest collection, judged on quality of display
- Class 9106 An animal made from vegetables or fruit (to be joined with toothpicks)
- Class 9107 Lego model

Group Y4 – 2D Artwork

- Class 9201 Landscape, seascape, townscape, any medium
- Class 9202 Drawing, any dry medium, any subject
- Class 9203 Advertising poster
- Class 9204 Computer generated artwork 30cm x 40cm (max)
- Class 9205 Any other exhibit of art
- Class 9206 T-shirt art or any other fabric painting

Section Z – Children – School Years Kindergarten – Pre-primary

Group Z1

- Class 9301 Drawing/painting – any subject, any medium

- Class 9302 Animal from recycled materials (max dimensions 40cm x 40cm x 40cm)

Stall Holders

If you are interested in being a stall holder at the show (come and sell your produce, craft, etc) application requests can be made through The Secretary, by mail to PO Box 362 Toodyay WA 6566 or by emailing to SecretaryTAS@bordnet.com.au.

Toodyay Ratepayers and Residents Association Inc

Toodyay's Progressive Association welcomes all.

THE Toodyay Ratepayers and Residents Association Inc (TRRA) is contemplating a name change to the Toodyay Progress Association and is developing both a new image and new goals.

While members of the TRRA are proud of their past achievements, they are quick to proclaim that their mission has been accomplished. According to Chris Ballam, Chairman of the new TRRA, issues which plagued Toodyay in the past have been resolved; Council is working well and life in Toodyay is generally pretty good. Mr Ballam said that the committee is keen to shed its former image as the 'complaints society' and work towards a new vision and a new image.

As a result of recent consultations with other groups and individuals in the district, the committee has decided to focus its efforts on representing the community as a whole to:

- Promote the Shire of Toodyay as a progressive township offering a quality lifestyle, economic growth and future prosperity;
- Work collaboratively with residents, businesses, community groups and Shire Councillors to identify and encourage commercial opportunities, economic growth and educational and employment opportunities; and
- Work collaboratively with residents, businesses, community groups and Shire Councillors, to help protect, develop and support this quality community lifestyle.

They see the upcoming October Council Elections as their main, current focus.

The Association is keen to support candidates who genuinely espouse regular consultation with community groups, and who involve such groups in the decision making process.

The Association welcomes everyone who has an interest in Toodyay, acknowledging all sections of the community. Mr Ballam said, "The Committee sees the Association as an umbrella organisation, available to assist other groups when needed. For this reason we are keen to welcome representation from each of the other special interest groups in the district, as well as individual members."

Membership is open to anyone. A

6-monthly fee of \$5 will give voting rights at general meetings or there is the option of just subscribing by email to news, information and minutes of meetings. Virtual members do not have voting rights but are always welcome to attend meetings or comment on issues.

The next meeting of the Association will be held on Wednesday 13 July, 2011 at 7pm in the St Stephen's Anglican Church Hall.

To subscribe to the e-mail news list write to trrainc@gmail.com.

Toodyay Living Communities

Sandy McKay
Secretary

DEAR Toodyay Business Owners

In May this year, Toodyay Living Communities held a Toodyay: Vision 2020 night. The attendees (all Toodyay residents) were asked to envision Toodyay's future, conceiving hundreds of ideas on how they thought it could develop and look.

One such vision was centralised communication in town, and Living Communities has been looking at options on how this could be achieved.

We discovered that the Toodyay Visitor Centre has a website that anyone in Toodyay who owns a business (and not necessarily a tourist business) can register as a member - for free. This has benefits in many ways, some of which are:

1. Any resident seeking a particular business can look up the Visitor Centre website to see if Toodyay has one before sourcing outside the area (we will endeavour to inform the public on this availability);
2. All members are on a mailing list, and will be informed of any events or important notices that are happening in our area; and
3. Toodyay has an information pack for new residents, and as a member you can add a business card or flyer to this pack (Living Communities goal is to update this package).

In making the Visitor Centre the 'central communications avenue' for our town, when wishing to promote an event - or find out about one - the Visitor Centre will be a great opportunity to advance your event and attract new custom.

To register as a member, simply:

1. Fill out a membership form (which you can pick up or have emailed to you upon request from the Visitor Centre. Email visitorscentre@toodyay.wa.gov.au or phone: 9574 2435);
2. Attach a copy of your public liability 'Certificate of Currency';
3. A brief description of your business to go on the web page; and
4. Images of your business to go on the web page

We hope you can avail yourself of this service.



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Bridgeworks have been scheduled on Lloyd's Crossing, Toodyay Road 3km south of Toodyay between 06/07/11 & 03/08/11.

Temporary speed restrictions will apply and the bridge will be closed from 8pm-5am over two nights (likely dates between 25/07/11 & 28/07/11). Detours will be provided via Racecourse Rd and Sandplain Rd during this time.

Please exercise caution and obey signage.

Any queries contact Advanteering Ph: 9381 8111.

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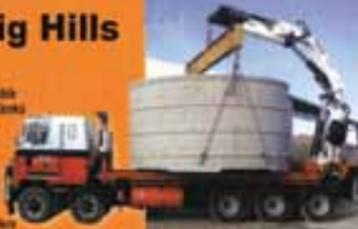
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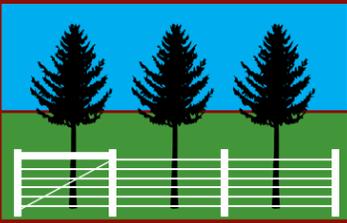
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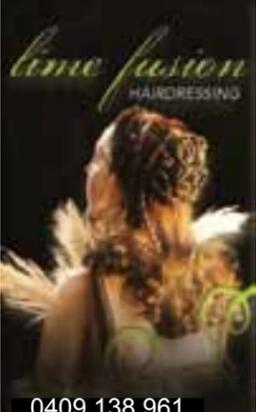
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Ancient Waterhole Brought to Life

THEY'RE as ancient as the land itself and, for many thousands of years, were life-giving sources of food and water for Australia's southwest Aborigines.

Gnammas (a Nyungar Aboriginal word) are nature's water tanks: deep holes carved in granite outcrops by millions of years of geology – often with the help of Aborigines – that collect rainwater.

Dotted around what is now WA's parched Wheatbelt, these rock formations not only provided vital water for the Aborigines, they attracted animals and birds that were hunted. As Southwest tribes followed the seasonal wetlands and lakes over the dry summer months, gnammas were often the only water source.

Large gnammas were rare and highly valued by the Aborigines. Many are sacred sites that were maintained and guarded until European settlement brought farming, wells and bores (though many early farmers also relied on Aboriginal gnammas for water).

One such watering hole is the large gnamma at Derdibin, near the Wheatbelt town of Wyalkatchem, about 200km east of Perth. The 4m x 3m granite hole is on a small reserve and one of the most important sites in the region, according to local Nyungar elder Kevan Davis.

With many Aborigines having lost their connection to land over the years, most ancient watering holes have been left to stagnate – silting up from wind-blown topsoil and fertilizers, and turning putrid

from thirsty animals falling in and drowning.

The Derdibin gnamma was in just such a state when Mr Davis oversaw its restoration recently. It was the first of a series of planned gnamma clean-ups as part of a Caring For Our Country initiative backed by local farmers, the Shire of Wyalkatchem, Wheatbelt Natural Resource Management Inc and conservation group WWF-Australia.

Also helping with the Derdibin restoration were four young Conservation and Land Management students from Northam TAFE – Alisha Ashworth, 16, and local Nyungars Kiel Atwell, 24, and his sisters, Shantelle Bennell, 23, and Margaret Bennell, 17.

"This place would have been guarded in the old days, as water was very scarce," Mr Davis explained during the clean-up. "This is one of the three biggest gnammas in the region, so it was a very important source of water. It's also a sacred site, because it gives life. It's what kept our ancestors alive out here."

During a blistering day under the Wheatbelt sun, the gnamma was first drained of its slime-green sludge before the volunteers jumped into waist-deep mud to shovel out possibly 100 years worth of silt, fencing posts, animal bones and other assorted refuse. Although it was hard yakka, Mr Atwell said he was happy to reconnect with the land.

"The indigenous aspect of looking after the land is taught at TAFE, so I wanted the experience to help with my course," Mr Atwell said. "But I also wanted to do this because not every young Nyungar is. We have to start looking after the land – not just to save the environment but because it's part of our culture."

After the messy clean-up, a beaming Mr Davis was more than happy with the results.

"That water will come alive again," he said, nodding towards the 2.5m deep hole, ready to fill with fresh winter rain. "This is a big project for me. It's pretty hard nowadays to get our young (Aboriginal) people doing this stuff, but it's great to see these youngsters helping out and reconnecting with the land."

"It's a matter of pride for them – they're very enthusiastic. It's also a chance to experience how their ancestors would have lived."

Based on their experience at Derdibin gnamma, Mr Davis and WWF envisage a gnamma maintenance protocol being developed to restore and preserve these ancient watering holes throughout the Wheatbelt region.

Many of the areas – including Derdibin – fall under WWF's Zones for Conservation Action, which have been identified by world-leading experts using state-of-the-art systematic conservation planning tools, which flag the most important biodiversity "hotspots" within the Southwest Australia Ecoregion.

WWF Healthy Bushlands Project Officer Phil Lewis said he hoped it was the start of more cooperation between groups to restore WA's ancient landscapes, both for cultural connection and biodiversity conservation.

Mr Lewis said many Wheatbelt gnammas were on private land, and so a formal protocol would help broker arrangements to satisfy farmer's interests at all times and ensure all parties' needs were met, while respecting individual landholders.

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Picture below: Northam Nyungar Kiel Attwell (left) and WWF Healthy Bushland Project Officer Phil Lewis put their backs into a recent gnamma clean-up in Derdibin as part of a combined Aboriginal cultural and environmental program to restore ancient Wheatbelt watering holes.



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
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	(No recordings taken)						69.4	36.2	12.0	3.4	7.2	21.4	149.6
2011	14.8	0.0	14.2	10.4	36.6								76.0
AVERAGE ALL YEARS: (RECORDING COMMENCED IN TOODYAY 1/1/1877)													
	10.8	12.4	19.4	25.8	66.9	99.9	102.4	80.3	47.8	31.4	14.8	9.1	521.0

environmental matters

Toodyay Friends of the River

Greg Warburton

THE Harper's Brook planting day on Sunday 19 June went smoothly with an impressive roll-up of no less than 52 people!

These included planters from the Toodyay Scouts, Greening Australia, Department of Water, Toodyay Naturalists' Club, Toodyay Historical Society, The Seed Orchard Group, Talbot Land Management Association, the Toodyay High School, various community members (some from Perth) and, of course, Toodyay Friends of the River. With such a willing band the 2,000 seedlings (including Sedges) were all in the ground within two hours. All enjoyed a sausage sizzle and other refreshments afterwards expertly prepared by Des, Wayne and Gaven.

Special guests, Bern Kelly with wife Rosemary, came along not only to plant trees but to receive a commendation from TFOR. Bern has made a huge contribution to environmental issues in the Avon and has been a great supporter of TFOR over many years as Programme Manager at Department of Water in Northam. TFOR was delighted to inform him of his nomination as Honorary Advisor to the group.

The Harper Brook Project could not have happened without the agreement of the land holder, Ted Godwin. Thanks also to Department of Water for providing the

fencing, Vernice Pty Ltd for doing the ripping and Wheatbelt NRM for additional funding for seedlings, gates etc. Thanks to Rob and Beth Boase of Arinya Tree Nursery for providing the 18 different species of seedlings that will one day make up the valuable under-story along that section of the Brook. Thank you to the Committee for all taking on special roles that day, the reason I believe it was such a success.

Other TFOR news includes the completion of weed spraying at Lloyd Reserve (thank you, Bethan) and some more burning of the wood piles. The DRAFT of the Lloyd Reserve Strategic Plan has been completed by Wayne and we look forward to receiving members comments in August.

Millard's Pool picnic shelter interpretive sign design has been completed and other signage ordered.

Some worthwhile rainfall recently has been welcomed by everybody especially farmers and Avon Descent competitors and organisers.

Our thoughts and prayers are with Wayne and Des as Wayne undergoes surgery this month. We all wish him a speedy recovery.

Our next working bee will commence at 9am, Duidgee Park on Sunday 17 July for the ongoing tree guard removal at Boyageering Brook. Enquiries about TFOR phone Greg 9574 5445 or Robyn 9574 2578.



Harper Brook tree planting brigade. Photo: Beth Frayne

Python Watch



Photo courtesy Peter Schneider

Desrae Clarke

Member: Toodyay Naturalists' Club

ALTHOUGH it is not expected to come across many reptiles in the cold weather, Peter Schneider met this beautiful Burton's Legless Lizard recently and took the included photograph. At first sight Peter thought it was a small snake but then recognised it looked a tad different.

Differences between a Legless Lizard and a snake are:

- The tongue of the Legless Lizard is broad and used to clean its lips and its eyes. The tongue of a snake is long, slender and forked and flicks in and out of its mouth. (The only lizard that has a 'forked tongue' is the monitor).
- Most Legless Lizards have quite noticeable ear holes. A snake does not have ear holes. It is sensitive to vibration and also gathers dust particles with its flicking tongue which are analysed by the Jacobson's Organ in the roof of its mouth.
- The Legless Lizard has an extremely long tail with some of up to four times the length of the body. A snake has a short tail.
- Most lizards have the ability to regenerate a damaged tail. The regrown tail is of a different colour and is rarely patterned. A snake cannot regrow a damaged or amputated tail.
- The Legless Lizard has flaps where back legs would be placed.

A snake does not have any hint of legs. • The Legless Lizard is NON-VENOMOUS and HARMLESS. Snakes are venomous EXCEPT for Pythons!

The Burton's Legless Lizard is found in a variety of habitat types of mostly low vegetation and rocky areas including Garden and Rottnest Islands. It preys on small lizards, and occasionally small snakes, by ambush. It is the only known legless lizard to feed exclusively on other reptiles. It moves about during the day (diurnal) in the cooler months of spring and autumn but is active at night (nocturnal) during the hot summer months when it lays its eggs (oviparous).

The ground colour of the Burton's Legless Lizard can be quite varied from pale grey, cream, tan, rusty-brown to orange. It may, or may not, have faint black longitudinal lines, or dashes, for the length of the body and the tail. It is a large lizard of up to 30cms SVL (which is the length between the tip of the snout to the centre of the vent) with its tail approximately one and a half times the SVL. It has a noticeably long, pointed snout and, although the ear hole is small, it is discernable.

If you happen to find an interesting member of herpetofauna (frog, lizard, snake, dragon, turtle, gecko, python, monitor, skink) and, especially if you have a photograph, I'd be really interested to hear about it. My telephone number is 6364 3609 or email desraec@westnet.com.au. The data is always welcome to be included on the records of the Toodyay Naturalists' Club.

River Dredging Helps Boost Wildlife

SCIENTISTS monitoring the health of the Avon River have unexpectedly found a number of native fish species.

The surveys were part of work to determine the impact dredging, or the removal of sediment from river pools, was having. The work was funded by State National Resource Management (NRM) and undertaken by Wheatbelt NRM and the Department of Water (DOW).

The DOW's Avon Programme Manager, Michael Allen, said clearing sand from the bottom of three permanent water pools had

helped boost native wildlife populations and improve water quality.

"Early results indicated an unexpected number of native fish species including the Western Minnow, Night Fish and Western Pygmy Perch," he said. "Generally people consider the Avon to be fairly degraded in terms of water quality, so we hadn't anticipated finding this many fish."

"The fish sampling was done using nets and fish traps at either end of the pools to capture the fish as they moved through the river. There was also a large number of long neck turtles and, with further monitoring, we're expecting to find even more native wildlife."

The surveys over the past 12 months have focused on Katrine Pool downstream of Northam, Reserve Pool near Beverley and Gwambygine upstream of York.

A long reach excavator was used to remove 42,000 tonnes of sediment from the three pools.

Wheatbelt NRM's Natarsha Woods said dredging had become necessary because of mistakes made in the past.

"The deliberate deepening of the river floor in the 1960's to prevent flooding and the removal of vegetation has accelerated erosion," Natarsha Woods said. "This had allowed sediment to be washed into permanent river pools, making them too shallow or filled in completely."

"Dredging over the last decade has helped restore the pools, giving native wildlife a permanent water source and a drought refuge."

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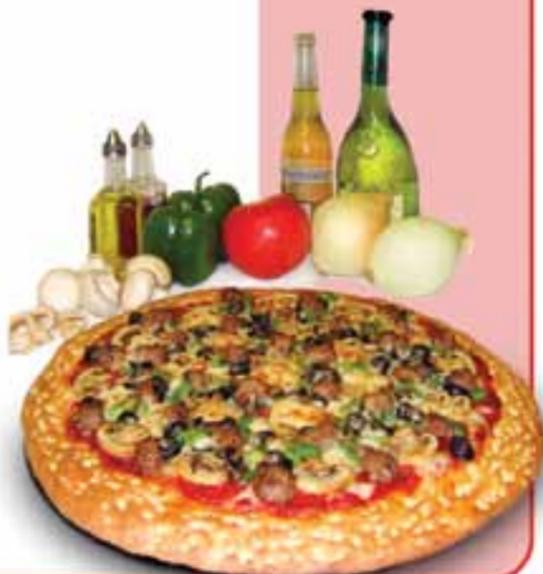
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environmental matters

Avon Valley Environmental Society

AS a follow-up to the AVES Committee decision to investigate recycling initiatives with a view to investing in appropriate projects, a group from AVES was invited to visit the Dowerin Recycling Depot which is run by volunteers with the full support and assistance of the Shire. The project has not only reduced landfill by 50% in the short time it has been operating but, rather than pay a contractor to transport the recyclables to Perth, it is succeeding in making money for local groups who assist in its operation.

The Dowerin project required an investment in a large shed, compactors for cardboard, aluminium cans and plastic milk bottles, and forklift trolleys to handle the heavier bales, some of which was paid for by grants. Running costs are minimal and involve wool sacks to pack cans and plastics and string and pallets for newsprint. Cardboard is flattened and compressed into 80kg bundles. Paper is separated into newsprint, glossy advertising type material and office copy paper. Glass is collected and stockpiled as, at the current price of \$10/tonne, it is not worth transporting to Perth. Transport to Perth of the sorted material is provided by local farmers or the Shire when they have empty trucks going to Perth.

Markets are extremely variable but, in the long term, should improve as the cost of landfill escalates. Glossy paper which, at one time was not recycled, is now used for roof insulation and the stabilisation and rehabilitation of sand dunes. Computers, modems, printers and TVs etc are disassembled into their component parts as there is a market for the plastic, copper wire and other metals and even the component boards. This operation does, however, require a training course. White goods could be included but microwave ovens pose a problem which was not identified.

The depot is situated on a main road and currently recyclables are deposited at the depot or collected, for example, cardboard from IGA. Bins are going to be placed near the road and a covered area for cardboard is being considered. The project currently requires around 10 hours/week of volunteer sorting and makes about \$2000 per annum. Expansion is possible but would require more intensive collection of material, possibly by bins in the township. Dowerin is a small Shire, however, and generally regional processing covering several Shires is seen as the future way to go.

Toodyay Shire has adopted a somewhat different approach but is more advanced in that most recyclables are sorted including all types of electronic equipment including telephones and remote controllers, paint and similar toxic materials, steel cans, aluminium as well as those mentioned above. The Shire currently depends on the materials being brought to the Waste Transfer Depot where the staff prepares it for collection by a contractor, or in some cases, resale to the public. The reduction in landfill material offers significant savings to the Shire.

There are opportunities for local organisations to benefit in that currently glossy paper, office paper, plastics and cardboard are not included together with the possibility of bidding in future for material which is presently contracted out.

Three areas have to be considered, collection, sorting and transport to the buyer. Collection appears to require organisation, a small investment and a relatively small voluntary effort. Sorting requires a bigger voluntary effort, maybe 10 hours per week using Dowerin as an example, and an investment in equipment. Transport, however, is a problem if any profit is to be made. The recycled material sells for around \$100/tonne so unless cheap back-loading to Perth can be found much of the potential profit will be spent on fuel etc.

The purpose of this article is to ascertain if there are any interested groups willing to participate in this type of project by providing volunteers or transport. AVES has allocated a significant sum of money to supplement possible grants to start a project on the basis that any reduction in landfill is good for the environment.

The President and Treasurer may be contacted on 9574 5947.

Weed of the Month

Weeds of National Significance: Tamarix Species

Desraé Clarke

KAYE Bailey, National Athel Pine Coordinator based in Alice Springs, spoke on the Tamarix species at a workshop in Gingin on 5 May this year.

The three species of Tamarisk in Australia – Athel Pine (*Tamarix aphylla*), Tamarisk (*Tamarix ramosissima*) and Smallflower (*Tamarix parviflora*) – were introduced into WA in the 1930s following introduction to Australia via California. The species originates in arid and semi-arid northern Africa and western and southern Asia with Smallflower tamarisk from southern Europe. (NB – Tamarix aphylla is NOT a pine but a flowering plant.)

Athel Pine is nominated as one of our country's 20 worst weeds, or a 'Weed of National Significance'. All Tamarix species have extensive, deep woody root systems that search for water up to 50 metres.

The species were recognised as nuisance plants in Australia in the 1980s. A strategy for their control and eradication was developed in 2001 with a National Management plan in 2005 and development of a National Coordination strategy in 2006 which is now under a five-year review.

Athel Pine (*Tamarix aphylla*), an evergreen tree of up to 15 metres in height, has dull green foliage with grey/brown granulated bark. The very small pale pink/white flowers, in spring and autumn, have five petals and hang in 3 to 5cm long clusters at the end of last year's branches.

Athel Pine is the only Tamarix weed that is declared across all states of Australia.

Tamarisk (*Tamarix ramosissima*) is a semi-deciduous, bushy shrub of up to 6 metres in height; it yellows in autumn and winter. Old stems are grey-brown in colour but new stems are reddish-brown. The flowers are pink and have five petals.

Smallflower Tamarisk (*Tamarix parviflora*) is a semi-deciduous shrub, or tree, up to 6 metres in height with multiple stems. The small pinkish/white flowers have 4 petals. Small leaves are evident and new bark is brown to deep purple; it is found in York, Northam and along the Avon River in Toodyay.

Impacts of Tamarix infestation

It stores salt, taken from the soil, in its leaves, which, when dropped reduces water quality and affects natural vegetation in its vicinity

The Tamarix utilises up to six times as much water as the Eucalypt!
Reduces abundance and diversity of reptiles and birds
Reduced invertebrate diversity
Rust, from the species' salt content, affects fencing, roofs of homes and outbuildings, water pipes and vehicles.

Mustering of cattle, especially in station country, is a significant problem as the cattle hide in the stands of Tamarix.
Reduced accessibility and availability of water for stock

Reduced productivity of pasture and top feed

Holds sediment in water courses
Provides upwards of 500,000 seeds per tree (Plants flourished in the Carnarvon area resulting from recent flooding)
Increased fire frequency beneath tamarisk

Growth of Plants

Grows near water

Is a prolific seeder but the seed is short-lived

Requires wet conditions to establish over a short period for seeds to propagate

May follow flooding

Propagates vegetatively

Water course and river areas require control up to 100 metre distance.

Control Options

Mechanical control: removal of crown and tap root to at least one metre in depth; follow-up regrowth with herbicides – Clear debris from flood plain and clean machinery.

Herbicides: use on an 'erosion prone' area; foliage spray is not effective. BPM manual contains lists of permitted herbicides, eg Tordon and Garlon.

Use good water and a 'wetter' and ensure good coverage. Minimum of one metre regrowth from roots and leave sprayed plant for 12 months.

Cut Stump treatment: using a 'two-person' team cut low and level across the base of

the tree and treat stump within 30 seconds for maximum uptake.

Pulling young plants: for small plants as the taproot is twice as long as the top
Biocontrol - Leaf Beetle on Tamarix ramosissima (not efficient in high altitudes)
'Athel Pine die-back' fungus is a natural control with research currently being carried out. Stress, combined with the pathogen, may be the cause of 'die-back'.

Future Directions

A centralised data base has been developed across Australia using a GPS to add the data to the 'Weed Watcher' web site (a 50kms x 50kms grid).

Plants can also be taken to the State Herbarium for correct identification.



Photograph courtesy Greg Warburton

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Every Friday night at our place "The Factory". Ages 13-21.

Ladies

Bible studies and fellowship.

Mens

Groups, short term studies.

environmental matters

Toodyay Naturalists' Club



Desraé Clarke

THE Club's Annual General Meeting is to be held at the CWA Hall on 16 July commencing 7pm and will include the exciting launch of the NEW Toodyay Naturalists' Club logo! Eva and Don Smith will follow with a delightful presentation on the history of the Malleefowl Preservation Group and the unique characteristics and lifestyle of the Malleefowl.

The 20 August General Meeting is to be held at the CWA Hall as an afternoon meeting commencing at 2pm with an entertaining and exuberant presentation by the well known naturalist, Eric McCrumb. Eric's talk is to feature insects with a division into three sections - 'slimy critters', 'primitive' and the 'advanced insect grouping'; he has a wonderful pictorial collection that will be enjoyed by children and adults alike!

On Friday and Saturday 10 and 11 June

the Club held a fundraising raffle with the following winning tickets:

A load of firewood

BLUE E 13 Jenny Clarke

Two books on natural history

GREEN F 87 Heather Henderson.

Club members are grateful for the support received for the fundraising effort. The money raised goes a long way in paying for insurance, a big expense to any community group.

Much 'behind the scene' planning and work has been continuing with a Shire Reserve, 5273, by members of the Club in conjunction with the Shire. This beautiful reserve has been abused, over many years, by the deposition of an incredible assortment of rubbish but is now to be given love and the attention it deserves. Work on rubbish removal and the elimination and removal of the feral plant, Tagasaste, have been massive undertakings; the Club is sincerely grateful for the assistance from the Shire staff. With this step achieved the next phase is for Reserve 5273 to be given a name and descriptive signage erected.

Members of the Club, together with other members of the community, assisted the Toodyay Friends of the River with the planting of 2,000 trees on Sunday 19 June. The area of private land along a section of Harper Brook, which had been degraded by the grazing of stock, had been previously ripped and fenced in preparation for the plantings.

The Toodyay Naturalists' Club has a link to the Toodyay Land Conservation District Committee (LCDC) web site and is always eager to receive information to add to the Naturalists' Club data base on any aspect of natural history. It was through this link that we received the beautiful photo of an Echidna by Peter Schneider. To access this web site go to www.toodyaylandcare.org.au.

Enquiries regarding the Annual General Meeting 16 July commencing 7pm and the 20 August General Meeting at the CWA Hall with Eric McCrumb commencing 2pm may be made to Acting President, Greg Warburton, on 9575 5445 or Secretary, Wayne Clarke, on 6364 3609. New members are always made very welcome.

Buzzard is usually a silent bird it will give a 'yelping' call in the vicinity of its nest; it also has a repeated harsh, scratchy, grating call.

The Black-breasted Buzzard is 51-61cm long with a wingspan of 147-156 cm and, as is usual with 'birds of prey', the female is larger than the male. In size, it is between that of a Little Eagle and a Wedge-tail Eagle. An adult bird is mainly black, but a little browner in colour on the wings and mottled rufous on the back. In flight the underwings are mottled brown with noticeable white bullseyes. The bill of the Black-breasted Buzzard is prominent, it has an occipital (referring to the back of the head where it joins the neck) crest, short, powerful legs, and the primary feathers of the wings extend well beyond the short, pale buff-grey, square tail.

Breeding of this raptor is from July to December. The nest is a large, flat platform of sticks which can be up to 50 cm deep, and lined with fresh eucalypt leaves. Usually two eggs, whitish in colour and blotched mauve and dark brown, are laid. The parents incubate equally for 36 days. The young hatch in white down and are fully feathered in 6 weeks to fledge at about 60 days. Sexual maturity is attained at two years or older.

The Black-breasted Buzzard is notable for its 'stone-throwing' behaviour to break the large eggs of the Emu and Bustard. It is one of only two raptors that regularly use 'tools' to assist with its feeding with the second raptor, with this practice, the Egyptian Vulture (found in Africa, India and a summer visitor in Southern Europe) which breaks eggs of the Ostrich in the same manner. Other than eggs the Black-breasted Buzzard feeds on mammals, reptiles, birds, carrion, large insects, rabbits and bird nestlings.

As a member of the Toodyay Naturalists Club I am always interested in your sightings and can be contacted on 6364 3609 or email desraec@westnet.com.au.

Bird of the Month Black-breasted Buzzard

Desraé Clarke

THIS large bird's name is a little unfortunate as it conjures in one's mind the head of bare skin but it has a handsome feathered head and there are no true buzzards in Australia. It is a rare bird and not found in the more southerly areas of high rainfall. One was seen near our home when we had a noted naturalist, Kevin Coate, staying with us - it was a very, very exciting sighting! It generally favours arid wooded and open country, grasslands and along inland river systems; it can also be found on sparsely vegetated off-shore islands. Although the Black-breasted



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
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SHIPPING Container, 20', water tight, vermin proof, structurally sound, lockable. Located Toodyay. \$2800. Ph 0427 012 500

CARAVAN, pop-top, 17.6.03, Jayco dual wheeled Heritage. A/c, full stove, micro, stereo. Top of the range. Reduced. \$26000ono. Ph 9574 4804 or 0418 699 652

WANTED

TOODYAY Pony Club is looking for a cheap or free 8x4 trailer. Any condition and doesn't have to be licensed. Call Alison 94971550

Quo Vadis

FREUD, in using the Zuyder Zee reclamation was not concerned with the psychical achievement as an example but with the goal of psychoanalysis as to achieve control of the primordial element within the instinctive nature of (hu)mankind as a 'cultural' achievement; he wanted psychoanalysis to be the wresting away from those 'primordial' areas, to those in which 'cultural' achievement could be made. Rollo May followed that in *Love And Will* by quoting William James, "The effort by which one succeeds in keeping the right objective unwaveringly present to the Mind, proves to be the saving 'moral' activity – an outgoing concern for the welfare/being of others, in an I/Thou conscious communion, which, too has a reciprocating therapy! There is now a more urgent need for humankind to change its mode of life before it becomes overwhelmed in the tsunami of mental illness, which needs a universal policy change before the present antidote of more money!"

For Spinoza, "All things which come to pass, do so according to the eternal order and fixed laws of nature." However, the prognosis is/was that the human mind was part of the infinite intellect (but not mind?) of God. At a more mundane level the theory implied that the order and connection of ideas is the same as the order and connection of things, that memories possessed a physical basis and that, when ideas were associated, there was a corresponding concatenation of the affections (linking together) of the human body. For the same reason, there are no mental faculties, such as will and intellect, only actions and passions manifesting themselves at various levels of psychosomatic complexity and perfection; taken up by Wendt and other Gestalt followers some attuned with 'physics'.

Spinoza's approach to human nature was determined (as) "in Nature there is nothing contingent (liable, possible), but all things are determined from the necessity of the Divine nature to exist and act in a certain manner." There must thus be one and the same method of understanding the nature

GARAGE SALES

SATURDAY / SUNDAY 9 / 10 July, 3 Goddard St, Toodyay. Fridge, upright freezer, kitchen setting (colonial), settee (suede), b/side drawers and w/robe, quality books and craft mags, TV, bric-a-brac, Pentax camera, lots more. 9am – no earlies

SATURDAY 9 July at 210 Church Gully Road, Coondle, 8am – 1pm. Outdoor kids play equipment, assorted shed gear, 4-wheel-drive tyres, cabinets, benches, metalwork and some construction gear etc. To be sold on or before. Ph 9574 4489

SATURDAY 23 July at 28 Eucalyptus Road, Coondle, 9am – 2pm. Moving sale: household items, toys, kids clothes and lots more. Ph 9574 4489

GARDENING

ROSE pruning, expert, 20 yrs experience. Ph Trevor 9574 5762

HOLIDAY RENTALS

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of all things whatsoever, ie by the universal laws be rules of Nature. Human nature was no exception; to treat by a geometrical method the vices and follies of humans; to view them as 'sub specie aeternitatis'. So viewed, freedom, in the sense of free will was seen to be a mere illusion; humans think themselves free because they are conscious of their wishes, whilst at the same time they are ignorant of the causes by which they are led to wish and desire. All final causes are nothing but human fictions; the Will, like all other things is determined by efficient causes, so the wise person is scarcely ever moved in their mind but, being conscious of a certain eternal necessity of himself, of God and of things, never ceases to be and always enjoys true peace of mind!

The 'conatas' (essential drive or blessing?) was central to Spinoza. The actual essence of the thing itself, at its highest level becomes the "intellectual love of God", a state of "blessedness"!

Spinoza's 'Ethic' was central to his treatment of the emotions. The goal of the whole enterprise was a practical therapeutic one, to attain knowledge of the human mind and its highest happiness. Love is nothing but joy accompanied by the idea of an external cause. Spinoza's primary motive in analysing human effects was a psychotherapeutic one; the more we participate in the Divine Nature, the greater our perfection (and health/happiness!) Nevertheless, the passions are the source of conflict within the individual and dissensions between individuals, ungoverned by intellect, lead to human bondage.

Effects cannot be directly controlled by the Will; they could be removed by stronger effects or detached from the ideas giving rise to the love and hatred toward the external cause. If we detach the emotion of the mind, the effects will be destroyed. An effect which is a passion ceases to be a passion as soon as we develop a clear/distinct view of it. We can be freed to achieve 'blessedness' with the possession of the power (Will?) of arranging snf connecting the affections of the body according to the order of the intellect (so what is the connect between Will(ing) emotions off?) This requires not a little practice/study (in psychoanalytic therapy.)

toodyay sports

Clackline/Toodyay Karate Club

CONGRATULATIONS to the students who attended the WA State Championships in May. The Avon Valley Shotokan Team consisting of Regan Flaherty, Jacob Blankendaal and Mitchell Cording won 3rd place in the Team Kata. Jordan Turnock won 3rd place for Junior Male Kumite. Thanks also to Chris Cording for assisting with coaching.

By the time this edition of the Herald is out, seven of our club members would have just returned from Malaysia, attending seminars conducted by Sensei Andre Bertel. One of the younger members attending worked really hard to get sponsorship for the trip.

Jordan Turnock organised a fundraiser through Greyhounds Racing WA in Northam. All 12 races on the day were sponsored and many of the dogs were 'sold'. The winners of the 'sold' dogs were: Race 2 Number 7, Brolos Flyer 'sold' to Elaine Douglas; Race 7 Number 1, Cruiser 'sold' to B. Jacobsen; Race 9 Number 2, Valdahree 'sold' to Maureen Hunter; and Race 11 Number 3, Digger Daley 'sold' to Billy Choules. We would like to express our thanks to Greyhounds Racing WA with Burswood Park, Northam for allowing the fundraiser to occur and thanks to Bill Choules for his assistance and for suggesting this idea for a fundraiser. A big thankyou goes out to the race sponsors: Verlindens Electrical Service, Frantic Night Chasing, James Spasich, Peter Speciale Smash Repairs, Bakers Hill Cafe, Civic Video Northam, Redgum Patios, Cutline Engraving, Peter & Deb's Diner (at the track) and Avon Service Specialists. Thanks as well to everyone who 'bought' a dog.

Planning for the Toodyay Outdoor Karate Tournament on Saturday 24 September is well under way. We are seeking sponsors to assist with costs and all sponsors will receive a certificate of appreciation, as well as have their names in the printed programme. Sponsors are invited to attend the tournament, display business cards/posters/merchandise at the tournament, or they are also welcome to present prizes on the day. Karate clubs from all over WA will be invited to attend so we expect it to be big. Sponsorship forms are available from Helen. We will also need volunteers on the day so if you can

help out, please let Helen or one of the committee members know.

The club Challenge for this term will be held on 8 July. Registration is from 5.30pm for a 6pm start. This will be a great opportunity for parents and friends to practise scoring and timekeeping in preparation for our outdoor tournament. A sausage sizzle and cool drinks will be on sale.

Toodyay classes are held in the Youth Hall:

Wednesdays
3.45 – 4.15pm 5 – 8yr olds
4.30 – 5.30pm 8 – 12yr olds
6 – 7.30pm Highschool and adults

Fridays
3.45 – 4.15pm 5 – 8yr olds
4.30 – 5.30pm 8 – 12yr olds
6 – 7.30pm Highschool and adults

Classes are also held in Bakers Hill at the Bakers Hill Rec Centre on:

Mondays
3.30 – 4pm 5 – 8yr olds
4 – 5pm 8 – 12yr olds

If you would like to keep up-to-date with all that is going on at the club, email Helen at helenbain@optusnet.com.au and ask her to link you into the Avon Valley Shotokan facebook site.

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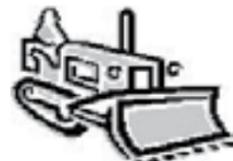
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toodyay sports

Toodyay Tennis Club

Angela Fox

TUESDAYS are still looking good! We are having some brilliant numbers despite the fact that there are a few away on holidays!

We are having our Annual General Meeting on 28 June, so I will cover that in next month's paper.

The ideas are coming together for the town's 175th celebrations. If anyone knows of any snippets of history, photos, etc. of the tennis club, can you let one of us know please, as we want to display these at the club on 25 September; they can all be returned if need be.

We had a great lunch at the club a few weeks ago and are now thinking we may do another one for July, date yet to be decided.

The players are all appearing to be having some great games. A lot of you are probably relieved now the winter is here after our very hot and humid summer. Mike seems to be back in top form after his hip and shoulder surgery. Frank? Well, what can you say? He just goes on and on, always brilliant and Mel is one to watch as well. The ladies are all excellent. What a great sight it is to see you all out there having such good fun.

Toodyay Football

TOODYAY came back after losing to Gingin and a Bye to win their fourth game of the season, defeating Dalwallinu at Toodyay Oval by 64pts. Final score: Toodyay 16.14 (110) def Dalwallinu 6.10 (46).

The Lions were brilliant in the first quarter, kicking 8.5 to Dali's 0.1, setting up their win. In the second quarter, although Toodyay only kicked one goal, Dalwallinu only managed six behinds. Before their first goal in the third quarter, Dali trailed the Lions 0.7 to 15.11 but rallied for the last, kicking 6.3 to Toodyay's disappointing 1.3.

Best players for Toodyay were Adam Pearce, Ryan Pearce, Jarrod King and Tom Street. Jack Dasborough was given a red card due to a player count, a problem that has happened a couple of times in the past with disastrous consequences including having their score erased during the 2004 season.

On Sunday 5 June, Toodyay Lions had another win for the season over Goomalling. Final score: Toodyay 17.9 (111) def Goomalling 10.8 (68).

Toodyay's sixth win of the season was over Calingiri on Sunday 12 June. Calingiri put on a better show than in their first game this season where they lost by 130pts but were still not quite good enough to defeat the Lions. Final score: Toodyay 11.6 (72) def Calingiri 8.14 (62).

The Lions are in the race for their first Premiership since 2004. The Gingin Eagles are the team to beat at the moment, currently unbeaten, but last year's runner-up, Dowerin, is tipped to be a threat. Toodyay defeated Dowerin by 42pts in their first matchup of the season and need to retain their current form in the weeks to come.

Toodyay Hockey Club

Junior teams playing in the Avon Association

THE start of the junior season has been terrific with some very high scoring games won by both the Lions, which includes the newer and younger players, years 2 to 5, and the Royals with players that are in years 6-8.

Courtney Fleay, coach of the Royals, has the players working hard on their fitness and game plan. The team has quite a few talented players who have played together for the last four years; this has helped with the high scoring wins the Royals have had.

The Lions team still needs a few more players as they play short each week. Training is on a Monday at 4.30pm so please, if there are any interested younger players, years 3-5, come along. Ralene Fleay, Nadine Cording and Therese Chitty coach the Lions and work on skills development as well as game structure.

Well done to Mitchell Cording and Courtney Fleay for being chosen by the Avon association to go to the regional try-outs in July. Mitchell Cording, Josh Flaherty, Clayton Dickson, Ruben Street and Sam Chitty have been chosen to play in the Avon team for Under 13 division of the State championships held on 18, 19 and 20 July.

Many thanks to all those parents who support their children each week to attend matches and training.

Results of games played this season are:

May 7	Royals v Wongan Hills	0/2
	Lions bye	
May 14	Lions v York Redbacks	1/1
	Royals v York	8/2
May 21	Lions v Diamonds	1/1
	Royals v Diamonds	12/0
May 28	Lions v York Sharks	3/0
	Royals v Thundersticks	12/1
June 11	Lions bye	
	Royals v Thundersticks	10/1
June 25	Royals bye	
	Lions v Thundersticks	2/2

(Thanks to Stacy August who was the on-field coach for this match)

Toodyay Senior Women's Mortlock Association

The senior women had a slow start to the season with many of the players being new to the game. Those players with the experience and fitness helped the team over the first few nervous games.

Results so far:

Toodyay v Calingiri	0/5
(no best players given)	
Toodyay v Dowerin	0/3
Best player Emma and Naomi Lucas	
Toodyay v Gingin	0/2
Best players Alysha Redman and Jenna Heinila	
Toodyay v Wyalkatchem	0/4
Best players Emma Lucas and Dimity Boggs	
Toodyay v Dalwallinu	0/2
Best players Emma Lucas and Alysha Redman	

Toodyay v Goomalling 0/4

Best players Dimity Boggs and Sophie Notley

Toodyay v Calingiri 1/0

(First win for the season)

A great team effort with the Players Choice Award going to the goal scorer Claire Ferguson

Toodyay v Dowerin 0/6

Best players Naomi Lucas and Jenna Heinila.

The team consists of 18 players - Sarah Gardner, Jessica Corbey, Nikki Smith, Natalie Hogg, Dimity Boggs, Alysha Redman, Jenna Heinila, Kylie Brown, Jodie Lucas, Emma Lucas, Naomi Lucas, Jessica Ward, Sophie Notley, Claire Ferguson, Kassy Molloy, Miranda Dempsey, Kate Pearce and Melinda Lucas. COACH Franny Wacura.

As a new team, these girls will only get better with match practice and experience. Well done so far and good luck for the rest of the season.

Toodyay Golf Ladies Results

25 May Avon Valley Jewellery Trophy

Winner: J Preece

Runner Up: R Heath on countback from S Gilpin

Least Putts: R Heath

8 June Silvia Cook Memorial Trophy - 12 Holes

Winner: M McBride

Runner Up: M Scahill

Nearest the Pin: D Haworth

15 June Toodyay Hair Salon Trophy

Winner: G Anderson

Runner Up: B King

Least Putts: K Rewell

22 June Northam Jewellery

Winner: M McBride

Runner Up: L Dival

Longest Drive: D Haworth

29 June Toodyay Emporium Trophy

Winner: D Haworth

Runner Up: R Heath

Nearest the Pin: K Rewell

Avon Valley Adult Riding Club

Caroline Venables-Kyrke

THE 2011 Avon Valley Adult Riding season is now halfway through and haven't we been so lucky with the weather for our rallies and clinics? It did pour during the June rally but luckily during lunch.

The first clinic for the year was the show jumping clinic with David Britza as instructor. As usual this was very popular and places were snapped up by the end of May. It was a great day with a few spills, but everyone had fun and as usual the peanut gallery egged everyone up and over the jumps.

Candy Hudson was guest speaker at the June rally with a very interesting talk on Bowen Therapy for both horses and people. Members also took advantage of her being there and several horses had some complaints ironed out by her during the day.

The 23 July rally is part one of the club's closed (financial members only) gymkhana. The format is show horse in the morning and games in the afternoon if everyone has any energy left. The day starts off with the Best on Parade Ali Shahr trophy and then members have the choice of two rings - walk/trot and walk/trot/canter.

Club uniform is not worn, so get out your hacking gear and polish up your boots as there is a terrific programme in which to compete and also any points won (ribbons to 6th place) will go towards the Hi-Point

trophy at the end of the year.

The official show horse day on 14 August is fast approaching and the programme has been set. The programme and entry form will be available by Caroline's email from mid-July, and a separate walk/trot encouragement ring will be in action.

As per previous official days the club is looking for sponsors for the champion and reserve champion ribbons - we need 60 sponsors! The cost will be \$10 per ribbon and the sponsor's name will be inscribed on the ribbons as an acknowledgement and also advertising. The cut-off date for sponsoring a ribbon is mid-July, so please contact your local businesses or possibly your very own business and email Caroline with the number of ribbons and the inscription you would like.

Don't forget that, if you are not going to attend, contact Mel Flowers by the Thursday before at the latest so she has a chance to organise her classes and isn't left with spare spots on the day. Mel's mobile number is on the membership list, so in case of a disaster on Friday or even Saturday morning, you can contact her and let her know if you can't make it or are going to be late. And, if you are bringing extra mouths to feed or are not staying for lunch, contact Caroline by Thursday pm.

The club is open to all equestrians owning their own horse and over the age of 18. We meet every fourth Saturday of the month at the Toodyay Racecourse, from about 8.30am to 3pm with two lessons per rally and lunch is provided.

If you are interested in coming out and seeing us, riding as a guest, or becoming a member contact Caroline on 9574 1407 or Kerry on 0428 589 466.

Vet's Corner Sand Colic in Horses

Dr Candice Baker

Heartlands Veterinary Hospital

IT'S that time of the year again when our horses start colicking!

As winter is fast approaching, so are the first big rains for the season. New blades of grass are shooting up and our beloved horses, the natural grazers, start picking away at those shoots. Unfortunately, picking at the grass shoots quite often means sand is picked up with it as well. This becomes problematic inside the extensive piping of the horse's bowels! An accumulation of sand can cause several issues - irritation to the inside of the intestines, partial impactions/blockage (so feed can't pass through) or full impactions (nothing gets through). These issues lead to abdominal pain, otherwise referred to as colic. Horses are notorious for going down and rolling when they are in pain, which, in a distended gut, may cause even more problems which can be life threatening.

To prevent a build-up of sand and potential problems it's recommended that you have your horse drenched with paraffin oil. This is something that can be performed by your vet. Other preventative measures include: constant access to hay, feeding on rubber mats or in baths to prevent sand being picked up with food, a monthly Psyllium Husk programme and constant access to fresh water.

The idea behind feeding Psyllium Husk to horses is that it swells on contact with water in the gut and, as it passes through the bowel, it pushes the sand out. Previously Psyllium Husk has only been available in a dry powdered form which is difficult to get horses to eat! Equilax is a great new product which is essentially Psyllium Husk in a palatable, apple flavoured pellet. It can be mixed with food or fed directly from the hand as a treat and, unlike raw psyllium husk, it does not blow away.

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toodyay sports

Toodyay Districts Horse and Pony Club

Cassandra Duckworth

THE Toodyay Districts Horse and Pony Club Unofficial Gymkhana was held on 12 June 2011. The event was very well supported with many local riders making the most of a show being held close to home as well as competitors travelling from Perth, Lancelin and other country towns. The weather was perfect, providing the perfect environment for a day of hacking, showjumping and mounted games.

We sincerely thank our generous sponsors for their support of our small, volunteer run organization. The money raised with their assistance will help fund a variety of Toodyay Pony Club's projects, including the purchase of dazzle boards for our showjumping arena and maintenance to our existing equipment.

We wish to thank and acknowledge our major sponsor:

Toodyay Community Op-Shop

Thanks also to the following sponsors for their generous support of this event:

Saddleworld Maddington
Cubbykraft
Mike and Mary Guest
Paul and Tricia Mullins
Jenny and Keith Wilgoss
Northam Veterinary Centre
Little Farm Toodyay
Heartlands Vet Hospital
Toodyay Produce
Feed Freedom

Congratulations to all riders who placed in their classes. We hope you all had an enjoyable day and look forward to seeing you again at our future events.

Champion Junior Rider:

Phoebe Armstrong

Reserve Champion Junior Rider:

Kirra Haigh

Champion Senior Rider:

Tiarna Robertson

Reserve Champion Senior Rider:

Fiona Morgan

Champion Galloway:
Fiona Morgan Kylandee Royal Heights

Reserve Champion Galloway:
Krystal Haywood Krystelle Park Kaaees

Champion Hack:
Tiarna Robertson Million Heiress

Reserve Champion Hack:
Tracey Williams Duke of Hazard

Champion Large Pony:
Isabella Mullins Tyalla Ornament

Reserve Champion Large Pony:
Tatum Peirce Stormy

Champion Leadline:
Chais O'Dwyer Strawberry Shortcake

Reserve Champion Leadline:
Caitlin Duckworth Monty

Champion Walk Trot:
Aimee Carbery Snap 'n' Rattle

Reserve Champion Walk Trot:
Hayley Terry Bella

AM7 45cm:
1st Summer Roberts Dazzlyn Donna
2nd Heather Hill Shanendor Shirima
3rd Monique Gardner Warlords Miss Kitty Cutter

Optimum Time 45cm:
1st Summer Roberts Dazzlyn Donna

2nd Monique Gardner Warlords Miss Kitty Cutter
3rd Summer Smith Caddy

AM7 60cm:
1st Josephine Bruce Lady Love Lace

Optimum Time 60cm:
1st Phoebe Armstrong Myka
2nd Jessica Potter Feebee
3rd Josephine Bruce Lady Love Lace

AM7 75cm:
1st Phoebe Armstrong Myka

We are currently on the lookout for a 8x4 trailer to be used for storing and transporting our showjumping wings, preferably with dual axle. Any condition will do and it doesn't have to be registered.

If you have one or know of one laying around on someone's property not being used we'd love to hear from you. Donated trailers will be accepted.

Toodyay Pony Club members offer their sincere condolences to Mrs Rhonda Kobulniczky, Jennifer and family on the passing of their beloved husband and father, Tibor. Our thoughts and prayers are with you at this sad time.

Our next rally will be held on Sunday 24 July at the Toodyay Racecourse. For all enquiries please contact Alison on 9497 1550 or Cassandra on 9574 2850.

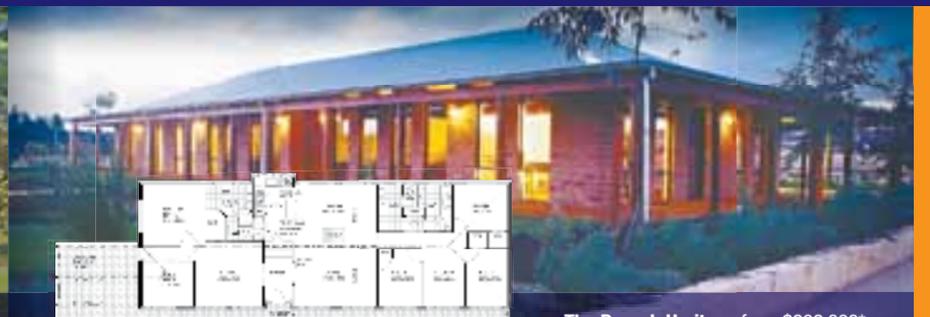


Young Toodyay riders in the fancy dress class Piper Toop, Emily Carpenter, Caitlin Duckworth and Hayley Duckworth

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MORTGAGEE SALE

3.32HA - 8AC SPECIAL RURAL. Outstanding views from the plateau overlooking Toodyay Valley. Open pasture, lightly treed for shade. Bitumen road frontage.

\$169,000



5 BEAUTIFUL ACRES

Gorgeous block with 3 bed cottage! Verandahs front & back, & single carport. Selection of water tanks & boundary fenced. As a starter, holiday home or for downsizing, you cannot go past this budget buy.

\$259,000



24.28 HA (60 ACRES) OUTSTANDING SMALL FARM

Proven cropping history, excellent fencing, bore. Exc blend farmland & privacy with stand of natural timbers. Pretty ridge line with views & winter creek in the valley. Bitumen access close to Toodyay Town.

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All modern features, presented in 1st class condition on shady 10 ac only minutes from town. Giant shed & workshop facility complete with workers quarters or visitors retreat. Winter creek, olives, fruit trees & sandalwoods. Come & visit.

\$499,000

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Blackwattle Rd	SOLD
Jubilee St	SOLD
Oddfellow St	SOLD
Fitzgerald Tce	SOLD
Balgalling Rd	SOLD
Laterite Way	SOLD
Mount Rd	SOLD
Horseshoe Rd	SOLD
Toodyay West Rd	SOLD
Connor St	SOLD
Telegraph Rd	SOLD
Gerald Tce NORTHAM	SOLD
Toodyay-Goomalling Rd	SOLD
Ferguson Rd	SOLD
Julimar Rd	SOLD
Stirling Tce	UNDER OFFER
Morangup Rd	UNDER OFFER
Gray Rd BINDOON	UNDER OFFER



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BIG BOLD BY DAY SPACIOUS ELEGANCE BY NIGHT

Nestled in majestic whitegums with stunning valley views. Inspired, ultra-modern design blending in/outdoor living with walls of glass & natural light, a combination both fun & functional. Private inspections welcome. Allow time to enjoy the experience!

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EXTREME COUNTRY ELEGANCE

New B&I 4 bed 2 bath home finished to perfection. Home theatre, & large open kitchen with views. Lined & decked alfresco area for entertaining. American barn with amenities, 10 acres in 3 paddocks ready for a pony or two.

\$629,000

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