## Meredith &district Newsletter



Our Community Newsletter since 1972

Distributed FREE to district residents

### Grants go to Work

Jim Elvey

Golden Plains Shire's highly regarded Community Grants Program will continue to fund and stimulate small projects throughout the Shire. At a ceremony held last month, \$132,599 in grants were awarded to 42 recipients and will contribute to a total of \$335,190 worth of project work.

Mayor, Cr Geraldine Frantz, in opening the ceremony, said since the program began in 1996, over \$2 million has been allocated to more than \$4.1 million worth of projects for the Shire's many communities.

She added "Projects range from sporting equipment, community events, upgrading basic facilities such as toilets and kitchens, improving storage and improvements to walking paths."

Kristie Walker, publicist with the Meredith Music Festival, gave a lengthy and well received address on the history of the Festival from small beginnings to a large, often sold-out international festival of renown. A key to the story was the adherence to foundation principles of honesty and transparency.

And Meredith demonstrated how active it is as a community, with five grants coming to the town for a variety of projects.

- Meredith & District Memorial Hall \$5000 Hall Rejuvenation Project comprising repairs to interior lining boards and interior re-painting
- Meredith History Interest Group \$2500 "Who Lived in my House" Project which will research, map and document all housing blocks, houses and business within the township of Meredith
- Advance Meredith Association \$1160
  - Highway Tree Guard Project Stage 3 which will continue the tree guard project and erect tree guards along the Midland Highway
- Meredith Community Centre \$3375 Painting and Cladding the Block to upgrade the external walls of the toilet block
- Meredith Police Paddocks (Ballarat Environment Network) - \$5000 for construction of an all weather, crushed rock walking path.

The Back to Steiglitz Association also received \$780 for acquisition of art display boards for Back to Steiglitz Day and community events.

### Meredith Medals

Local athletes excelled at a variety of events this past month. Among them were Amy Canavan, a member of the Victorian team that won a silver medal in its age group at the Australian Cross Country Championships in South Australia, and Stephanie Ferry, who won three firsts at the Corio Districts Athletics Carnival.

Congratulations to both Amy (top) and Stephanie.

(More on page 20)

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## in this issue....

- Chris's MOTOmed
- Local Photographer wins the double.
- TWO Ninetieths!
- Spring Clean YOU!
- The Queen (really?) opens School Olympics

... and the usual more!

**e:** news@meredithnews.com.au

W: www.meredithnews.com.au





Meredith & District News Page 2 September 2012

## Meredith and District News

The Meredith and District News is published by a volunteer sub-committee of the Meredith Community Centre comprising: Jim Elvey, Dawn Macdonald, David Jones and Trudy Mitchell.

### **NEWS & VIEWS**

Subject to the conditions outlined below, contributions accompanied by the contributor's name (which will also be published) and contact details, are most welcome. Please email to news@meredithnews.com.au or deliver to the Meredith Corner Shop.

#### DATES AND DEADLINES

The Newsletter is distributed on the **first Thursday** of each month (except January). All advertisements and submissions must be lodged by the **last Thursday** of the preceding month, but earlier is **really** appreciated.

### **ADVERTISING**

Advertising in the M&D Newsletter is a great way to let district residents know about your business. Contact us for full details and lodgement forms.

Rates are as follows:

| Kales are as follows.                    |          |  |  |
|--|----------|--|--|
| Business Card                            | \$14.00  |  |  |
| Quarter page                             | \$25.00  |  |  |
| Half page                                | \$40.00  |  |  |
| Full page                                | \$80.00* |  |  |
| *\$20 loading for preferred position     |          |  |  |
| Classifieds                              | FREE**   |  |  |
| **For small, personal notices from       |          |  |  |
| residents. Otherwise \$7.50 or \$5.00 if |          |  |  |
| paid on lodgement.                       |          |  |  |
| Community Groups can have a 1/4          |          |  |  |
| page ad for free or a \$25.00 discount   |          |  |  |
| on larger ads. (conditions apply)        |          |  |  |

### **SUBSCRIPTIONS**

If you are outside our delivery area you can subscribe for only \$10.00 p.a. (11 issues) and get the Meredith and District News posted to you anywhere in Australia.

### **CONTACT US**

Post: Post Office, Meredith, 3333 Email: news@meredithnews.com.au Ph: (BH ONLY please) Jim 5286 1273 or Dawn 5286 1274.

#### WEB

You can check back copies and lodge comments at meredith-

news.com.au

#### **DISCLAIMER**

The opinions expressed by contributors are not necessarily those of the publishers. The publishers may edit or reject contributions and accept no responsibility for errors or omissions.



## Community

### **Maternal Infant & Childcare Nurse**

Call 0409 900 224 to make an appointment at the Meredith Community Centre 6th & 20th Sept 4th, 18th Oct

### **Geelong Regional Library Van**

At the Meredith Community Centre 1-3pm 7th & 21st Sept 5th, 19th Oct www.geelonglibraries.vic.gov.au

#### **Senior Citizens**

Meet at the Meredith Memorial Hall *Ph. Jim 52868 232* 

10th, 24th Sept. 8th, 22nd Oct.

New members are always welcome

#### Justices of the Peace

| Mr R Cooke Meredith     | 52 861 346   |
|-------------------------|--------------|
| Mr H Woerner Meredith   | 52 861 402   |
| Mrs S W Dynon Steiglitz | 52 819 223   |
| Mr G Leslie Bannockburn | 52 811 854   |
| Mr P Ryan Elaine        | 0409 861 296 |
|                         |              |

## Next **DEADLINE Thur. 27th September 2012**

Earlier submissions appreciated & necessary when our input is required.

## Emergency Phone Numbers



|                         | 00             |  |
|-------------------------|----------------|--|
| Police, Ambulance, Fire | 000            |  |
| (from mobile phone)     | 000 or 112     |  |
| Meredith Police Station | 5286 1222      |  |
| Power Failure           | 132 412        |  |
| Nurse-On-Call           | 1300 606024    |  |
| Mental Health Advice    | 1300 280 737   |  |
| Poisons Information     | 13 11 26       |  |
| Barwon Water            | 1300 656 007   |  |
| SES Emergency - flood   |                |  |
| & storm help:           | 132 500        |  |
| 24 Hour Helpline        | 1800 629 572   |  |
| 24 Hour Drug &          |                |  |
| Alcohol Counselling     | 1800 888 236   |  |
| Kids Help Line          |                |  |
| 24hr 5-18yo             | 1800 551 800   |  |
| Golden Plains Shire     | 1300 363 036   |  |
| A.H. emergencies        | 0408 508 635   |  |
| Ranger                  | 5220 7111 or   |  |
|                         | 0409 830 223   |  |
| Bannockburn Vet         | 5281 1221      |  |
| Injured Wildlife        | 13000 wildlife |  |
|                         |                |  |

### **Community Contacts**

| Community Centre-Joan                  | 5286 1348   |  |
|--|-------------|--|
| Primary School-Doug                    | 5286 1313   |  |
| Kindergarten-Jodie & Sharlene          | 5286 1227   |  |
| Police Station- Greg                   | 5286 1222   |  |
| Red Cross– Mel                         | 5286 1558   |  |
| CWA-Joan                               | 5286 1559   |  |
| Tennis Club-Julie                      | 5286 1211   |  |
| Jnr Footy Club-Jaron Munday            | 0430 587674 |  |
| M'bool Valley Masters- Chris           | 0417370681  |  |
| Recreation Reserve- Gordon             | 0429841399  |  |
| Memorial Hall-Lynn                     | 5286 1566   |  |
| Hall Bookings-Sandra                   | 5286 1545   |  |
| Golf Club- Denis                       | 5341 5748   |  |
| Senior Citizens-Jim                    | 5286 8232   |  |
| Cemetery Trust-Dawn                    | 5286 1274   |  |
| Motor Cycle Club- Mark                 | 0437 009250 |  |
| Angling Club- Ian                      | 5341 3229   |  |
| Advanced Meredith-Di                   | 5286 1291   |  |
| CFA- Robert Cooke                      | 5286 1346   |  |
| Let us know if you want your Community |             |  |

Let us know if you want your Community number added or changed, or you know of one that should.

### any **NEWS** or **VIEWS?**

news@meredithnews.com.au

### NOTE NEW ADRESS

### **ELAINE NEWS & EVENTS**

**Elaine CFA** Scrap metal collection as a fundraiser Ph David 0418993239 Junior Fire Brigade Training fortnightly on Mon's 5.30 pm. Ph Sam 0417533 516

**Elaine Mechanics Hall Committee** - Jayne 53415596

Hall for Hire Heating and Cooling

**Elaine Recreation Reserve** 

**Committee** Try out the tennis courts, bring your own racquet.

**Room with facilities for Hire** Ideal for meetings Contact Ron 53415703

**Elaine Tennis Club** 

Contact Shane 0448 291 074

Elaine Cricket Club

Murray Arnel 0428264103

**U14 Elaine/Meredith cricket** 

Rod Armstrong 0400 078 752

### **Anakie Cubs and Scouts**

Cubs: Meet School Term times Wed. 6.30 -8pm Amanda 03 5281 9497
Scouts: Meet School Term times Tue. 7.00 – 9pm Bruce 03 5284 1257
Staughton Vale Hall, Staughton Vale.



"life, n.: A whim of several billion cells to be you for a while"

Groucho Marx

### **Landcare August Meeting**

June Cameron

At the August 14<sup>th</sup> meeting of the Bamganie/Meredith Landcare Group it was announced that our application for \$5000 for the group for Chemicals for Gorse control was successful. This will be allocated to those who applied at the last meeting for controlling specific gorse areas on their property.

Jenny Rile, facilitator for the Leigh Catchment Group attended and spoke on her role and the current state of funding available to the Landcare Groups which make up the Leigh Catchment Group. This group involves all the Landcare groups which border the Leigh River from where it arises in Ballarat as the Yarrowee Creek to where it joins the Barwon at Inverleigh.

This of course includes our group, though some of our members are in the Moorabool Catchment. Unfortunately there are very few grants available at present; nothing for rabbit or fox control. Most grants are for projects for environmental purposes, eg preservation of native grasslands and volcanic plains conservation. Jenny did advise us that Mandy Coulson, a Serrated Tussock Officer will be working in our area.

**Jenny Rile** can be contacted on 5341 2364 or by email: <a href="leighcg@ncable.net.au">leighcg@ncable.net.au</a>

Next meeting NOVEMBER 20<sup>TH</sup>. at Meredith Community Centre at 8pm. A reminder notice will appear in the October Newsletter.





### Police Paddocks Burn Off

During the coming weeks, depending on weather conditions and before fire restrictions are introduced, the Ballarat Environment Network will be carrying out patch burns in the Meredith Police Paddocks. Further information and inquiries to Hedley Thomson 0428 027 895

### Letters

### Thank you

Gordon Primmer (Vice President of Rec Reserve Committee)
The Meredith Recreation Reserve would like to thank the
Bendigo Bank at Bannockburn for giving us a grant to buy a
much needed wood fire for our clubrooms and a special thank
you to Karen for applying for this grant.

Committee of Management Meredith Recreation Reserve.

### Thank you

The Meredith Corner Store would like to thank Greg Kitchen for his prompt, thorough and professional response to a recent robbery at the store.

We also extend this thanks to Ballarat, Bacchus Marsh & Geelong Police Units for their assistance in this matter.

Management, staff and Australia Post apologize for all inconveniences caused to customers as a result of the robbery. We are grateful for your understanding and patience.

### **Public Notice**

Would the person / people that continually dump household rubbish at the Meredith Recreation Reserve PLEASE TAKE NOTE -

It is illegal to do so and we now have neighbouring houses on the look out for anyone doing so. Your details will be passed on to the local police and Golden Plains Shire.

### Classifieds

**Found** 19/8/2012 Mt Mercer Rd Elaine. Black poodle cross desexed female. Please phone 0417553842

**Wanted** Bricks. Any amount, will pick up. Phone Bow 5286 1553

**For sale** 2 month old merino x pet lambs. Great lawn mowers, very friendly. 0412 581 031.



## Church News

#### ANGLICAN

#### PARISH OF INVERLEIGH BANNOCKBURN MEREDITH

Weekly services, baptisms, weddings, funerals, pastoral care. Rev Elizabeth Bufton, Vicarage: 52651284;

Church Office 52812553; Mob. 0437524864.

Service times: Meredith

11.00am 2<sup>nd</sup> Sunday at Uniting Church, Holy Communion

11.00am 4<sup>th</sup> Sunday Anglican Church Holy Communion

Bannockburn

10.30am 1<sup>st</sup>, 3<sup>rd</sup> Sundays 10.30am 3<sup>rd</sup> Sunday Holy Communion Family Service 6.00pm 4<sup>th</sup> Sunday Prayer & Praise

Inverleigh 8.45am 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Sundays Holy Communion 10.00am 4th Sunday Morning Prayer 11.00am 5<sup>th</sup> Sunday Holy Communion

Parish Office, Byron St. Bannockburn. Open Wed; call in for cuppa & chat. Enquiries, Parish Secretary, Fay McFarlane; Office 52812553, Home, 52861283; Mob 0407502794.

#### MORRISONS ANGLICAN CHURCH

Contact: 5368 1342. 9am every 2nd & 4th Sunday and a combined service at one of our three churches on the 5th Sunday in the month. UNITING CHURCH Monthly Service Times: 2nd Sunday Meredith 11am Uniting Church; 4th Sunday, Meredith 11am Church of The Epiphany 1st and 3rd Sundays 9.45 am Buninyong Uniting Church Enquiries Doug McFarlane 52861283 or Jean 52817479 SERBIAN ORTHODOX CHURCH: Fr. Theodore—Ph. 5341 5568 Holy Liturgy 10am every Sun, Sat & Major Feast Days.

CATHOLIC ARCHDIOCESE OF AUSTRALIA. St. Marys House of Prayer Elaine Solemn mass Sundays 10.00am. Rosary and Vespers Saturday 5.00pm. Confessions by appointment Fr. James Ph. 5341 5544

#### ST. JOSEPH'S CATHOLIC PARISH

#### MEREDITH & ANAKIE CATHOLIC CHURCHES

Baptisms, weddings, funerals, pastoral care. Father Herman 52861230 St. Joseph's Catholic Parish Meredith

Bannockburn - Mass every Sunday @ 9 a.m. Winchelsea - Mass every Saturday @ 6 p.m.



"Community Reef Project" picture above and the "Girls Morning out" Pictured below.



## Meredith Community Centre, Inc.



4 Russell Street Meredith 3333 PH 5286 1348 Fax 52861 563 "Working for our community"

### Kitchen Extension

Our kitchen extension is nearly complete and will be ready for use by the beginning of Term 4. We appreciate the funding we received from grants provided through the Department of Human Services and the Golden Plains Shire. Their support has enabled us to make the kitchen a more viable part of our Centre so that we can extend the variety of cooking and food courses offered. We would also like to take this opportunity to thank our builder Andrew Armstrong and the other contracted tradesman for their assistance in producing such a great addition to our facility. We will look to have an "Open Day" in October to officially launch the new room as well as give members of the community the chance to celebrate with us!

### **Girls Morning Out**

On August 23<sup>rd</sup>, a group of local ladies enjoyed a beaut morning with Lyn Tucker discussing things from good skincare, haircare and use of make-up to strategies to help ensure that they "take time out for themselves". One of the key aims from the morning was to give us the Golden Rule for Women, "We need to do unto ourselves as we do 'unto others'. We are grateful for the support given to us by the Golden Plains Shire and the UFS Pharmacy in Ballarat with their donations toward this successful session. We look to run another Women's Well-Being day on Oct 25th so put it in your diary now!

#### **Community Reef Project**

The Meredith Sew n Sews had a great afternoon on Aug 20<sup>th</sup> learning about the Community Reef Project and participating in it through making some crocheted pieces that look like coral and other sea life that can be found in Port Philip Bay. Faye Hector who is the local project co-ordinator displayed pieces already made and taught some interesting crochet techniques to the group. Anyone interested in being part of the Reef project can get additional information by calling the Centre.

#### Men's Shed

The Men's Shed is the term given to places where men come together to be part of a local community group to share interests, hobbies and just good old fashion mateship. The group does not necessarily meet in an actual Shed as the group can meet at the local footy and golf club rooms or the local community centre. Some groups do have a strong organisational core and eventually apply for funding to build an actual shed though the building is not the main focus of The Men's Shed Movement. It is about running activities, going on trips and working together for your benefit as well as the local community. Any men interested in getting a "men's shed " organised in the local area are asked to contact the Meredith Community Centre.

### **Upcoming Courses for Term 4.**

Book in early so you don't miss out.....

Making Christmas cards etc., Calligraphy Wickering garden beds,

ABC project "Day in your life" Photobooks, CPR, First Aid, anaphylaxis Fabulous fabric painting eg apron.

Beginners Tai Chi at Bannockburn



## meredith Police news

Leading Senior Constable Greg Kitchen

It is unfortunate for me to report that the past month has seen a sharp increase in crime within the area.

Of note, the Meredith General Store was the victim of a recent substantial burglary which occurred in the early hours of Friday the 3<sup>rd</sup> of August. Two masked offenders gained entry to the store and targeted cash, cigarettes and other items located within the store.

Although there were two offenders shown on CCTV footage within the store, it is likely that at least one other offender was involved in a vehicle which was possibly a Holden Statesman light in colour. This matter is currently being investigated by detectives from the Moorabool and Geelong Criminal Investigation Units.

It was a real disappointment for me to attend the Shelford C.F.A which was targeted by offenders between the 7<sup>th</sup> and the 9<sup>th</sup> of August. It would appear that offenders were looking for cash however fuel, two Jerry cans, a black Mag Light torch and a large assortment of tools inscribed **Shelford R.F.B** were all stolen from the Shelford CFA. Offenders also gained entry to the Teesdale C.F.A in the same time period but it appears nothing was stolen.

And there are still the odd 1 or 2 garbage bins being stolen from various locations around the Meredith Township and also in Pioneer Ridge Road. I urge people to take the time to mark or paint their addresses on the bins and to let me know if any suspicious vehicles are sighted early on Tuesday mornings. The smallest amount of information often results in offenders being apprehended and property being recovered.

And finally, another reminder that the next scheduled 'Blue Light' disco will be held on Friday the 14<sup>th</sup> September and will again be held at the Meredith Hall with D.J 'DES'. Information will be posted from the 22<sup>nd</sup> August at the Meredith Primary school and general store. It would be great again to see the same numbers of kids attending and having a great time.

Regards again Greg KITCHEN Leading Senior Constable, Meredith Police Station.

### **4YO Kindie News**

Jodie & Sharlene

The children have been very creative at kinder making 3D collages with boxes and all sorts of bits and pieces we recycle and reuse. Our Art and Craft areas are a hive of activity, we have been roller painting with Winter colours making stormy winter pictures as well as discovering pattern making with our printing. In our Home corner space the children have been role playing Mums and Dads and using all the wonderful knitted dolls clothes to dress the babies with.

We had a visit from Ballarat Health talking to the children about healthy foods and what foods we can eat everyday like fruit and vegetables and the sometimes food like chips and sweets. We try to encourage healthy eating habits at Kinder and to foster positve attitudes towards looking after our bodies, we will be having a Dental talk soon to encourage good Dental hygiene practises too. The children have been learning some gentle Yoga poses and relaxation at the end of the session to help them learn strategies to quieten their minds and bodies after such a busy day.

Despite the cold weather we still love to get outdoors and use our gross motor skills and run, play and exercise, we are so lucky to have a wonderfully large space to accommodate all this activity. The children helped to dig up the vegetable garden today and turn the soil over to prepare it for new planting. We are hoping to sow new seeds and plant more herbs in our edible garden ready for Spring time.

We have enjoyed a Movie day at Kinder where the children munched on popcorn and pikelets as they watched short films on a very cold and wet Winters day. A big thanks to Doug from Meredith Primary School who lent us the projector and came to set it all up for us!! We will be having a special persons day and a Footy day in September to look forward to. The group are busy making their lovely dads a gift for Fathers Day for Sunday, something to keep and treasure for ever!!



## Squatters & Seafarers Tour '12

Vintage Drivers Car Club

Our Car rally will be coming to Maude Recreation Reserve from 10.00am -12.30pm on 22<sup>nd</sup> of September, 2012.



Morning Tea can be purchased at the Maude Tennis rooms. Come along for an opportunity to check out the cars and catch up with the proud owners for a chat.

There will be approximately 50 vehicles taking part in the Rally, the vast majority being of the Vintage era (1920s), with some classic cars



(40's, & 50's) also participating.

Some of the make and models of these classic cars that will be on display are:

La Salle, Chevrolet, Rolls Royce, Marmon, Austin and Singer, just to name a few.

Our cars will be travelling through Maude, Warrnambool, Portland, Mt Gambier, Robe, Murray Bridge, Adelaide, Nuriootpa, Horsham and Maryborough. We will be taking part in the historic *Bay to Birdwood* car rally in Adelaide on September 30<sup>th</sup>, and an event in Bendigo hosted by the Federation of Veteran, Vintage & Classic Vehicles to celebrate the centenary of the first Motor Show in Melbourne. The Bay to Birdwood is an annual event that see's over 1500 classic vehicles parade through the streets of Adelaide before finishing at the National Motor Museum at Birdwood.

## sports



### **Elaine Tennis Club Inc.**

Training starts 4pm onwards on Wednesday 12 September at Elaine Recreation Reserve and every Wednesday after that. Enquiries ph Russell 53415605 Carol 0408525467

## Meredith Elaine Cricket Elaine Cricket Club Senior Team

Reforming after 12 years the Elaine Cricket Club is looking for senior players for the 2012/13 cricket season. Players off all ages and skill levels will be welcomed. If you would be interested in playing or for more information about the upcoming season please contact:

Murray Arnel - 0428 264 103 Brendon Gleeson - 0402 923 393 Neville Moller - 0432 754 620

Any junior players interested in playing u/14 are also encouraged to contact the club.

### Elaine/Meredith U'14 Cricket Club

Shane Dunne

Cricket training starts on Saturday 15<sup>th</sup> September at 1pm at the Meredith Cricket Ground. An U14 team has been entered in the Ballarat Cricket Association and the grade entered in is for beginners. The season starts on Saturday October 13<sup>th</sup>. Games are played Saturday mornings. All equipment is supplied.

Enquiries phone Rod Armstrong on 0400078752.

Cricket Australia has kindly donated 2 signed cricket bats from the Australian and Victorian cricket teams and all U14 players will be eligible to win one of these bats.

### Elaine Cricket Club

Murray Arnel

After 12 years in recess a rejuvenated Elaine Cricket Club is just seven weeks away from playing its opening game. Senior players had an initial training run and get together at Buninyong cricket nets last Sunday with regular training to continue at this venue each Sunday at 1.30pm until further notice, while conditions dry out at Elaine. Support to reform the Club has been enormous. Generous donations of gear have been gratefully received from Cricket Victoria and near neighbour Buninyong CC, but there is still a lot more work to done before this ship can sail.

More players are required for the seniors, but especially the junior under-14 grade. This is an ideal competition for young beginners particularly girls who might like to play cricket as a summer sport and perhaps aspire to play competitive women's cricket later in life.

This team will be hosted jointly by the Elaine and Meredith Clubs. Those keen to play should contact Shane Dunne 0448 291074 or Rod Armstrong 0400 078752 immediately so this team can be confirmed with the Ballarat Cricket Association.

Home games will be played mostly at Elaine (and hopefully some at Meredith) with away games played in and about

Ballarat. Planning is also under way for another season of the Milo in2 Cricket clinics for younger children later in the summer. The Elaine community proudly hosted one of the largest Milo in2 Cricket groups in the Ballarat region last year a feat we hope to repeat again in 2012-13. Whispers have been heard that Cricket Australia is watching the progress of the Elaine Cricket Club and its attempts to reform. Apparently we could be the first senior Club to arise from the seeds of enthusiasm sown by the Milo in2 Cricket concept which is really a fantastic effort by all concerned.

For further information about supporting the Elaine CC during this exciting period please call: ECC president, Neville Moller 0418 415513 or secretary, Murray Arnel 0428 264103

### Meredith Jnr Football Club News

Campbell Mavity, President.

Well the year is done and dusted we have had an awesome year of football. We have even finished the yearly grudge match Parents verse Players where dads try to live up to their youth until they injure themselves. The best game of the season the juniors played was Meredith versus Inverleigh at home on the 29th of July. The Crocs played their best game for two years. At half time, we were 12 points ahead- 32 to 20 points. By three quarter time, the sides were 32 points apiece and the final score was Inverleigh, 59 points to Crocs, 35 points. But this doesn't show how hard the Crocs tried, and played against Inverleigh, Inverleigh have defeated the Crocs by over one hundred points at home in the past, so it was a huge effort from the players. T

he next week we hosted Teesdale at home, Teesdale 89 points defeated Meredith 31 points, the players were very flat, and just didn't fire, I think they were hung over from the effort the week before against Inverleigh. We played the Round Robin at Inverleigh on Sunday the 12th of August, the Junior Crocs defeated Lethbridge in their first match, against Inverleigh, and we were defeated by Teesdale, but the Junior Crocs didn't stop trying, and they were participating, which is the ideal behind junior football.

Inverleigh defeated Teesdale in the round robin final. Condolences to Will Finnegan after suffering a broken wrist in the first match, he is up to his armpit in plaster, and I am sure he is very close to his mother at the moment. There is also a rumour floating around that Mitch Emmlin took me out at training, and dislocated my shoulder. The apple doesn't fall far from the tree as his dad doesn't let the truth get in front of a good story either. We will have had our presentation night on the 1st of September so I will write the results up then for the next newsletter.

OMITTED FROM ONLINE VERSION

## Chris, Meredith Tucker Tent and MOTOmed

Mary, John and Chris Nolan

We've always been involved in Meredith and district community. John's parents and grandparents spent their entire lives in the district and told many stories of people and life as it was in their times. Their stories often illustrated change and adaptability, so it was natural for us to talk about current shifts, such as loss of services in the seventies and eighties, and new residents moving in, and to discuss what that might mean for and ask of the community. It became harder for organisations and clubs to raise money. Chris loved Meredith and bringing friends home. After he moved to uni, lots of city friends came, many of who had little country experience. (A couple of mates played in the cricket team when he was Captain). The time when most city people had country cousins or friends was disappearing, and so city and country had less connection.

In 1991 Chris co-founded Meredith Music Festival (MMF) on the family farm. In that he brought together three loves of his life – people, the land and music. The early years brought young strangers to the town, obviously different from locals with their brightly coloured hair and Kombi vans and old cars loaded with camping gear. Locals and punters alike spoke of some hesitation in how to approach the 'others'.

This was the context which gave birth to the idea of asking local groups and clubs (originally sporting and young people's groups) to come together and organise themselves to provide food for festival goers, and so raise funds. That became the Meredith tucker tent - which grew with the festival. It was far from the permanent building and the smooth operation it is now – as many of the oldies could tell you! Diane Ritchie and Denise

Osborne led and co-ordinated the early years. It proved a good fundraiser and place for locals to meet and work together, local organisations benefited and punters supported it!

In 1996 while working in Hanoi and in the midst of preparing for MMF 1996, Chris had a massive life change. He had a multi organ collapse and after 6 months in coma woke up laughing at a joke – just before MMF. We knew he was hearing and understanding, but brain injury at that time was regarded as hopeless. Chris was left with a catastrophic brain injury, unable to move, speak or see much, and since then has lived in a nursing home (with funding for carers and home trips etc). He communicates with facial expressions and a long blink for yes, and occasional vocalising and yeahs. He loves life and, with help, lives as fully as he can, often pushing boundaries - amazing courage and persistence!

Originally it felt like living in a different world with no road map and over the 16 years Chris and we who journey with him have broken new ground and ways for him and others. From late 1990's the view of brain and recovery changed completely and we now know about neuroplasticity, that the brain *can make new connections* given the right environment. This confirmed what was happening with Chris and gave us impetus to keep going.

Since 1996, the Meredith Tucker tent has given some of the proceeds to us for Chris's equipment and costs. Examples include:

Purchase of a second hand power wheel chair about 2000. About 1999, helping to buy a 1991 Toyota Hiace manual vehicle to transport Chris in his wheel chair. Then in 2009, after several breakdowns to upgrade to a 2005 automatic Toyota with a new wheel chair hoist which works!

About a year ago Marg Darcy, his physiotherapist, told us about a 'cycling machine' which she thought might be an option to trial, although acknowledging that it could send Chris into spasm. Chris loved physical exercise and I must admit I pestered Marg until she eventually organised a one week trial of the 'MOTOmed'. It is a motor driven, software controlled movement therapy system incorporating a leg cycle Its sophisticated software recognises spasms and works with you to alleviate them <a href="http://abilityinmotion.com.au/products/movement-therapy/motomed/">http://abilityinmotion.com.au/products/movement-therapy/motomed/</a>.

It's like a recumbent bike which attaches easily to the end of Chris's bed, and his feet are strapped in pedals. It is very sensitive (can rotate from 2 revs to 50 per minute) and amazingly calibrated to stop with any sign of resistance or spasm, and then to start very slowly again. It also measures the equivalent distance cycled. Chris started 10 revs/min for 15 mins and absolutely loved it! I can only imagine for someone so physical how good it must feel to have that exercise. Chris now uses the MOTOmed most days for 30 – 40 minutes at about 15 revs/min most days – an equivalent of over one kilometre. He has also 'pedalled' by himself for a several seconds (re-engaging learned processes in his brain). As well as pure enjoyment, benefits include well being (gets those endorphins going), improved circulation, bone density, reviving those old learned processes and sense of achievement.

After a few days trial, John asked Chris if he wanted us to buy it and Chris gave him a huge grin and the longest blink yes, leaving no doubt! At over \$11,000 (discounted as trial model) we wanted to be sure. So we have used tucker tent donation to purchase it.



Photo is of Chris and his physiotherapist Marg Darcy

Research is happening with the MOTOmed with spinal cord and other injuries, and we hope to do a case study on benefits for Chris, which may ultimately benefit others with severe brain injury.

In those early years of MMF and community tucker tent, no one dreamed that Chris would have such a massive life change and become a receiver, and not just the giver. Thanks so much to all involved!

### **Back to Steiglitz Festival**

Lindy Allinson

October is about to roll around again, and with it the fabulous Back to Steiglitz Festival (Sunday 14<sup>th</sup>, 10am – 3pm).

For those of you who have never heard of this rather quirky day, let me fill you in.

Steiglitz is a ghost town – so unique it was voted  $5^{th}$  best in the whole of Australia by Australian Geographic.

However, those of us lucky enough to live here (7 in total) prefer to say it's a "living" ghost town – for just like us, there's still a lot of life left in her – especially on Festival day!

Our little town is so special it's been classified as both historically and culturally significant. Why? Because it's a rare example of an 1800s gold rush boom town, seemingly untouched by time.

Then there's the setting – 7000 hectares of National Park, kangaroos, koalas and birds galore, over 400 species of

wildflowers, and oodles of tranquility – partly due to the fact we are the last town in Victoria without electricity.

All reasons why so many film crews are among the 60,000 plus visitors who enjoy Steiglitz every year.

So what sort of Festival does a ghost town (and a handful of volunteers) put on? A wonderfully offbeat one of course! With an emphasis on old-fashioned family fun there's something for everyone.

Dad can try his hand at goldpanning. Then grab a snag from the CFA BBQ, enjoy the vintage cars, motorbikes and stationary engines, take a cemetery tour, wander through Jack Boardman's legendary historical collection, or sample the fare of local wineries.

Mum can relax while strolling through stalls, local artist's exhibits or tatting (lace making) demo's. She can visit Sugg's blacksmiths cottage for country baking, find a few plants at the Friends of Brisbane Ranges stall, rummage through the garage sale stall, or sit in the shade and treat herself to a delicious Devonshire tea.

While the kids will be spoilt for choice. They can laugh their way through egg & spoon or sack races, drink home-made

lemonade, find a treasured toy in the lucky dip, watch the blacksmith or sheepdogs at work, witness the rope maker in action, or buy a few raffle tickets (1<sup>st</sup> prize a helicopter ride for 2 – told you we're different out here!)

Plus the Courthouse and Steiglitz Historical Society's Museum will be open – who knows, you may discover an ancestor or two. There will be a choir, roving musicians, competitions and much more.

Oh, I can't forget our now famous Scout-run Billy Cart Race. Entry forms and rules can be found on <a href="www.trueblueford.com/steiglitz">www.trueblueford.com/steiglitz</a> though be quick, numbers are limited. The entire family will love this, and mum or dad may even want to give our local elders a run for their money in the race's hilarious 'Silly Billy' section. There you have it: a festival as old-fashioned and friendly as the town itself.

Entry is free, as is much of the entertainment (while others are gold coin donation).

To top off the day all proceeds go towards repairing and maintaining our town's historic public buildings. Meaning all



donations or money spent at a Back to Steiglitz Association stall help to keep this magical ghost town alive.

So if you feel like something different, come to the Back to Steiglitz Festival on Sunday October 14th, between 10am and 3pm, stroll through our streets, and enjoy the unique experiences of a window into the past.

Hope to see you there.



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### Blue Ribbons for Local Photographer

Kerry Thomson

A very successful competition and exhibition was held by the Lal Lal Moorabool Photographic Group over the weekend of August  $25^{th}/26^{th}$ .

In only its second year, more than 500 entries were submitted in six categories with winners selected by independent judges, professional photographers, Peter Kervarec and Andrew Thomas from Ballarat and David Oastler from Bacchus Marsh.



Smiling for the camera, Peter Thomson from She Oaks, won the Novice division in both the Landscape and Nature sections.

Moorabool Shire President, Pat Griffin, had the difficult task of choosing one photograph for his special award.

Entries came from within the Golden Plains and Moorabool Shires through to Geelong and from as far away as southern N.S.W.

Local resident, Peter Thomson from She Oaks, won the Novice division in both the Landscape and Nature sections.

Next year it is hoped to be bigger and better with more local people taking the opportunity to display their talents. Contact the Group on:

www.lallalmooraboolphotographicgroup.org





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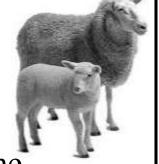
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### Sheep can be Sooo frustrating!!

Marg Cooper

Before John Nolan left to go to Melbourne to meet Mary he thought that he'd better have one last look around the mob of lambing ewes.

The mob was in a paddock made up of two hills with a creek flowing through between ,with a vehicle crossing and one decent pool of water with rushes around most sides.

He went out in the ute and noticed a ewe was trying to lamb.

He thought he'd better catch her and make sure that she lambed before he left, so he let the dog off to chase her and he followed in the ute.

She ran around and around all over the paddock and eventually ran into the rushes near the creek.

John caught her in the rushes and delivered the lamb successfully but while he was ensuring that the lamb was breathing and that its heart was beating, the ewe ran off!

She went over the creek crossing and up the hill on the other side.

John took the lamb over the creek and up the hill and tried to turn the ewe towards the lamb.

She ran straight for the creek, jumped in and swam around. She eventually dragged herself up the opposite bank.

John took the lamb to within 20 metres of her and left them to it! He went to shower and dress to go to Melbourne.

Then he thought that he'd better check if they had reunited

The Rain Report

We start the (statistically) highest rainfall season already pretty wet underfoot. Winter got off to a telling start when, on the 5th June, 52.2mm was registered - nearly that

before he left so he put old clothes over his good clothes and drove to the paddock.

The lamb was in the creek and the ewe was watching it!

He hooked the lamb out and the ewe took off.

He thought he saw the ewe further up the paddock and put the lamb down near the ewe but it was the wrong ewe.

She wasn't the least bit interested! John couldn't see the mother anywhere!

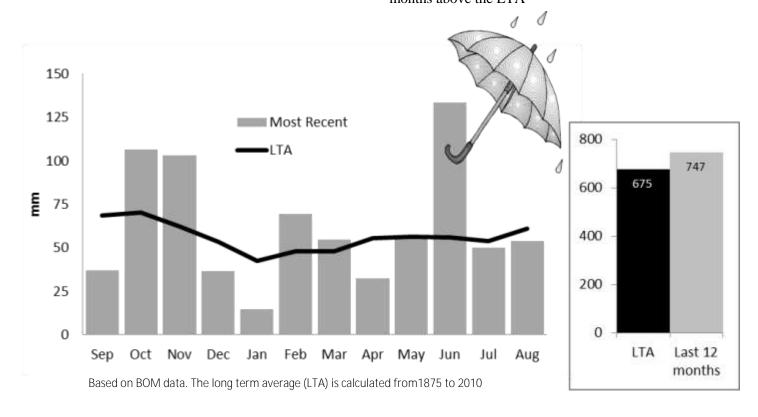
The big lamb was bellowing and going pretty well despite its difficult birth, its immersion in the water, carting it around and its motherless state so John decided to give it to Dot Hearn to rear on the bottle.

It deserved to live!!



month's long term average (LTA). It kept coming with 237mm falling for the three months, or 139% of the LTA. So it's official - winter was wet!

The wet season also nudged the rainfall for the last 12 months above the LTA





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### Keith Black Celebrates 90 years

Marg Cooper

Keith grew up on a farm at Buckley between Winchelsea and Mt Moriac. He went to a one teacher school where the teacher was innovative, conscientious and a great teacher. He left school after Grade 8 at 13 years of age , working on the farm with his father and around the district in shearing sheds etc.

His first job as rouseabout was for Mr Peel who lived up the road, when he was 14 years old. Keith was a roustabout for Mr Steel who had a big property nearby and also at "Murdeduke" for Mr Wilson.

When he was 19 years old in 1941 he joined the Air Force and trained as a wireless operator and air gunner with "Empire Air Training Scheme" that trained air crews with the idea of going to England. He spent 4 years in the Air Force, didn't go to England but was in Squadron 25 that flew many air raids on the Indonesian Islands.

After being discharged in 1945 he was as a rouseabout for Mr Steel again then went shearing locally and with a contractor who had a mobile shearing plant he'd set up in sheds.

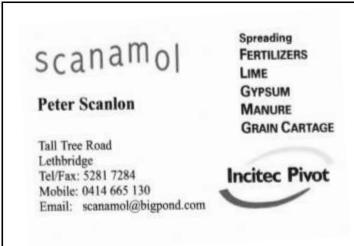
Keith and Aileen Black took up a Soldier Settlement block on Lower Plains Road at Lethbridge in 1957. His ambition was always to go on his own farm, but when they retired from the farm and moved to live in Lethbridge in 1988, Keith once again did rouseabout work. He enjoyed the exercise, the money and especially the company.

He worked at a number of shearing sheds including Henry Bolte's, Robert Cooke's, Barry Shaw's and Ron Russell's for four or five years.

Mike Colvin who was the classer at Bolte's for many years says Keith applied his experience from farm, wool shed and wool store to the job of wool rolling and paid attention to detail regardless of the speed of the fleeces passing across his revolving table. Despite his concentration, he displayed a keen sense of humour and enjoyed the company of his work mates.

Keith celebrated with George Colclough on Saturday, July 28 and celebrated his own birthday on Sunday July 29 with a lunch attended by most of his family at the home of his daughter Denise in Bannockburn.

Keith and Aileen had eight children as well as many grandchildren and great grandchildren. Keith is proud of them all





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### **George Colclough turns 90**

Marg Cooper

George celebrated his 90th birthday with a lunch for family and friends at Customs House in Geelong on July 28.

Many of his golfing mates were present who make an annual pilgrimage to Yarrawonga for a week of golf.

George's birthday was on Tuesday July 31, Keith Black's 90<sup>th</sup> birthday was on Sunday July 29 and Janet Cooke had celebrated her 90<sup>th</sup> birthday in April.

George has been keen on sport all his life and started playing cricket in the seconds at Longwood when he was 14 years old. He also played tennis and football.

He enlisted in the RAAF when he was 20 years old, training in various locations in Australia before joining 100 Squadron and being sent to Milne Bay.

He and Ron Lowne of Meredith worked on aeroplane maintenance and George tells that they were in the team that won the Football Premiership at Milne Bay. There were seven or eight teams in the competition including Army teams, two Air strip and Air Force teams. Ron was playing on the wing and went wide to take a mark and fell in the slit trench that surrounded the oval. George played centre half back and got two votes.

George came to Meredith when he was 30 years old and started playing cricket straight away after Jack Grant and Ray Mayo asked him to play. He didn't play cricket for two years after the 1967 bushfires. He was busy fencing!

He was a good all round cricketer and says his most memorable day was when he made 105 not out against Elaine.

He enjoyed fielding close to the batsman and admitted that a lot of his fielding was done with his shins! One day at Shelford he fell back over a bank into blackberry bushes and caught the cricket ball...and he was only a spectator!

He played in two "back to back" B Grade Premiership Teams and retired from cricket aged 63.

Bill Henderson introduced George to golf. George won the B Grade Championship once, was Captain and on the Course Committee and had 77 "off the stick" when he was 70 years old!

He played competitive golf until about a year ago and now plays on Sundays with his daughter Heather.

He is also an avid watcher of sport., watching every sport except American Gridiron, often watching into the early hours of the morning.

George has been known to yell at the umpires. George's neighbour in Geelong tunes motor bikes in his garage now and again. He apologized to George and Betty and hoped the noise didn't disturb them. Betty apologized for George's vocal outbursts when he watches football and they called it quits!

Happy Birthday George. Keep batting!





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## the Good Moos



The good moos is that Winter is behind us and Spring is here! We will want to spend more time outside and we can begin the cleansing activity of SPRING CLEANING!

Now, I completely understand if those two words give you the heebie geebies, but I am here with the Good Moos!

Spring is a wonderful time for healing. We are coming out of our 'hibernation' state and moving into a time of nicer weather, more activities and a happier state of mind.

This is where our Spring Cleaning (or for those of us who are allergic to cleaning, I shall use the word 'cleansing' instead!) takes a different form. Yes, it's great to have a spring 'cleanse' of your house and material possessions, but that's not what we are talking about. Spring is the perfect time for a cleansing of your mind, body and spirit.

Where do we begin? Well, there are no rules here! Some people find it easier to focus on their physical body whereas others find it easier to focus first on the mind and spirit. It doesn't matter where you start, just start!

#### Mind cleanse.

It's time to empty out the trash! Any thoughts that you have had in the last few months that have not had a positive impact on your life: put them in the bin! Replace negative thoughts with positive thoughts. Even when things don't seem to 'go your way', there is always the opportunity to reach for a better thought that is going to benefit you. Ie: 'That didn't go so well for me, but now I have learnt that I can do something differently next time.' Or 'I have been feeling lonely lately' can change to 'I welcome like-minded souls into my life, I have wonderful friends.

Another way to cleanse the mind is to tidy up the loose chatter! That little voice in your head that refuses to be quiet! You can tell him to stop talking! How? A good way to stop the chatter is through meditation or chanting. Or you can:

\*sit quietly and allow your eyes not to focus on what is in front but bring your awareness to your peripheral vision which disables the part of the brain which allows mind chatter.

\*Sit with your eyes closed and focus on one spot behind your eyes. Allow the mind chatter to come and go, simply witness it and allow it to drift away.

\*Positive affirmations. Create some positive affirmations for yourself to help cleanse your mind of unwanted thoughts.

\*Mind games! Puzzles, crosswords, games, are all good for keeping your mind cleansed and active.

### Body cleanse.

There's nothing like a good detox after a winter's worth of comfort food! Detox's can be dangerous if done with little knowledge so I recommend you seek advice before attempting any serious detox. Bit simple cleansing of the body can include: \*Ensuring your water intake is more than usual. Water cleanses the body by flushing out the toxins. Drinking water is one of the best ways to keep your skin looking good!-Moisturise from the inside out!

\*Add lemon to your water. Lemon juice contains Vitamins C and B and Calcium. It has a natural antibiotic and can improve digestion, skin and increase energy levels. (please see your health professional before attempting any form of detox.)

\*Exercise! Get those old bones moving again! Walking is great,

easy and free! Any exercise is going to get your blood circulating better, your endorphins flowing freely and you will feel stronger, healthier and have more clarity.

\*Food! Yes, food glorious food! Eat fresh foods that are as close to how they were harvested as possible! What does this mean? Take for example potato chips. They have been processed and fried in oil. This is not how a potato comes out of the ground! Grab a real potato and bake it, mash it, even making your own potato chips is healthier than processed ones! Ask yourself how far from its original form is this food that I am about to put into my body. Is it going to nourish me or is it going to harm me?

#### Spirit Cleanse.

Cleansing the spirit can be done in many, many different ways. \*Take a relaxing bath with essential oils, candles and music that soothes you.

- \*Commune with nature. Hug a tree...I dare you!
- \*Read books/literature on connecting with spirit/source.
- \*Have a guided Ancestral Healing meditation.
- \*Have any sort of guided meditation. (See your local Holistic Healer for more information.)
- \*Cleanse your living space with a smudging using either a smudge stick or incense, a selenite wand, or sound.
- \*Meditate or pray.
- \*Express gratitude. Learning to be thankful, even for the things that are less than pleasant, allows us to appreciate on a whole new level.
- \*Play with children. Babies and young children are the closest we can get to perfect spirit in our physical, earth bound forms. They are still pure and their spirit is near perfect! This is one reason why we are drawn to babies and can't help but smile back when they smile at us.

So there you have it. There are lots of ways to cleanse your mind, body and spirit of the winter cobwebs and be fresh and shiny new for Spring!

Love and light to you, Moo.

### Grassing Up

On a sunny winter's morning last month, a dozen members of the Police Paddocks Support Group started on a new phase of its revegetation work, planting out over 700 indigenous grasses. This work will support the natural regeneration of native grasses and help resist the onset of exotic species. Call Jim on 5286 1273 if you would like to join this social group and contribute to the preservation of a fantastic community asset.

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### **Traineeship at Primary School**

Marg Cooper

Sharni Holtz is completing a Certificate 3 in Children's Services without leaving town. How good is that? Sharni began the course in January 2012. She works at the Meredith Primary School and during the first two terms was an Assistant in the Preps Room and in term three is organizing the "After School Care" at the school.

The training is through the private company "Tricore" whose representative visits Sharni fortnightly to monitor her progress and to organize her homework. She has also organized visits to the Meredith Day Care Centre and the Meredith Kindergarten for Sharni to gain experience with younger children.

The Primary School is enthusiastic about the traineeship. It is a win-win for the school, for Sharni, for the children and for the town! The school pays for the Tricore course but received a government grant to cover the cost and Sharni gets paid an hourly rate. Sharni tells that she doesn't have a car and can live at home while completing her training. She hopes to next year progress to study for a Diploma of Children's Services.

Sharni is an enthusiastic young woman with many talents who has already contributed to the school by training the children for the annual school concert for the last 2 years.

Each year she has choreographed a dance for each song, and taught each grade to perform. The children have loved performing and each year the parents and friends have delighted in the energy and the story generated by the children.

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## It's History

### **Meredith History Interest Group**

Marg Cooper

### **Morrison Cemetery Walk and Talk**

This event will be held on Sunday, September 9, 1pm. Alan Parkinson will talk as we walk! A history lesson not to be missed!

#### **Historical Walk at Cargerie**

This event will be held on Sunday, October 21, 2pm. There are several sites of interest to be seen including the original home site of George Frederick Read and his wife Helen (Patterson) on the Cargerie Creek, the track where Cobb and Co travelled, the ford used to cross the Cargerie Creek by Cobb and Co and the sheep wash used by Read in the gully. "In January of 1838 George Frederick Read had moved up his sheep from the Barwon and taken up his station on the Cargerie Creek. He was 20 years old at the time of settling at Cargerie. He had been born in Tasmania, the eldest son of Captain George Frederick Read, master mariner of the East India Company.

G.F. Read Senior had arrived in Hobart Town in 1810 where he became a prosperous merchant and founder and first manager of the bank of Van Dieman's Land. George Read, known as 'Gentleman Read', died in 1854.

This is an opportunity to walk for about an hour, to see some historic sites and to learn about an early settler.

#### **Stow Family**

We recently had an inquiry from Lyle Stow about the origins of the naming of Stows Bridge on the Ballan Road towards Morrison. The Parish Map shows that R Stow owned 78 acres on the corner of Grants and the Meredith/Morrison Roads. It appears that the Stow family were early residents in Meredith.

Mary Ann Stow who later married Matthew Gargan was born in Meredith in 1846 to Robert and Bridget Stow. Mr Stow bought the Huntsmans Inn for £200 in 1880 and Robert and George Stow were licensees in 1902. Matt Stow lived on the corner of Read and Wilson Streets, worked at "Moranghurk" and charged batteries for people for their cars or radios.

He died in 1967 at 74 years old. If anyone has more information about the Stow family, Lyle would love to hear about it.

#### Who Lived in my House?

The Golden Plains Shire presented MHIG with a Community Grant of \$2500 on Wednesday, August 15 for the "Who Lived in my House" project. The aim of the project is to document the history of every house, block of land and building in Meredith and district. Many people who have moved to Meredith are interested in the history of their houses. MHIG is delighted to accept the grant so stationery and tools can be bought to collect, organize and present this information.

If you have an inquiring mind, time to talk and an interest in research, please let us know. We need help with this project!

*Contact Marg Cooper 5286* 8201 or call on the last Thursday of the month from 9 am at the Masonic Centre.



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### Welcome to

## MEREDITH PRIMARY SCHOOL



A student presents a bouquet and a graceful curtsy to Queen Ralph.

The Olympics came to the school in August with the students and staff taking part in a special day. Students were put into 6 countries and set about making flags, mascots, anthems, medals and a range of other things. It was a fun way to put to use what they had learnt over the time the Olympic Games were being held in London. The

countries were made up of students from years prep to 6 and it was great to see how well they worked together. After preparing various items for their teams, students took part in an opening ceremony with "Queen Ralph" attending to officially open the games. After having a go at a range of events, students were treated to a special healthy lunch.

OMITTED FROM ONLINE VERSION

Mandy & friend getting the dental health

Amy Canavan headed off to the National Cross Country Titles in South Australia. Once again Amy put in a huge effort in very trying conditions. Amy, and the team of Victorian girls she was competing

with, took out the silver medal in their age group-great result!

At the start of this term, we had one of our mums, *Mandy Trickett* come up to the school and provide lessons for various grades on dental health. *Mandy is a dental health educator* and she was able to provide an informative, fun lesson for the students that included puppets,, video, a big book story and even a showbag for all the students. All the students had a terrific time and we'd like to thank Mandy for providing such a great service.

We also had a number of students who represented Meredith and the Moorabool Valley Sports Association at the Corio Districts Athletics Carnival. They were Lachlan Baker, Phoebe Cameron, Mitchell Emmlin, Stephanie Ferry, Alison Kemp, William Kemp, Emily Kocon, Fraser Mitilineos, Nicholas Pantzidis, Bronwyn Peters, Georgie Rover & Jessica Speirs. The Moorabool Valley team once again won the shield for their division and now 11 of our students will be heading off to the Geelong North Division Athletics later in the term.

Doug Cations

Principal

OMITTED FROM ONLINE VERSION

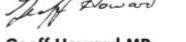
Some of the school's high performing competitors.

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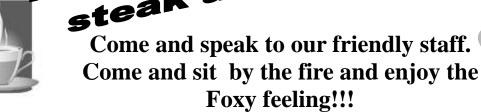




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## Mollie'S COLUMN

### The Fever

A few cold and drizzly Sunday afternoons ago, I was out in the driveway with my younger brother Tom, kicking a football. Icy wind whipped across the hill, stinging our pink

faces and freezing our fingers, but Tom was cheerfully unconcerned. Once he'd got over his rather unflattering surprise that I could not only kick straight but occasionally take a clumsy mark too, things got serious.

Tom, grim with concentration, jumped high for the ball and returned it neatly while I, a little out of practice, chased it in to the clumps of dripping agapanthus. Over the wail of the wind and the thwack of the muddy ball against our wet boots, I could Tom keeping up a running commentary under his breath and grinned, remembering 'kicks' we'd have when he was younger, when he'd pretend to be his current favourite player and I'd be his Tom Flood (and that other Tom.)

conveniently unskilled opposition. He'd kick a goal over the nearest spindly fruit tree and we'd both run around with our arms over our heads, screaming the name of his hero (oddly, 'DIGBY MORRELL!!' is the fellow I remember most clearly).

When our muddy hands started to turn blue we headed in to the house, to defrost a bit before dinner. I huddled gratefully

in front of the fire, enjoying being indoors again. A kick is always fun, but I'm not that in to football, really. I 'go' for Geelong in a casual sort of way because my parents, grandparents and closest friends do, and after all these years of family bias all the other teams have an ugly, unfriendly look about them. I can sing the theme song, but I'm a little fuzzy on names and numbers. It's years since I've been to a game, and I'll calmly flip past a match on the telly without getting too agitated about the score.



Then, the bite of winter begins to give way to the gentler spring. Blossoms appear on trees, the sun comes out occasionally, the earth begins to warm up. Footy finals begin, and the fever sets in. Suddenly, my cool composure disappears and genetics take over. Geelong's next game, their place on the ladder, their injury list, becomes even more interesting to me then Parliament Question Time. My sewing machine sits neglected, my vegie patch is left at the mercy of marauding snails, and I sit glued to the TV through the agony and ecstasy of all four quarters. If I wasn't so busy

shouting at the umpires (I know they can't hear, but it does make me feel better) I might be embarrassed to recall that just a few weeks ago I was loftily declaring 'Oh, it's just a game', and now I've toppled off the couch while bellowing 'TOMAHAWK!!' Oh, how the smugly neutral have fallen.



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### **A Trim Garage**

Heidi Allison

Any new business in Meredith is a bonus and Jana's new hairdressing salon will be very welcome. She and her partner Danny have done a great job setting up the salon, which is well equipped and comfortable. It even features a huge vase of fresh flowers, thanks to her Mum who is a florist.

Jana has previously worked in a salon and then a ran a mobile hairdressing business, but is especially excited to have her own salon. When I visited the salon for a hair cut Jane suggested many new styles but I stuck to "shabby chic" as it suits my outdoor, no care, life style! Congratulations Jana and good luck.

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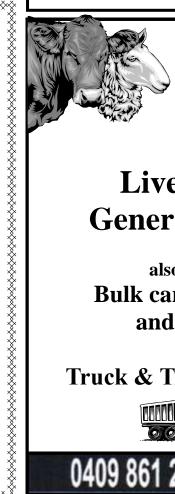


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## "This Whispering in our Hearts" by Henry Reynolds.

"How is it our minds are not satisfied? What means this whispering in the bottom of our hearts?" So ended a public lecture in 1842 by prominent landowner and barrister Richard Windeyer.

The lecture was meant to be a reasoned demolition of the rights of Australia's original inhabitants but it ended with this question and an acknowledgement of a troubled conscience.

Henry Reynolds listened to the whispering and has researched extensively and written a book that documents the lives of many remarkable and forgotten people who followed their consciences.

This book is an account of the men and women who worried about the relationship between the Aborigines and Europeans, who said so publicly and who took political action of one sort or another in the hope that they could change the way things were.

Often missionaries, they wanted aborigines to be treated with humanity were and were often ostracised themselves by the white community and suffered for their beliefs. They include Lancelot Threlkeld, G.A. Robinson, E. Gribble, Louis Giustiniani, Rev E.R. Gribble and Mary Bennett.

Henry Reynolds has written a number of books including "the Law of the Land" which had a significant influence on both the Mabo and Wik judgements and "Fate of a Free people" which is believed to have influenced the Tasmanian Government's decision to hand 12 parcels of land over to its Aboriginal citizens (according to the notewriter).

Geoffrey Blainey labelled Reynolds writing as "the black armband view of history", that is, a history that dwells on negative black experiences.

The bookclub members found the book interesting and informative, but hard to read because it is like a text book. We agreed that this was not the history that we were taught at school!

The book for discussion in September is "Animal, Vegetable, Miracle" by Barbara Kingsolver.

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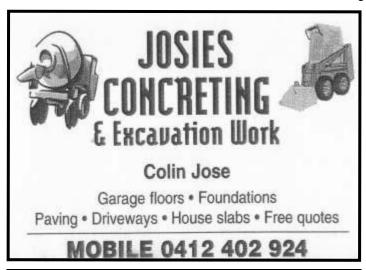
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### **Motorhead Kroozers**

Marg Cooper

On Saturday August 4 the Motorhead Kroozers Car Club held their first Poker Run! The car club invited members of other car and bike clubs to join them on the run which started at Corio, travelled to Inverleigh, to Meredith, to Waurn Ponds and then to their clubrooms in St Leonards. The participants paid \$20 to enter the competition and at each stop they picked a card and at the end of the run the best hand of cards won \$1000.

At each stop they also conducted raffles for prizes and vouchers that had mostly been donated for the day. The organizer Mick Van Beck, estimated that about 200 people enjoyed the ride around the country and the country hospitality.

The meticulously presented vehicles and their owners made quite a sight outside Morrow's Hotel in Staughton Street.



Mick Van Beck is holding Holly, they are posing on Gunna's Harley Davidson.

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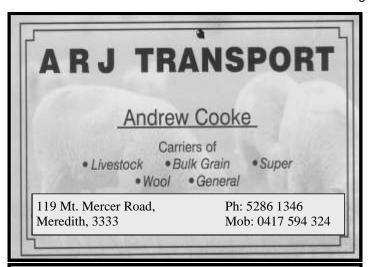
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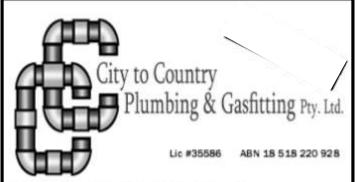
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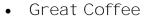
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## Bannockburn Pharmacy Newsletter

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## Kate Morgan Weight Loss Challenge

We have finally reached Spring! Hooray! Are you planning on kick-starting your weight loss goals over spring? Look no further than the Kate Morgan Weight Loss Challenge, which is sure to help you get in shape for the warmer months.

#### Compete to WIN \$2,500 to spend on a new wardrobe!

You can't put a price on the health & well being benefits that come with losing weight but we think that the end goal is definitely worthy of acknowledgement—and what better way to celebrate you new body than with a cash prize to be used towards a new wardrobe!

The Kate Morgan Weight Loss Challenge runs from **Monday 27th August—Sunday 21st October**. This shorter period is designed to keep you focused on your weight loss goals and to help you develop better health habits in the lead up to the festive season so that you can achieve & maintain your ideal weight in spite of all the temptations. Registration is FREE & is now open so call into and take your step towards a healthier you.

As a Challenge participant you also have the opportunity to receive 1 weeks meal replacements absolutely FREE when you buy 3 weeks worth.

What are you waiting for? Get in & join up today!

### **Bio-Organics Loyalty Card**

We are proud to announce that we now have new Bio-Organics customer loyalty cards for the following products: Super Liquid Fish Oil Heart & Joint, Super Fish Oil 50 caps, Krill Oil 1200mg 30 caps, Co-enzyme Q10 150mg 30's & 60's caps. After you have bought 3 of the same product you get your 4th one FREE! There is no time limit so you can take 6 months to buy your 3 products and then you will receive your 4th one FREE! To get your free loyalty card simply call into the Pharmacy and we will sign you up.

#### **New Natio & Nude by Nature Stands**

You may have heard that we are no longer stocking Revlon products but we are excited to announce that from the 12th September we will have a brand new Natio wall stand and we will be full stockists of all of the Natio products! Also we are putting in a brand new Nude by Nature wall stand and again we be full stockists of their products.

### New Gifts now available

Last month we visited the Melbourne Gift Fair and since then we have had a large amount of brand new gifts arrive in our Pharmacy. We have an extensive range of gifts for all ages plus don't forget if you join our Gift Club you receive 20% off our already low prices for Gifts plus we offer free gift wrapping! Christmas is now only 3 months away so start planning now and see what we have to offer or take advantage and layby your gift purchases.

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